

Diet and Exercise Recommendations for Relapsing MS

CAN DO
MULTIPLE SCLEROSIS

WEBINAR 
WEDNESDAYS

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UPCOMING PROGRAMS

Thursday, October 17

JUMPSTART

Eating Smart and Moving Strong

Tuesday, October 22

YOUR QUESTIONS ANSWERED

MS Diet and Exercise

Wednesday, October 23

SPECIAL WEBINAR

MS and Family Planning: Everything You Need to Know

Wednesday, October 30

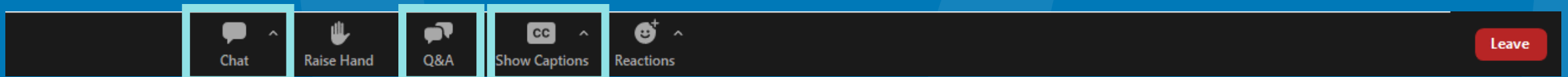
MS MOVES MEETUP



[CANDO-MS.ORG](https://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



Kate Togneri
Nutrition Consultant

California



Christopher Wells
Exercise Physiologist

Georgia

LEARNING OBJECTIVES



1

Understand the role of diet and exercise in health and wellness.

2

Discuss how these aspects of self-care affect physical function and emotional well-being.

3

Learn how to integrate healthy eating and physical activity into your daily life.

