

Latest MS Research and News

CAN DO
MULTIPLE SCLEROSIS

WEBINAR 
WEDNESDAYS

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UPCOMING PROGRAMS

Thursday, December 12
BLACK COMMUNITY MEETUP

Wednesday, January 8
WEBINAR
How to Turn Wellness Goals into
Daily Habits

Thursday, February 6
CARE PARTNER MEETUP

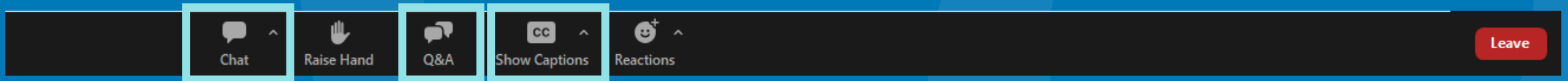
Tuesday, February 11
NEWLY DIAGNOSED MEETUP



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



Jenny Feng
Neurologist

Louisiana



Stephanie Buxhoeveden
Nurse Practitioner

Virginia

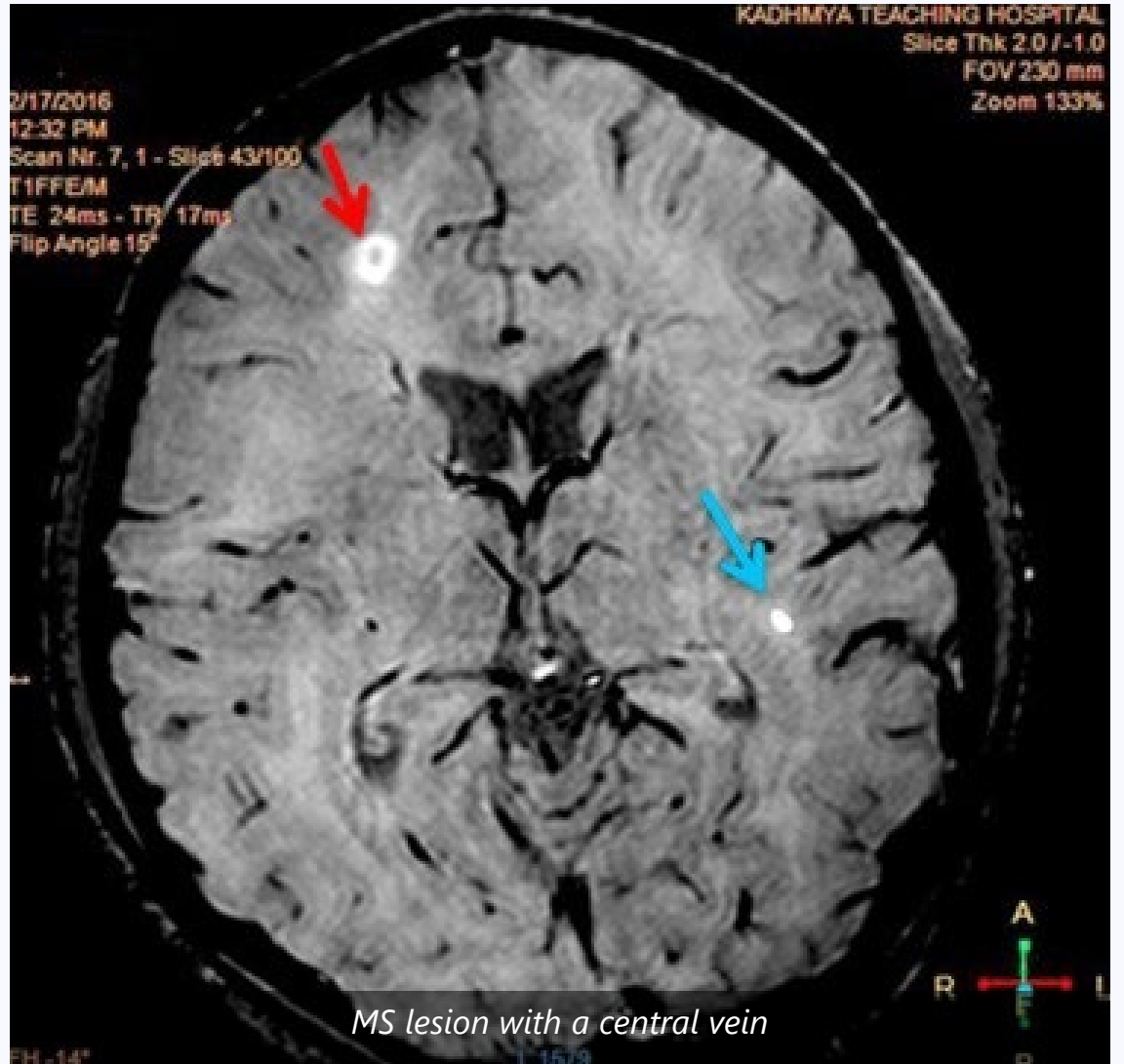
Latest Research and News Topics

- New Diagnostic Criteria
- New in Treatment & Exercise
- New in Diet
- Biomarkers
- Underserved populations



2024 Paved a Path to Diagnosing MS Earlier and More Accurately

- New MRI biomarkers can reduce misdiagnosis by distinguishing MS from other conditions.
- Optic nerve lesions now help establish dissemination in space.
- New CSF Biomarker, Kappa Free Light Chains (KFLC), included as an alternative to oligoclonal bands (OCBs), and may be faster and easier to measure in some labs.



New and Emerging Disease Modifying Therapies

New Approvals

- Subcutaneous Ocrevus
- First Biosimilar

Emerging Therapies

- BTKi (Bruton's Tyrosine Kinase Inhibitors)
- CAR-T Therapy
- PIPE-307 & ESI-1 inhibitor

Simvastatin

- Found to be ineffective in a recent study

New Symptom Management Research



Cognitive Rehabilitation

- Remote cognitive rehab (TELE-Self-GEN) improved memory through six accessible online sessions.
- Combined cognitive training and aerobic exercise (CogEx trial) increased brain volume in areas tied to memory and focus.

Fatigue Management

- Cognitive Behavioral Therapy (CBT), alone or with medication, effectively reduces fatigue

