

October 2021 Newsletter



October 2021 Research Spotlight

RESEARCH OPPORTUNITIES



A New MS Aging Study

Our research partners at the Albert Einstein College of Medicine in New York City are conducting a study of aging and walking in MS.

What is the study?

The goal of this research study is to evaluate how the brain is involved in walking in older adults with and without MS. The results will provide valuable new information about how brain structure and function affects the ability to walk and influences the risk of falling. If

successful, the findings may lead to possible new treatments that could improve brain control and efficiency of walking.

What is involved?

Participation begins with a telephone interview to see if the study is a good fit for you. If it's a good fit, and you agree to participate, you will have two study visits around 3 hours long at the research center at Albert Einstein College of Medicine. You will be asked to fill out some questionnaires, complete a few tests that assess cognitive functions (e.g., memory, attention), participate in some walking tests, and have one MRI.

The research team will arrange free private transportation to and from the research center for each visit. You will be paid \$100 for each visit for a total of \$200.

The research team strives to make your experience a positive one and has put in place several precautions to ensure your safety during the pandemic. The staff is vaccinated, always wear masks, and maintains appropriate distance. Study visits are conducted with only one person at a time.

Who can participate?

The researchers are looking for people who:

- Are at least 60 years of age
- Have been diagnosed with relapsing remitting MS (RRMS) or secondary progressive MS (SPMS)
- Can walk 20 feet without assistance or with a single-point cane
- Have been on the same MS disease-modifying therapy for at least 6 months
- Meet additional study criteria

Interested in participating?

[Complete this form](#) to let the research team know of your interest. You can also call or email them at 718-430-3972 or holtzer.neuropsych@gmail.com



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!