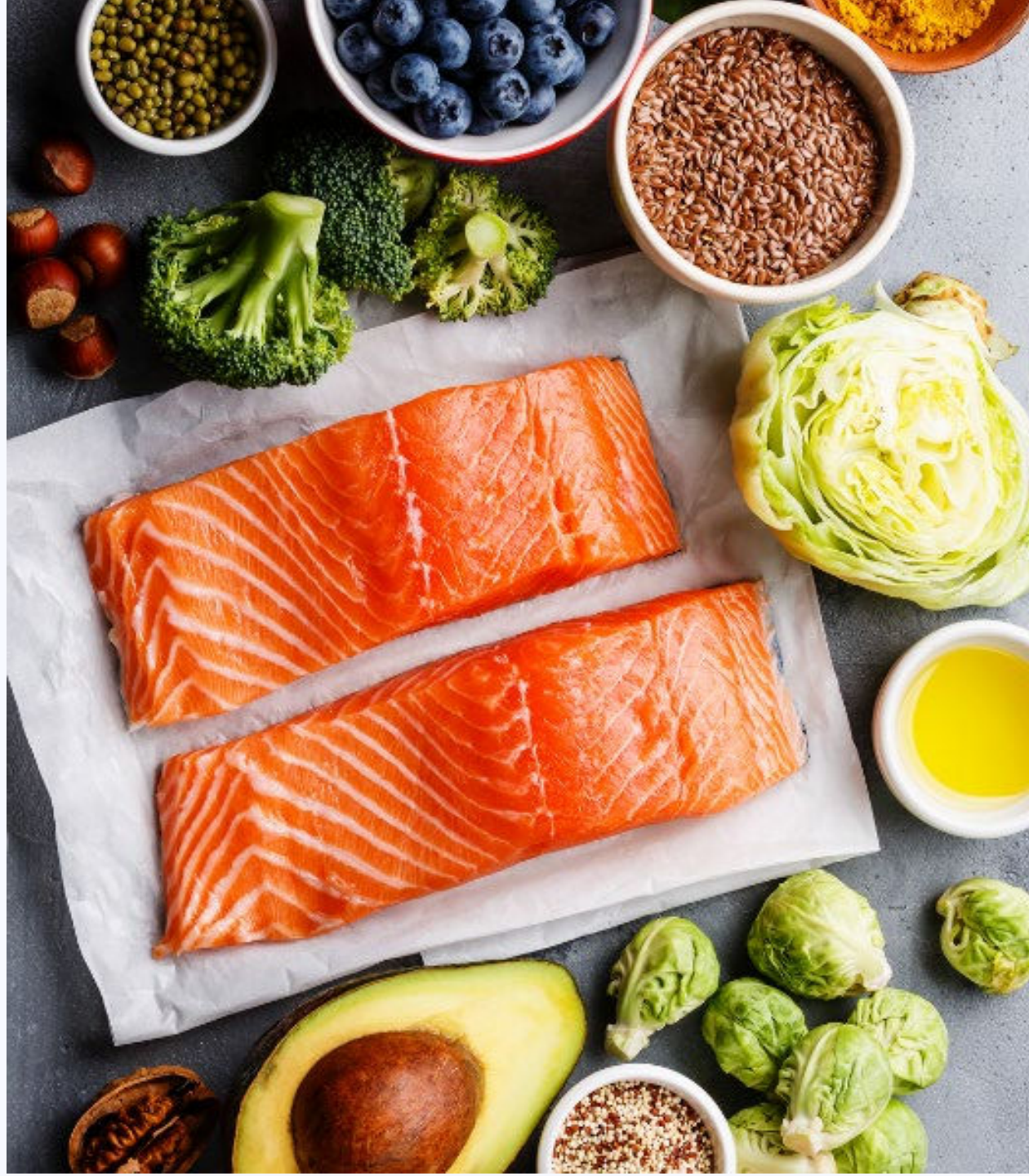


POLLING QUESTION

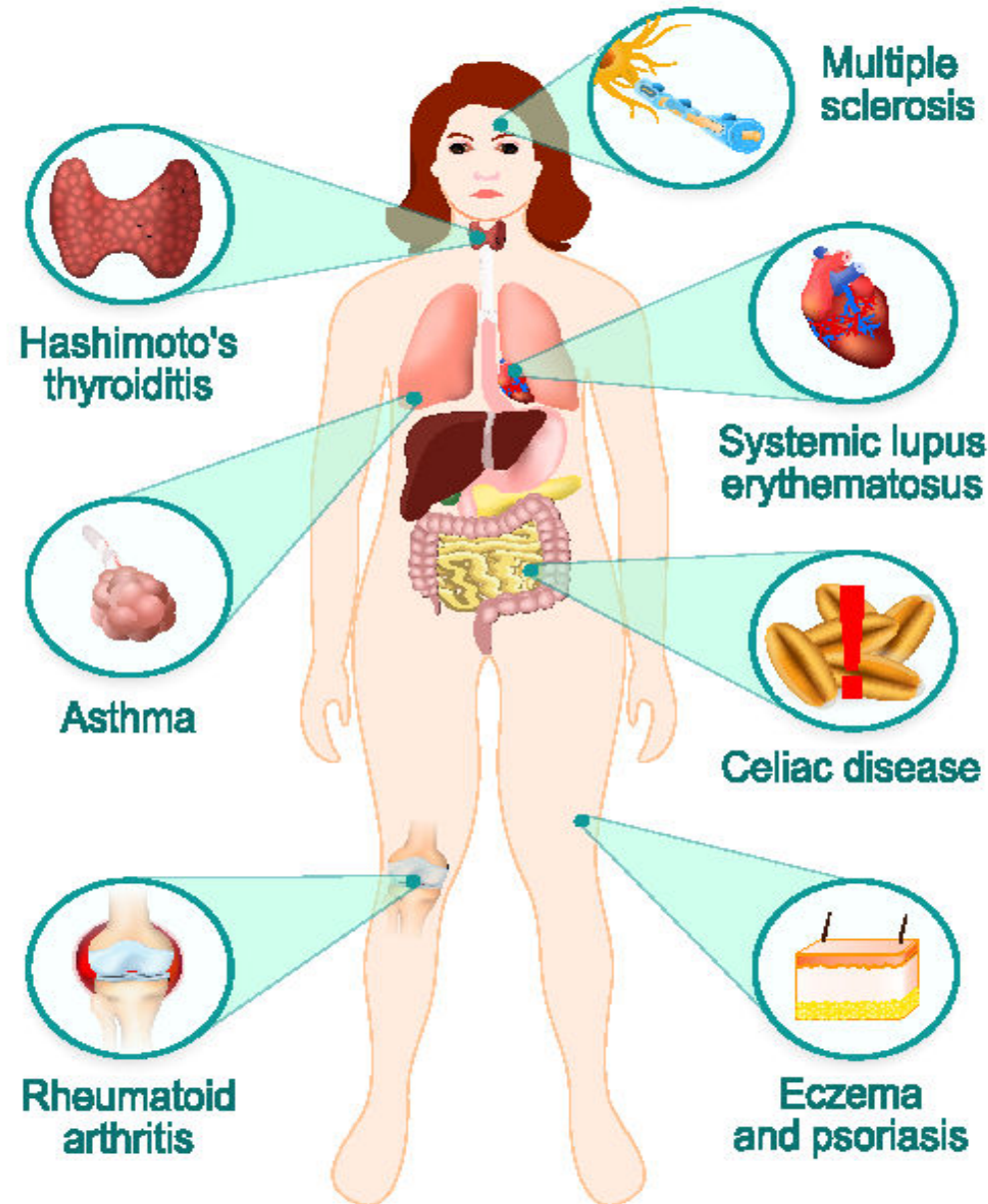
What is the best diet for people with relapsing multiple sclerosis?