New Symptom Management Research



Exercise Benefits

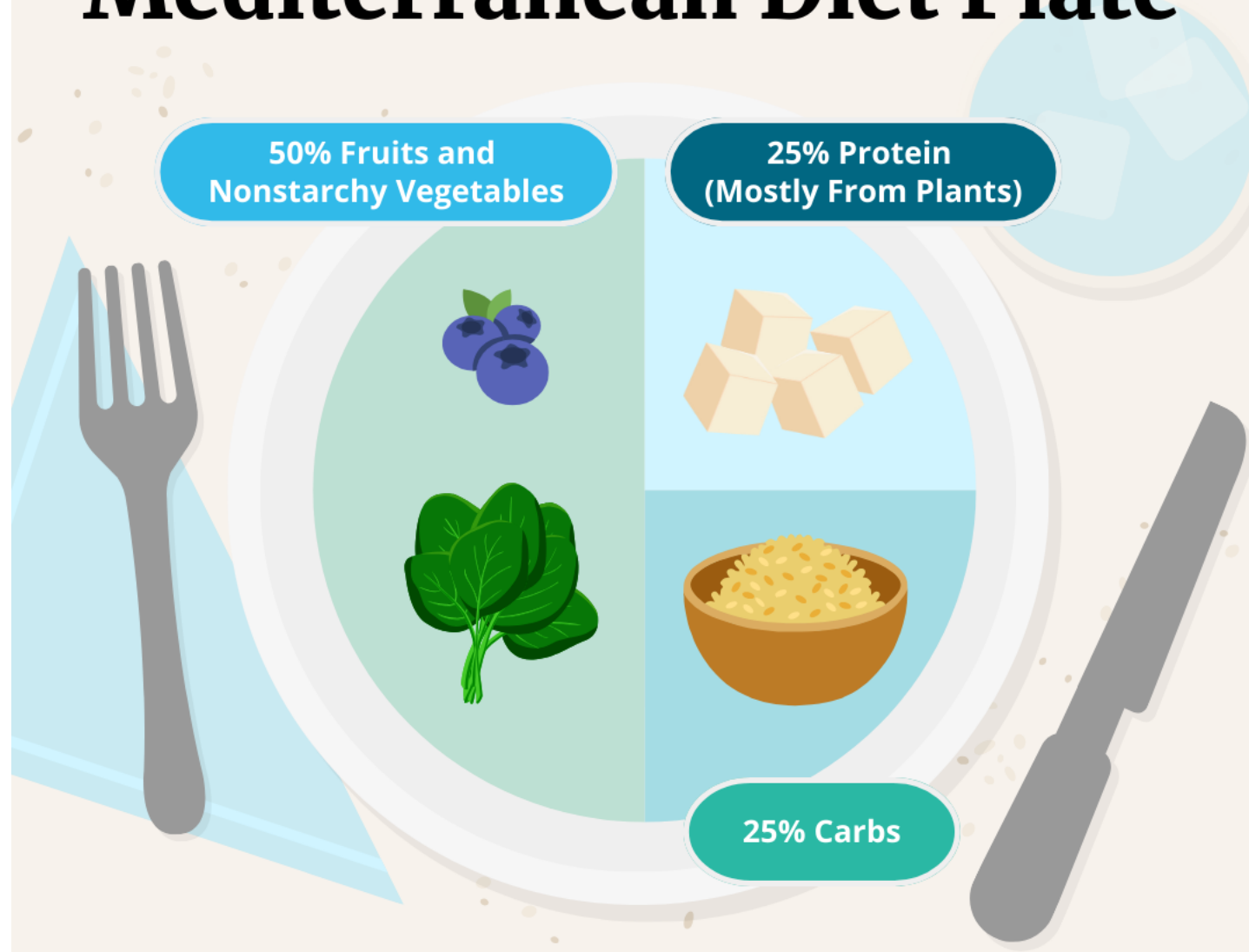
- Home-based programs (STEP for MS) improve mobility and quality of life for those with walking impairments.
- Resistance training is especially beneficial for middle-aged MS patients, improving strength and physical function.
- Regular exercise may stabilize the blood-brain barrier and reduce inflammation, offering long-term neuroprotection.

Diet Related Research



- Gut is the largest immune organ in the human body.
- Gut microbiome: trillions of bacteria, fungi, and viruses
 - Helps regulate immune response
 - Imbalanced gut microbiome → increases inflammatory immune response
 - Can be influenced by diet
 - High fat and sugar → increase gut “leakiness”
 - High fiber → neuroprotective
- Transplanting microbiota from MS patients into mice can induce similar inflammatory reaction in brain
- Trials evaluating probiotics and fecal-transplantation ongoing

How to Build a Mediterranean Diet Plate



	Mediterranean	DASH	MIND
HIGH AMOUNTS	Olive Oil (exclusive)	-	-
	Fish	-	-
	Grains (non-refined)	Grains	Grains (whole)
	Fruits	Fruits	Berries
	Vegetables	Vegetables	Green leafy vegetables
	-	-	Other vegetables
	Potatoes	-	-
	Legumes	Legumes	-
	Beans	-	Beans
	Nuts	Nuts	Nuts
Seeds	Seeds	-	
-	Low-fat dairy	-	
MODERATE AMOUNTS	Poultry	Poultry	Poultry
	-	Fish	Fish
	Alcohol	-	Alcohol
	-	-	Olive Oil (primary)
-	-	-	
-	Full-fat dairy	-	
SMALL AMOUNTS	Red Meat	Red meat	Red Meat
	Processed meat	-	-
	Sweets	Sweets	Sweets / pastries
	-	Saturated fat as a % of total fat	-
	-	Sodium <2400 mg/d	-
RESTRICTED	-	-	Cheese
	-	-	Butter / margarine
	-	-	Fast / fried foods

