

# Integrative Medicine

Combining the Best of Conventional Medicine & Other  
Evidence-Based Therapies

**CAN DO**  
MULTIPLE SCLEROSIS

**WEBINAR**   
WEDNESDAYS

THIS WEBINAR IS  
SPONSORED BY:



# AUGUST PROGRAMS

**Thursday, August 10**

## **JUMPSTART**

How to Bring Integrative Medicine into Your MS Care

**Tuesday, August 15**

## **YOUR QUESTIONS ANSWERED**

Integrative Medicine

**Wednesday, August 30**

## **MS Moves Meetup**



**CANDO-MS.ORG**

Seattle, WA | September 30

Lubbock, TX | October 28

Dallas, TX | November 4

# Can Do MS Community Programs

Register today! [Cando-ms.org](https://cando-ms.org)



Join us for a free in-person community program! Lunch will be provided.

\*Hybrid option available for select locations.

**Meet local MS experts and peers from your MS Community.  
Support partners are welcome and encouraged to attend!**

# TAKE CHARGE

**Thursday, September 7**  
**6-8:15 pm ET**

**Friday, September 8**  
**11 am-5 pm ET**

**APPLY TODAY!**

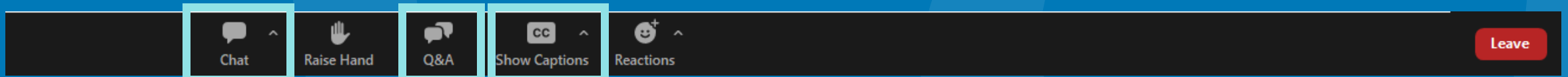
**Application closes on August 6**  
*Virtual seats are limited*



**CANDO-MS.ORG**

# How to Ask Questions During the Webinar

Type in your questions using  
the Questions Box



Provide comments and engage  
with the speakers and audience  
using the **Chat Box**

**NEW!** Closed captioning

# YOUR SPEAKERS



**Roz Kalb**  
Psychologist

Maine



**Terry Wahls**  
Clinical Professor

Iowa



**Megan Weigel**  
Nurse Practitioner

Florida

# LEARNING OBJECTIVES



- 1 Understand integrative medicine and its relationships to other types of care
- 2 Become familiar with evidence-based wellness strategies that you can take charge of yourself: ***Diet, Stress, Sleep, Exercise***
- 3 Learn tips for being an educated consumer regarding the components and providers of integrative medicine



I can use both conventional medicine and integrative medicine?

A True

B False

# What is integrative medicine? (Choose all that apply)

**A** A holistic approach

**B** Doesn't include prescription medications

**C** Focuses on the body, mind, and spirit

**D** Supplements and herbal or naturopathic medications

**E** Requires special board certification

**F** Doesn't treat MS

# Where are you with disease modifying treatment?

**A** Taking a DMT

**B** Considering a DMT

**C** Interested only in symptom management






**D** Took several DMTs but they didn't work for me

**E** My provider said I wasn't a candidate for a DMT

**F** Started but stopped because of side effects

**Let's get some terms straight**



Conventional Medicine	Alternative Medicine	Complementary Medicine	Integrative Medicine	Functional Medicine
				
<p>Disease focused</p> <p>Treats symptoms using drugs, radiation, and surgery</p> <p>Serve as knowledge base for Western medicine</p>	<p>Used in place of conventional medicine</p> <p>Treats symptoms using medications that are “closer to nature”</p> <p>Not all treatments are scientifically validated</p>	<p>Modern approach that uses both conventional and alternative medicines to diagnose and treat symptoms; a hybrid</p>	<p>Combines conventional and alternative medicines in a coordinated way</p> <p>Emphasis on data driven solutions that are safe and patient focused</p>	<p>Questions the foundations of conventional medicine</p> <p>Treats the patient, not the disease</p> <p>Scientifically based in systems biology, which focuses on prevention rather than treatment</p>

# Pay close attention to the things that are under your control

You can talk with your integrative health provider about your:

- Nutritional health
- Physical activity and exercise options
- Sleep hygiene
- Stress management opportunities
- MS disease and symptom management options

# Evidence-Based Diets for MS

A meta-analysis (Snetselaar, 2023) of diet trials in MS (n=608):

- Low-fat (Swank and McDougall)
- Ketogenic
- Mediterranean
- Anti-inflammatory
- Calorie-restriction
- Paleo (modified Paleolithic or Wahls)
- Fasting (time-restricted, intermittent, fasting-mimicking)
- Usual diet control

The analysis ranked the diets from most to least effective in three areas:

Improved Fatigue	Improved Physical Quality of Life	Improved Mental Quality of Life
<ul style="list-style-type: none"><li>• Paleolithic</li><li>• Low-fat</li><li>• Mediterranean</li></ul>	<ul style="list-style-type: none"><li>• Paleolithic</li><li>• Mediterranean</li></ul>	<ul style="list-style-type: none"><li>• Paleolithic</li><li>• Mediterranean</li></ul>

