

September 2019 Newsletter



Research Spotlight

EVENTS



**Tisch MS Research Center of New York
22nd Annual MS Patient Education Symposium**

22nd Annual Tisch MS Research Center of New York Patient Symposium

Every year the Tisch MS Research Center of New York hosts a free educational event for all people with MS, friends, family, caregivers, health professionals or anyone else that would like to learn more about the latest treatments, ways to manage MS symptoms and research initiatives for MS. This event will be held on Sunday, October 6, 2019, 9:30am – 1:00pm, at the New York Hilton Midtown. Speakers will include leading MS clinicians and Tisch MS researchers who will be sharing innovative therapies and research discoveries in the Tisch MS Laboratory. For more

details or to register for the event, click [here](#). Registration is also available at www.tischms.org/events or by calling 646-557-3919.



2019 Multiple Sclerosis Summit

The MS Coalition invites you to join us for the 2019 Multiple Sclerosis Summit on Saturday, November 9, 2019 at the Westin Lombard located at 70 Yorktown Center in Lombard, Illinois.

This day-long event includes informative workshops and an interactive expo for people with MS and their care partners. Access to all parts of the MS Summit, including breakfast, lunch, and parking, are free of charge.

EVENT SCHEDULE

Exhibit Hall & Complimentary Continental Breakfast

10:00 – 11:30am

Lunch Presentation

11:30am – 12:45pm

MS Research: You Shape the Future
Deborah Backus, PT, PhD, FACRM

Workshops (Select two)

1:00 – 5:00pm

- Mind over MS: Mood Cognition, and How to Cope
Laura Hancock, PhD and Meghan Beier, PhD
- What to Expect as a Woman with MS
Riley Bove, MD and Latoya Benita Stephens, MD
- Wellness and Self-Care for People with MS

Amy Perrin Ross, APN, MSN, CNRN, MSC

- Wellness and Self-Care for Support Partners
Rosalind Kalb, PhD

To learn more and register, please call 800-532-7667 x165, or visit: <http://ms-coalition.org/2019mssummit/>

RESEARCH OPPORTUNITIES



Help us learn ways to improve thinking in people with MS

Purpose of this study:

The Clinical Neuroscience Laboratory at The Ohio State University is conducting a 6-month study to potentially improve thinking in people with MS.

Researcher:

Dr. Ruchika Prakash, The Ohio State University

Participating locations:

Ohio State University, Columbus OH

This study involves:

- Wearing a device to monitor your step-count or water intake
- 5 study visits over a 6 month period, as follows
 - 2 visits before wearing the device
 - 1 visit while wearing the device
 - 2 visits immediately afterward

- Each visit will last about 3 hours, and will be scheduled at your convenience
- Parking will be covered
- Participants will be compensated

Recruiting:

Individuals must be diagnosed with relapsing-remitting MS, aged 30-59, with no other psychiatric or neurological illnesses

Contact information:

If you are interested in participating, please contact laboratory staff

- By email: ra@clinicalneurosciencelab.com
 - By phone: (614) 292-9568
- By visiting the Clinical Neuroscience Laboratory's [website](#)



Help us promote psychological wellbeing and mental health in people with MS!

A group of health care providers is interested in promoting the psychological wellbeing and mental health of every person with MS. They would like to better understand how people with MS from different backgrounds think about and experience mental health.

Un grupo de profesionales de la salud esta interesado en promover el bienestar psicológico y la salud mental de todas las personas con esclerosis múltiple. Ellos buscan entender como las personas con esclerosis múltiple de diferentes orígenes piensan y experimentan el bienestar mental.

If you have MS and are 18 years or older, you are invited to complete a

Si eres mayor de 18 años y tienes esclerosis múltiple, por favor

research survey and share
your thoughts:

<https://arcsapps.umassmed.edu/redcap/surveys/?s=8EEEMN4P3F>

This survey should take about **30 minutes** to complete. Your participation is entirely voluntary. Your information will remain confidential and there will be no way of tracking your answers back to you. If you have any questions, please contact Daniela.PimentelMaldonado@umassmemorial.org.

This study is part of the University of Massachusetts Medical School.

comparte tu opinión contestando esta encuesta de investigación.

<https://arcsapps.umassmed.edu/redcap/surveys/?s=8EEEMN4P3F>

Completar la encuesta toma alrededor de **30 minutos**. Tu participación es completamente voluntaria. Tu información va a permanecer confidencial y no habrá forma de saber cuáles respuestas fueron tuyas. Si tienes alguna pregunta, favor de escribir a Daniela.PimentelMaldonado@umassmemorial.org.

Este estudio es parte de la Universidad de Massachusetts.

Healthy Mind Healthy You

A Study of Mindfulness

Healthy Mind, Healthy You

Most people experience stress at some point in their lives. Health problems like MS, heart disease, type 2 diabetes, obesity, high blood pressure, depression, and more, can become worse if people are experiencing stress.

Here's how you can help! Join a nationwide study, called Healthy Mind, Healthy You, that looks at how to use mindfulness to cope with stress. This could help people with more than 100 different medical conditions, including MS. The goal is to learn more about how mindfulness can reduce stress. In the study, subjects are randomly assigned to one of two online mindfulness programs, a three-session program or an eight-session program. People with MS, caregivers, and family members are all welcome to join, even if they are not members of iConquerMS.

If you're interested in participating, act soon! The recruitment period ends 10/1. This study is just one of the many ways iConquerMS is facilitating and accelerating research on topics of importance to people affected by MS. If you are not already a member, please consider [joining](#) iConquerMS. Already a member? Stay tuned for new opportunities to participate in research!

iConquer MS™

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 detailed questionnaires online twice each year on a variety of subjects, including health history, diet, exercise and their experience with MS. This month, a seventh round of REAL MS surveys will be released through the iConquerMS portal. The information collected through these surveys 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. Based on the premise that “Your Health Data Has Power,” this study is just one of the many ways iConquerMS is facilitating and accelerating research on topics of importance to people affected by MS. If you are not already a member, please consider [joining](#) iConquerMS. Your voice matters! Already a member? Please [log in to your account](#) and complete your open surveys!