- a) Swank Diet
- b) McDougall Diet
- c) Wahls Diet
- d) Gluten-free Diet
- e) Mediterranean Diet
- f) Ketogenic Diet
- g) Autoimmune Protocol (AIP)

**The Best Diet Is
the One You'll
Stick With**

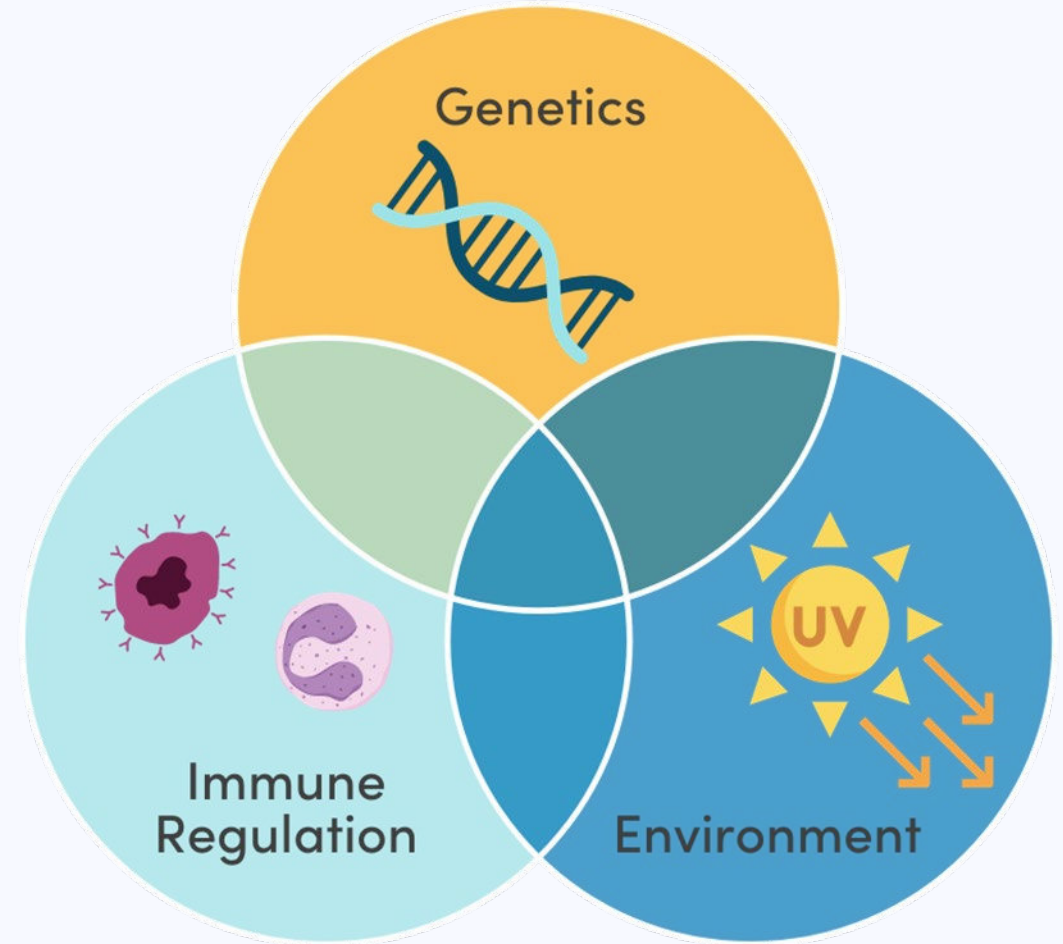


AUTOIMMUNE DISEASES

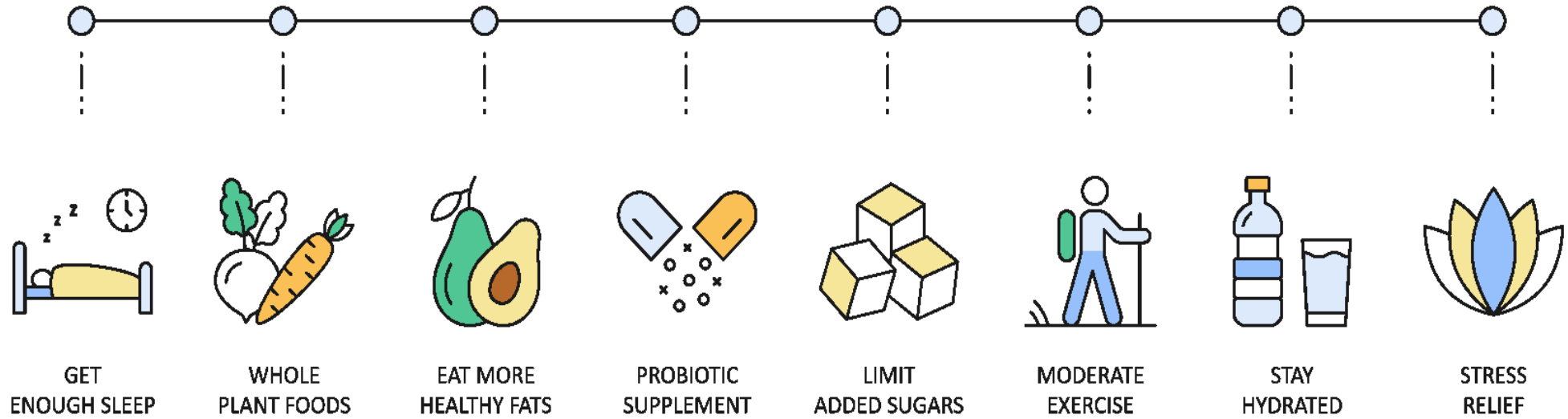


Risk Factors for Autoimmune Disease

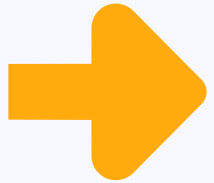
- Genetics plays a significant role in ADs and is estimated to account for about 30% of all cases.
- When immune regulation is disrupted, it can lead to unpredictable inflammatory and autoimmune responses.
- Some environmental factors that may contribute to ADs include diet, infections, chemicals, and stress.



IMMUNE SYSTEM BOOSTERS



Let's Talk About Why Diet Matters for Relapsing MS



The immune system
relies on healthy
nutrients, particularly
from the foods we eat!



Why **Diet** Matters

PROTEINS & MINERALS

Needed to repair damaged cells

Lean meats, poultry, seafood, eggs, beans, nuts, and seeds

FIBER

Essential to healthy bowel function

Kidney beans, lentils, whole grains, nuts, seeds, fruits, and plenty of vegetables

VITAMIN D

Interacts w/immune cells, alters immune responses, & affects genes that regulate inflammation

Available from the sun, oily fish, egg yolks, red meat, liver & some fortified foods

Why **Diet** Matters

OMEGA-3 FATTY ACIDS

Protect against toxicity & increase healthy flow of nutrients & oxygen into cells & waste out of cells

Wild salmon, anchovies, sardines, herring, trout, walnuts, eggs, ground flax, hemp, chia seeds

B-COMPLEX VITAMINS

Needed by compromised immune system; depleted by stress

Meats (particularly liver), seafood, poultry, eggs, dairy, legumes, leafy greens, seeds, & some fortified foods

PROBIOTICS