# So, what's the right diet for me?

In addition to the benefits already described, these diets:

- are good for your overall health
- help to prevent or reduce co-morbid health conditions

Of these diets, the best one for you is the one that appeals to you and that you feel you can follow

## Who can help?

- Integrative health professional
- Registered dietician
- Mental health professional (when emotional eating is your challenge)



**Don't bite off more than you can chew! Start with small, simple challenges and build new habits gradually – one veggie at a time**



## The Role of Diet in Multiple Sclerosis

### Food for Thought

Rebecca I. Spain, MD, MSPH,\* Laura Piccio, MD, PhD,\* and Annette M.

Langer-Gould, MD, PhD\*

Neurology® 2023;100:167-168. doi:10.1212/WNL.000000000000201656

With increased disability, and decreased QoL in patients with MS.<sup>10,11</sup> Taken together with the results of this NMA, there is sufficient evidence to recommend a healthy diet as an adjunct intervention in MS. Still, rigorous head-to-head comparisons of dietary interventions are needed to address where a

So instead of feeling cornered when the focus turns to precisely *which* diet is best for MS, clinicians should advise following diets with healthy common features and let our patients choose the most appealing diets based on their individual tastes, culture, and backgrounds. Clinicians can promote a healthy diet by referring patients to a registered dietician, a visit covered by many health insurances. Adherence to a healthy diet can also be

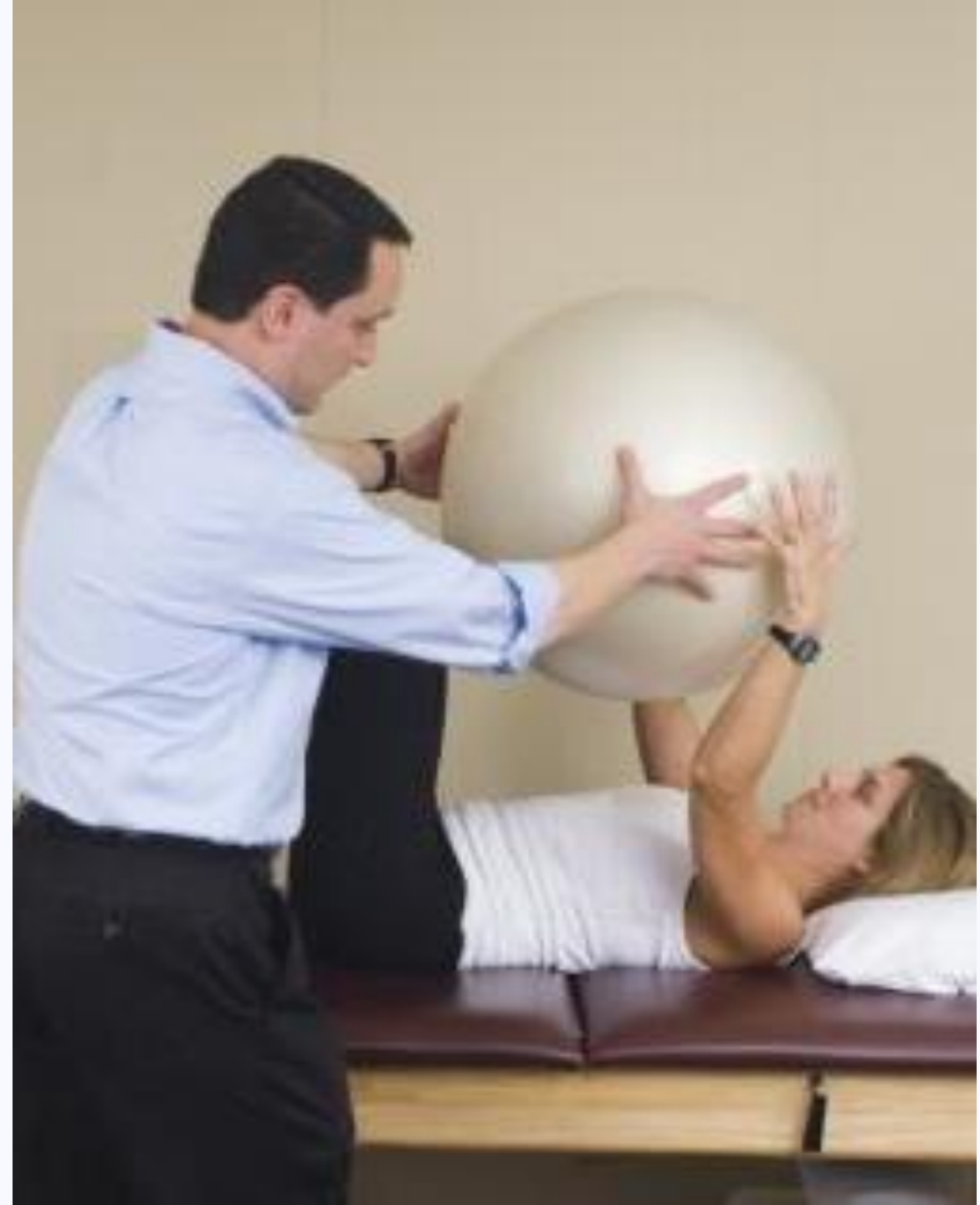
“As Registered Dietitian Nutritionists (RDNs), you’re at the forefront educating patients, consumers, and students about healthy eating... help people of all ages and stages of life to follow the Dietary Guidelines for Americans, 2020-2025.” – USDA and USHHS



