

October 2019 Newsletter



October 2019 Research Spotlight

RESEARCH OPPORTUNITIES

iConquerMS™

A Research Study
EVERYONE
can join!

Real MS™ (Research Engagement About Life with MS)

In the summer of 2016, the iConquerMS initiative launched REAL MS, a longitudinal study of MS. REAL MS participants complete questionnaires online twice each year on a variety of subjects, including health history, diet, exercise and their experience with MS. A seventh round of REAL MS surveys are now available 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. Already a member? Please [log in to your account](#) and complete your open surveys!

NEW RESEARCH RESULTS



New innovations in MS Research – Biomarkers of MS disease activity

Researchers at Octave Bioscience presented results from one of their recent studies at the 2019 European Committee for Treatment and Research in Multiple Sclerosis (ECTRIMS) conference in Stockholm, Sweden. The purpose of this study was to investigate the performance of multivariate protein biomarkers (those involving two or more proteins) to classify disease activity in subjects using serum samples obtained from the ACP Repository. Results showed multivariate biomarkers representing several pathways involved in the MS disease process effectively classified subjects experiencing an exacerbation versus those without disease activity better than any single biomarker. More research is needed to verify these results and to further investigate these biomarkers in different demographic groups. The study team is investigating various outcomes relating to disease activity, such as inflammation, immune response and neurodegeneration, to guide the development of a biomarker assay with the goal of monitoring MS disease activity status in the clinic. This study is just one of more than one hundred studies using ACP Repository samples to advance and accelerate research into MS.