Help maintain health of gut microbiota, which is affected by high stress, too little sleep, & diet high in processed foods

Cultured foods like yogurt, kefir, miso, sauerkraut, kimchi, natto, & kombucha all provide beneficial bacteria

Is There a Best MS Diet?

- No specific dietary recommendation for MS
- Decrease risk
- Improve symptoms

DIET	DESCRIPTION	RESULTS	DIFFERENCES	SIMILARITIES
Swank	Low-fat diet for MS created by Neurologist Roy Swank in 1949	Demonstrated a reduction in fatigue and improvements in general health factors	Allows some meat and dairy	Emphasizes fruits, vegetables, and whole grains. Calls for decreased fat intake.
The McDougall Plan	Low-fat starch-based diet that is high in fiber and contains no cholesterol	Demonstrated a reduction in fatigue and improvements in general health factors	No animal products, processed food, alcohol, caffeine	Emphasizes fruits and vegetables. Calls for decreased fat intake.
Wahls Protocol	Low-carb paleo diet designed by Dr. Terry Wahls based on her own experience with MS	Demonstrated a reduction in fatigue and improvements in general health factors	Allows meat, no grains or dairy	Emphasizes leafy green and sulfur-rich vegetables.
Mediterranean	Plant-based diet inspired by the eating habits and traditional food of Greece and Southern Italy.	Demonstrated a reduction in MS risk and improvements in general health factors	Allows meat and fat from olive oil	Emphasizes vegetables and whole grains

Choosing the Best Diet for You

- There's no one diet that works for everyone
- Don't fall for a quick fix or miracle cure
- Focus on consuming colorful, whole foods and removing inflammatory, processed foods from your diet
- Talk with your healthcare professional



Sticking With It



Obstacles will emerge; work to address them one by one even - if it takes weeks or months.