# Exercise & Physical Activity

## Who can help?

- Physical therapist
- Occupational therapist
- Exercise specialists
- Mental health providers (when motivation is a challenge)



# Exercise & Physical Activity



**Recommended amount: 150 minutes per week, geared to your abilities**

## **Benefits**

- Reduces fatigue
- Reduces co-morbid health conditions – which can slow MS progression
- Helps with weight control
- Improves mood
- Improves cognitive function
- Increases feelings of self-efficacy and self-confidence
- Helps reduce fall risk

## **Exercise as Medicine in Multiple Sclerosis-Time for a Paradigm Shift: Preventive, Symptomatic, and Disease-Modifying Aspects and Perspectives**


**Dalgas U, Langeskov-Christensen M, Stenager E, Riemenschneider M, Hvid LG.**

### **Abstract**

**Purpose of Review:** For many years, exercise was controversial in multiple sclerosis (MS) and thought to exacerbate symptoms and fatigue. However, having been found to be safe and effective, exercise has become a cornerstone of MS rehabilitation and may have even more fundamental benefits in MS, with the potential to change clinical practice again. The aim of this review is to summarize the existing knowledge of the effects of exercise as primary, secondary, and tertiary prevention in MS.

**Recent findings:** Initial studies established exercise as an effective symptomatic treatment (i.e., tertiary prevention), but recent studies have evaluated the disease-modifying effects (i.e., secondary prevention) of exercise as well as the impact on the risk of developing MS (i.e., primary prevention). **Based on recent evidence, a new paradigm shift is proposed, in which exercise at an early stage should be individually prescribed and tailored as "medicine" to persons with MS, alongside conventional medical treatment.**

# Adequate Sleep



## Disrupted sleep is common in MS

- Frequent nighttime urination
- Depression and anxiety
- Pain and spasms
- Medication side effects (e.g., Modafinil)
- Primary sleep disturbances (e.g., sleep apnea)

## Benefits of adequate sleep

- Reduced fatigue
- Improved mood and cognition
- Improved sleep for your bed partner

# Adequate Sleep

## Who can help?

- Mental health provider
- Sleep specialist
- Integrative health provider



# Stress Management



## Give these a try:

- Mindfulness and meditation
- Deep breathing
- Exercise
- Journaling
- Connecting with others
- Enjoying hobbies
- Getting restful sleep
- Keeping a stress diary to look for patterns – and eliminate unnecessary stresses in your life

# Stress Management

## Who can help?

- Mental health provider
- Supportive program  
(e.g., Can Do)
- Integrative health providers





**Registered Dietician**

**Rehabilitation Professional**

**Recreational Therapist**

**Naturopathic Physician**

**Primary Care Provider**

**Adjunct  
Therapies**

**Acupuncturist**

**Massage Therapist**

**Grief Counselor**

**Health Coach**

**Mental Health Professional**

**Chiropractic - modified**

*Among others*

# Red Flags When Looking for a Provider

- A provider that promises to cure your MS
- Any intervention that promises to cure many different diseases
- A person without credentials (licensure or certification to do what they do)
- Anyone charging exorbitant fees
- Stem cell clinics that aren't accredited
- A provider who has no interest in collaborating with your MS care team
- An intervention that has no peer-reviewed published data
- Any clinic or medical business that solicits your business with freebies
- A provider who is uncomfortable with you getting a second opinion

# Panel Discussion



**Q+A**



# CONNECT WITH US

---



**TIKTOK**

@CanDoMultipleSclerosis



**FACEBOOK**

@CanDoMultipleSclerosis



**TWITTER**

@CanDoMS



**INSTAGRAM**

@CanDoMultipleSclerosis

09.13.2023

Next Month:

# What To Know About Diet and MS

**CAN DO**  
MULTIPLE SCLEROSIS

**WEBINAR**   
WEDNESDAYS



The preceding program is copyrighted by Can Do Multiple Sclerosis. It is provided for your personal educational and referential use only. Any repurposing or dissemination of its content requires the consent by Can Do Multiple Sclerosis.

**© CAN DO MULTIPLE SCLEROSIS**

THIS WEBINAR IS  
SPONSORED BY:

