

May 2021 Newsletter



May 2021 Research Spotlight

RESEARCH OPPORTUNITIES



The Evolution Studies are enrolling now

The Evolution Studies are researching an investigational medication for adults with relapsing multiple sclerosis (RMS).

You, or someone you care for, may be able to take part if you/they:

- are 18–55 years of age
- have RMS (RRMS or SPMS with relapses)
- have had 1 or more relapses in the past 2 years.

There are also some other requirements for taking part.

Eligible participants receive all study-related health assessments and study-related medication at no cost.

Click [here](#) to find out if you may be eligible by completing the study sponsor's brief questionnaire.

This content has been sponsored by EMD Serono. For more information, see the study descriptions on clinicaltrials.gov [here](#) and [here](#).



Complete your REAL MS surveys!

In the summer of 2016, the iConquerMS initiative launched REAL MS (Research Engagement About Life with MS), a longitudinal study of MS. Participants complete questionnaires online twice each year on a variety of subjects, including health history, diet, exercise and their experience with MS. **The next round** of REAL MS surveys is available now through the [iConquerMS portal](#). Completing these surveys is one of the simplest ways you can accelerate MS research. The information collected will play a pivotal role in helping scientists and clinicians gain a better understanding of the health and quality of life over time for people with MS. REAL MS is just one of the many ways iConquerMS is facilitating research on topics of importance to people affected by the disease. If you are not already a member, please consider [joining](#) iConquerMS, the only people-powered research network for MS!

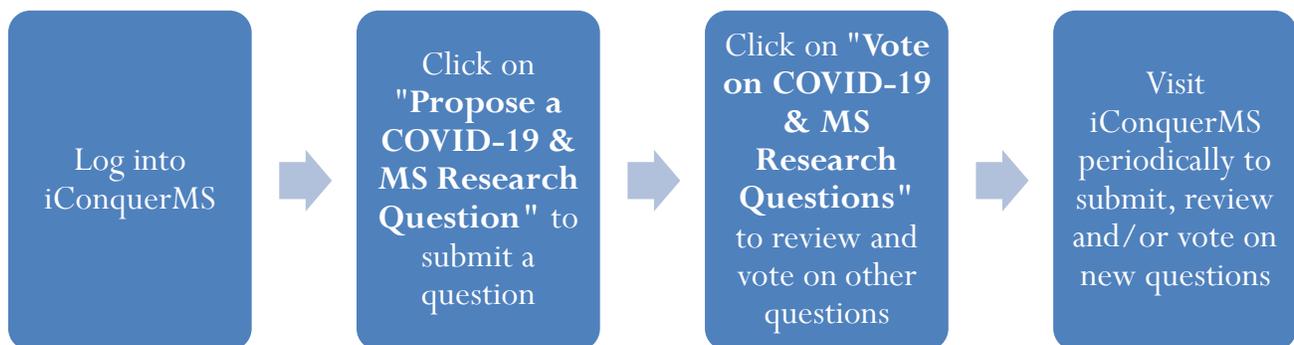


Announcing a New Program for iConquerMS Members!

iConquerMS is leading the movement to include the patient perspective in every step of MS research. Now, network members can play a larger role than ever before in initiating and collaborating with researchers on studies that will expand knowledge in areas that matter most to people affected by MS.

iConquerMS members have always been able to submit research questions to the initiative. It's now possible to comment and vote on questions submitted by the community through the newly launched [Our Questions Have Power](#) program. Questions that are high priority for the iConquerMS community will be shared with researchers, who will work in collaboration with the iConquerMS community to develop them into research studies.

Participation is easy!



If you are not already a member, please consider [joining](#) iConquerMS, the only people-powered research network for MS. Add your voice to those working together to improve MS care and bring us closer to a cure!



Share your experiences with COVID-19 vaccines

[iConquerMS](#) is now collecting information from people affected by MS related to their experiences with COVID-19 vaccines. The data collected will be securely shared with researchers studying the effects of COVID-19 vaccination on people affected by MS. If you are an iConquerMS member that has received a COVID-19 vaccine, please [login](#) today and share your experience by clicking on “Participate in the COVID-19 Vaccination Study.” Not yet a member? Please [join](#) iConquerMS now and start adding your data!

NEW RESEARCH RESULTS



The COVID-19 Pandemic Experience in MS

In May 2020, investigators at the University of Reading invited iConquerMS members to participate in a survey on psychological support in MS. Preliminary [results](#) were recently published in the journal, Neurology and Therapy. Data suggest that younger individuals, those with progressive MS, and those with psychological symptoms, such as anxiety and depression, are particularly vulnerable to the negative effects of lockdown during the pandemic and may benefit from further support. According to researchers, people with the best experience during this difficult time have used a number of helpful coping strategies, such as self-care/rest, seeking relevant information, limiting exposure to negative news, adopting secure COVID-19 practices, building friendships and relationships, adapting to new routines, having an appreciation of the benefits of lockdown and being accepting of a post-COVID 19 world. These data serve as a wellbeing guide, as well as call to action for more MS support moving forward, particularly in those identified as being most vulnerable.

Anyone still interested in taking part in the survey can either go to the [University of Reading website](#) and click the 'start' button at the bottom of the page, or directly access the survey by clicking [here](#). The research team will use this information to design a psychological intervention that reflects the views of the MS community and is tailored for people living with the disease.