Exercise and MS





Polling Question

What are some exercise modalities for multiple sclerosis?

- a) Resistance training
- b) Cardiorespiratory exercise
- c) Flexibility
- d) Neuromotor exercise
- e) All the above

LIPA (Light Intensity Physical Activity) VS Sedentary Behavior



- Sedentary behavior increase chances for cardiovascular and all cause mortality issues.
- Randomized cross-over study indicated that light intensity was beneficial for insulin sensitivity and lipid profile.
- Study showed that Lipa could be beneficial in managing fatigue vs vigorous exercise.
- This implies that it may be more beneficial to interrupt sedentary behavior with LIPA throughout the day (micro-burst). Doing so will cause less exertion.

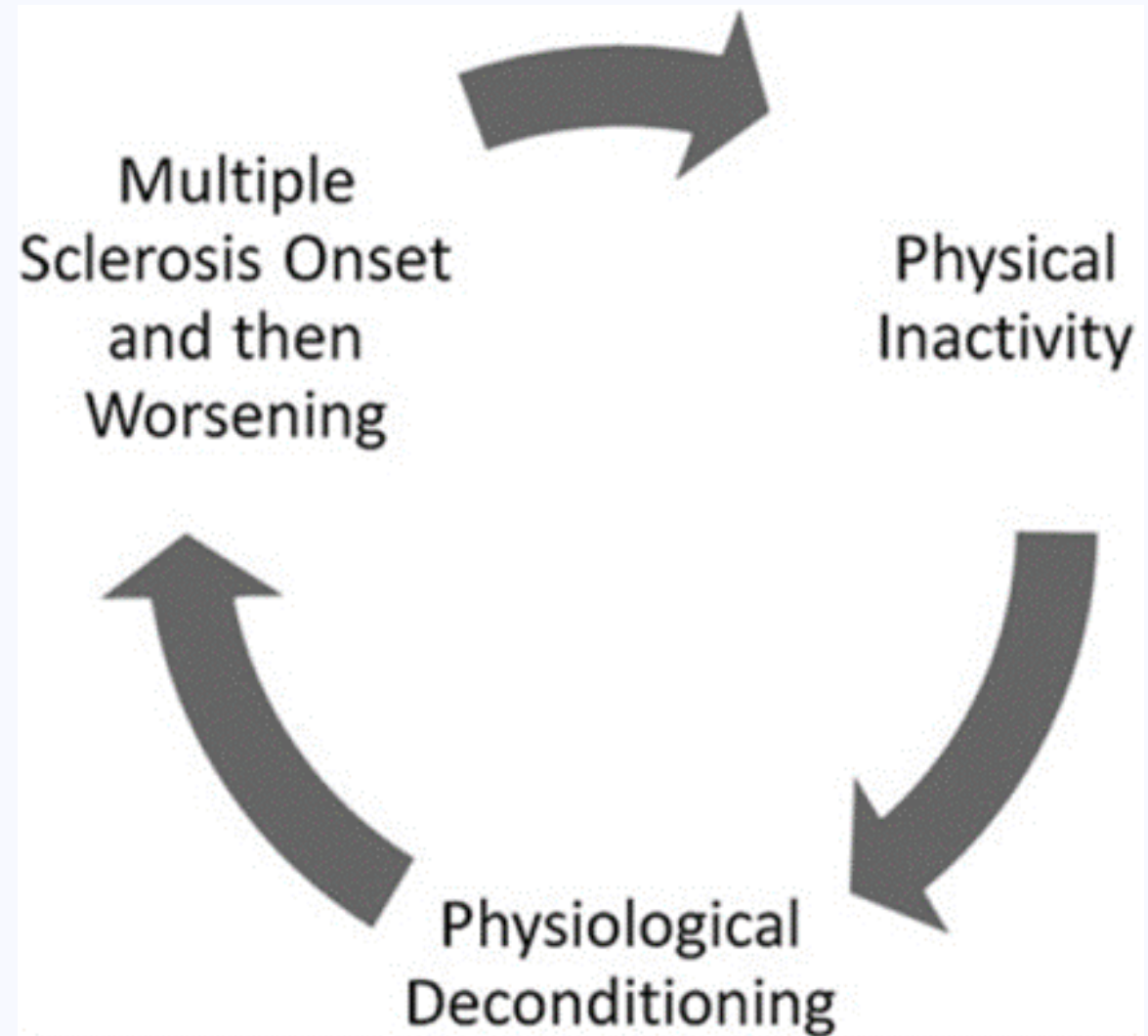
Rate of Perceived Exertion



1-10 Borg Rating of Perceived Exertion Scale	
0	Rest
1	Really Easy
2	Easy
3	Moderate
4	Sort of Hard
5	Hard
6	
7	Really Hard
8	
9	Really, Really, Hard
10	Maximal: just like my hardest race

