

September 2021 Newsletter



September 2021 iConquerMS Spotlight

A New Survey on the use of Alternative Medicine is now available!

Researchers from Gryphon Scientific and the Veterans Health Administration are conducting a new research study about the use of **complementary and alternative medicine (CAM)** by people with MS. CAM includes visits to providers such as acupuncturists, practices you can do on your own such as yoga, and products such as herbal therapies that are not typically part of conventional healthcare. The study team is interested in knowing how different types of CAM are being used, how much it costs, whether people with MS consider it to be helpful, and whether it's being incorporated into overall MS care along with conventional medical care.



Who can participate?

iConquerMS members who have been diagnosed with MS, whether or not they use any form of CAM.

What does the study involve?

The study involves completing an on-line survey on the iConquerMS web site. It will take around 15-30 minutes to complete.

Who is funding the study?

The study funder is the National Multiple Sclerosis Society.

How can I take the survey?

Log into your account at www.iConquerMS.org and click the button that says "View and Complete my Research Surveys." You'll see a survey named "Use of Complementary and Alternative Medicine in MS." Click on the survey name to get started.

Study participants will be entered into a **drawing for an Amazon Gift Card**. We will be awarding two \$100 gift cards and thirty \$10 gift cards.

Thank you for helping us learn about the use of CAM by people with MS! Not yet a member of iConquerMS? Please [join](#) today and start powering MS research with your insights and experiences!