Physical Activity, Deconditioning, Walking Impairment

- Moderate to physical activity to combat deconditioning (reduced aerobic capacity)
- Cross-sectional examined the relationship between moderate to vigorous activity and the connection between improved walking ability and physiological deconditioning
- Participants who exercised for at least 30 mins showed improvements in aerobic capacity and walking ability overtime



Expanded Disability Status Scale

- Clinical scale used to quantify level of disability in *MS*
- Utilized to determine disease progression and appropriate therapeutic interventions
- Consist of rating system from 0 (Normal neurologic status) to 10 (Severe Impairment)



Evidence-Based Exercise Recommendations



- EDSS of 0–4.5 (Mild impairment)
- Aerobic 2–3x/week, 10–30 minutes. Use RPE scale to measure exercise intensity. Also consider Microburst.
- 5x/week up 30–40 minutes
- Flexibility: Daily, 2–3 sets of each exercise (Stretches that target full body) Hold For 30 Sec .
- Resistance: 2–3 sets, 8–15 repetitions. Consist of machine weights, resistance bands, cable machines etc.
- Neuromotor: 3–6x/week for 20–60 minutes with assistance as needed. Exercises include various coordination, static and dynamic balance with varying levels of difficulty.

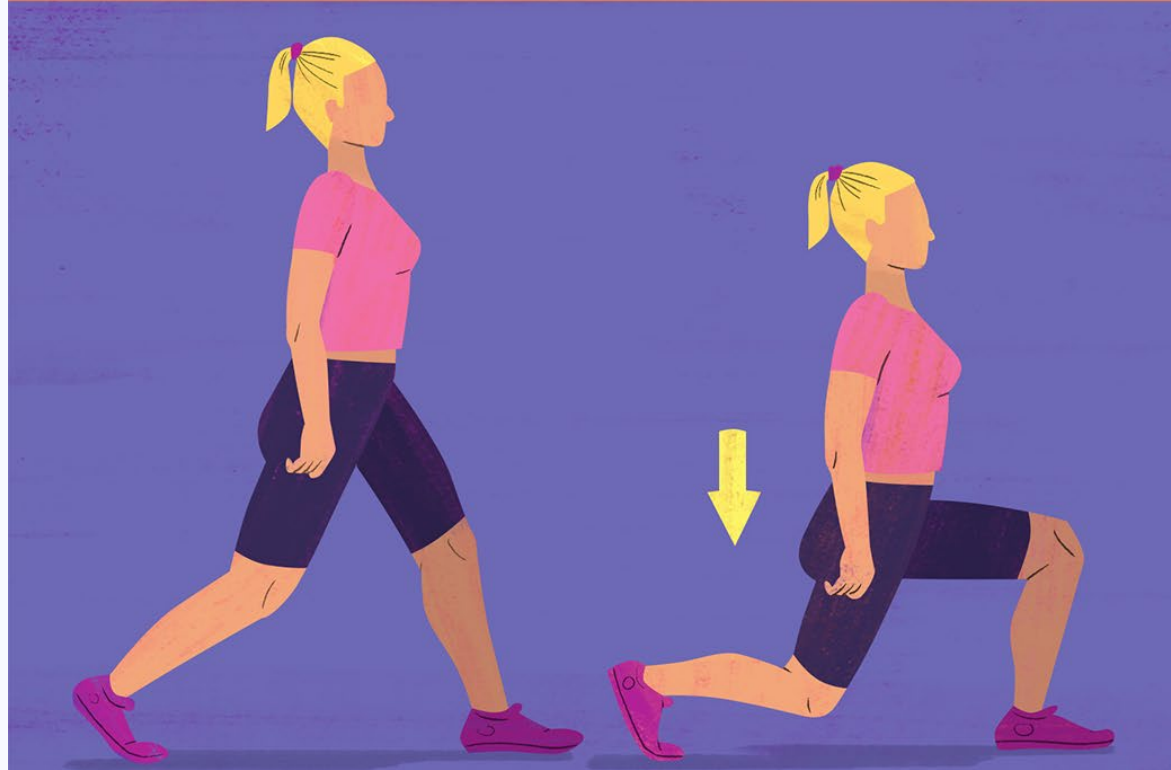
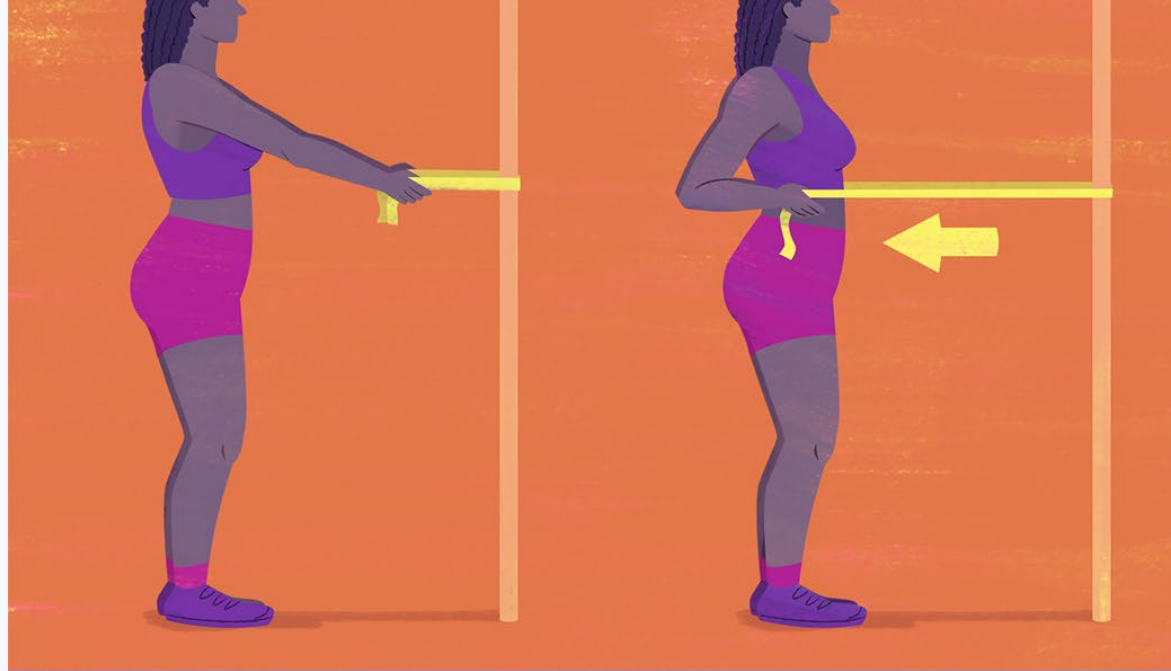
Evidence-Based Exercise Recommendations



- EDSS of 5–6.5 (Increased mobility impairments)
- Aerobic 2–3x/week, 10–30 minutes. Use RPE scale to measure exercise intensity. Also consider Microburst.
- 5x/week up 30–40 minutes
- Flexibility: Daily, 2–3 sets of each exercise (Stretches that target full body) Hold For 30 Sec .
- Resistance: 2–3 sets, 8–15 repetitions. Consist of machine weights, resistance bands, cable machines etc.
- Lifestyle improvements
- Neuromotor: 3–6x/week for 20–60 minutes with assistance. Exercises include various coordination, static and dynamic balance with varying levels of difficulty.

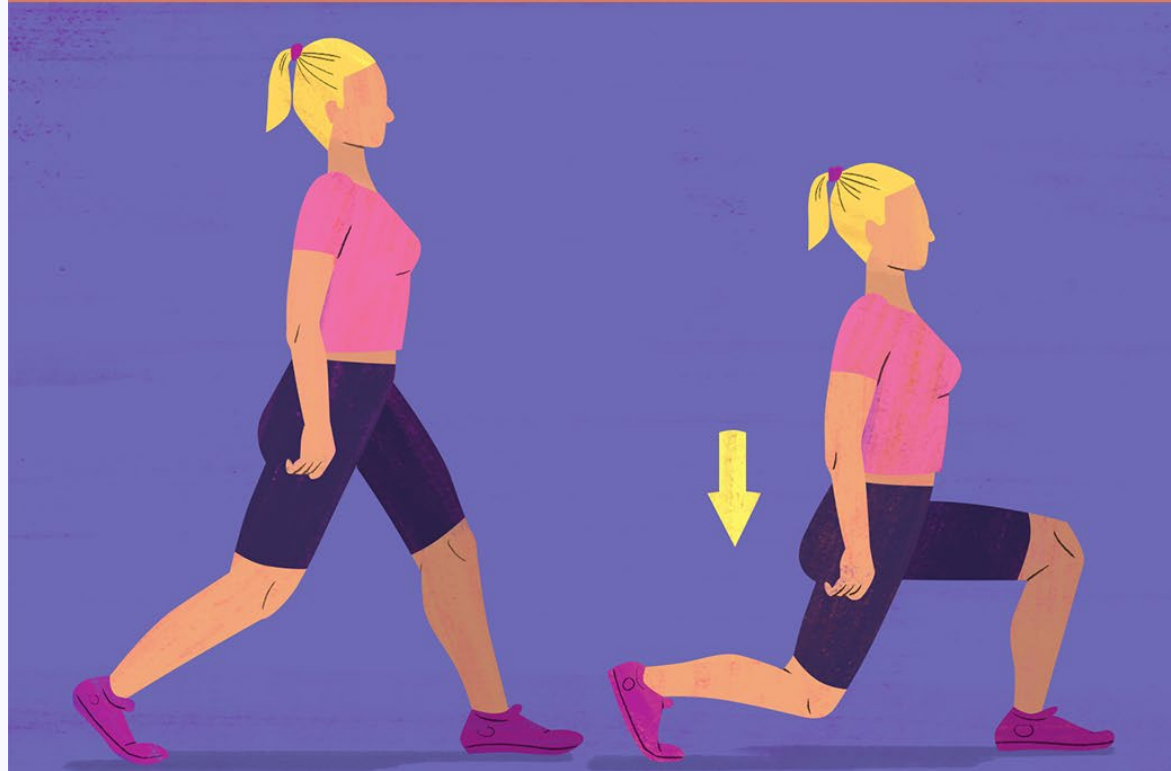
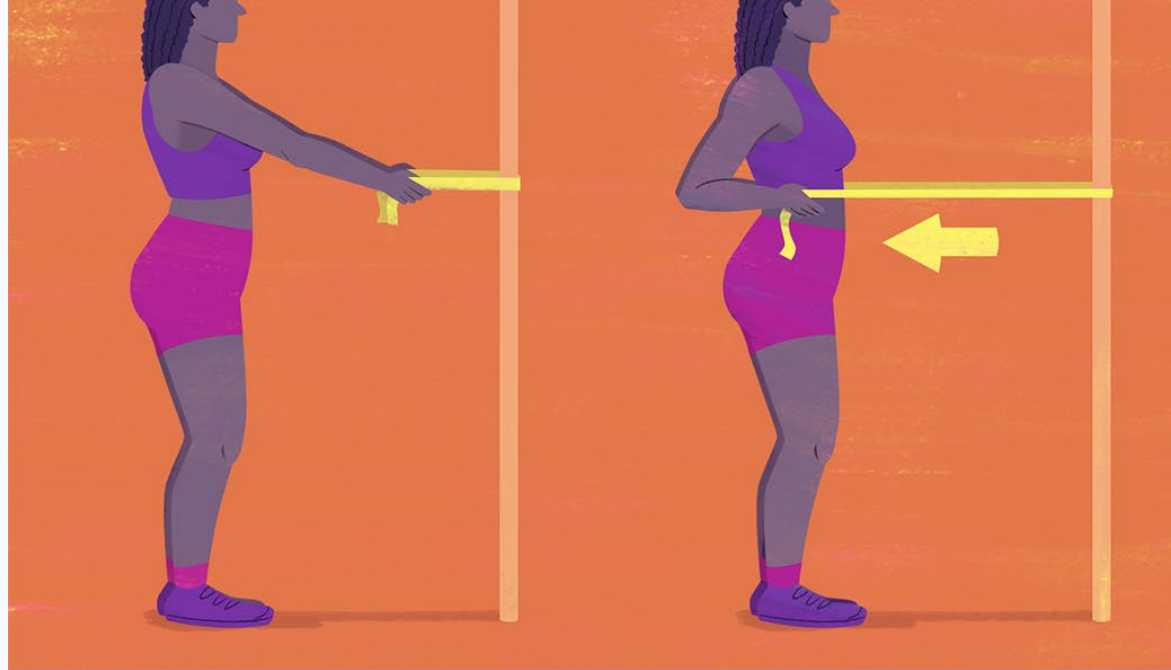
Exercise is Medicine

Aerobic & Flexibility



Exercise is Medicine

Resistance &
Neuromotor





Key Take-Aways

- Moderate physical activity vs sedentary behavior can improve walking ability, aerobic capacity.
- Most diets are successful even in the short term compared with no diet. Prioritize adding nutrient-rich foods to your meals to see immediate positive changes.
- Light intensity physical activity can be beneficial for managing fatigue. Consider Microburst.
- The "best" diet and exercise plan is the one that you can consistently follow long-term. What works for one person may not work for another, so choose a plan that fits your lifestyle.

Q+A



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