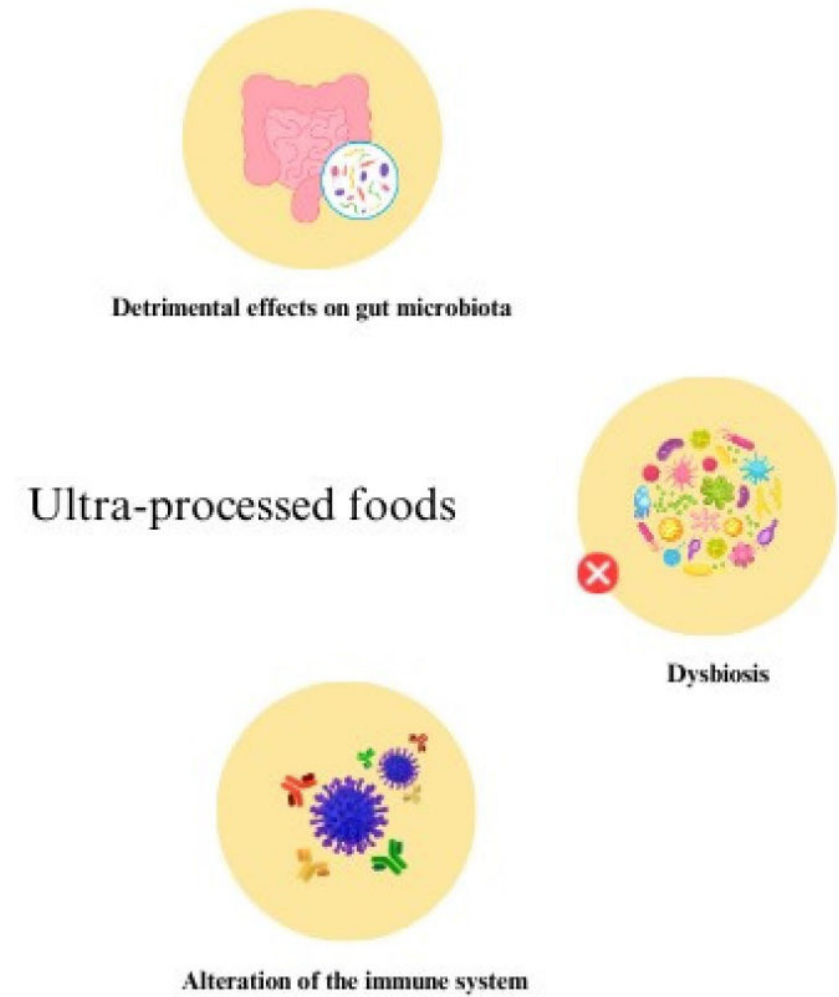
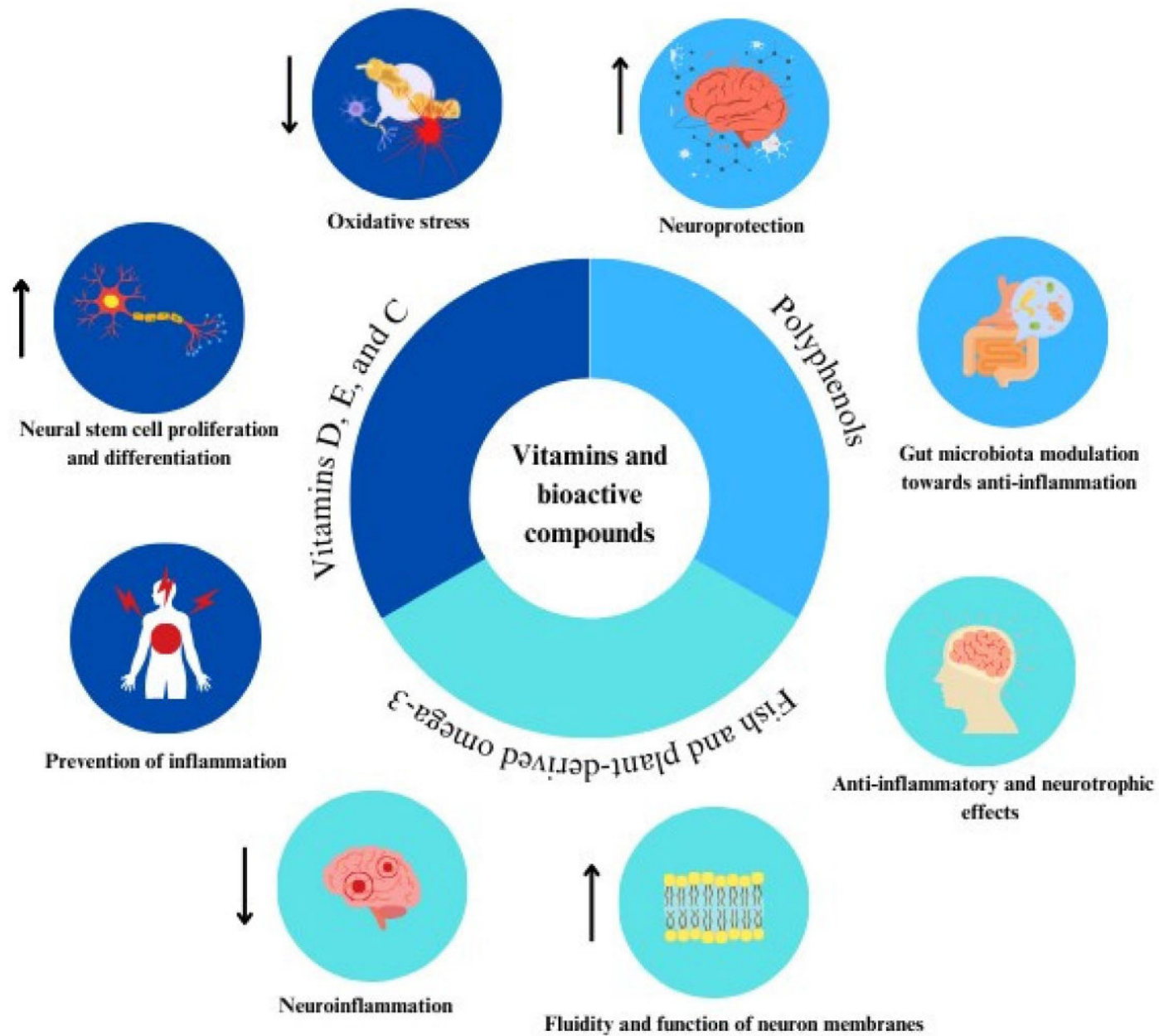
Diet Related Research

Study in thousands of older adults in US (>50yo) using data from Health and Retirement Study

- High adherence of either the Mediterranean, DASH, or the MIND diet
→ better cognitive scores at baseline
- High adherence of Mediterranean and DASH diet
→ slower cognitive decline over 6 years

Study on 5634 adult patients with MS at a single center

- High adherence to Mediterranean diet
→ lower risk for disability
→ lower risk of patient reported symptoms, especially depression



Other Diets Investigated in MS

*Summary of early, small clinical trial results



- Intermittent fasting
 - Improved patient reported symptoms
 - Improved disability
 - Well-tolerated
 - Improved brain volume and reduced neuroinflammation
- Ketogenic diet
 - Improved disability, quality of life, reduced fatigue
- Paleolithic
 - Reduced fatigue, improved mental and physical quality of life
 - Increased exercise capacity
- Low fat
 - Can decrease fatigue

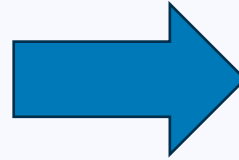
Vitamin D



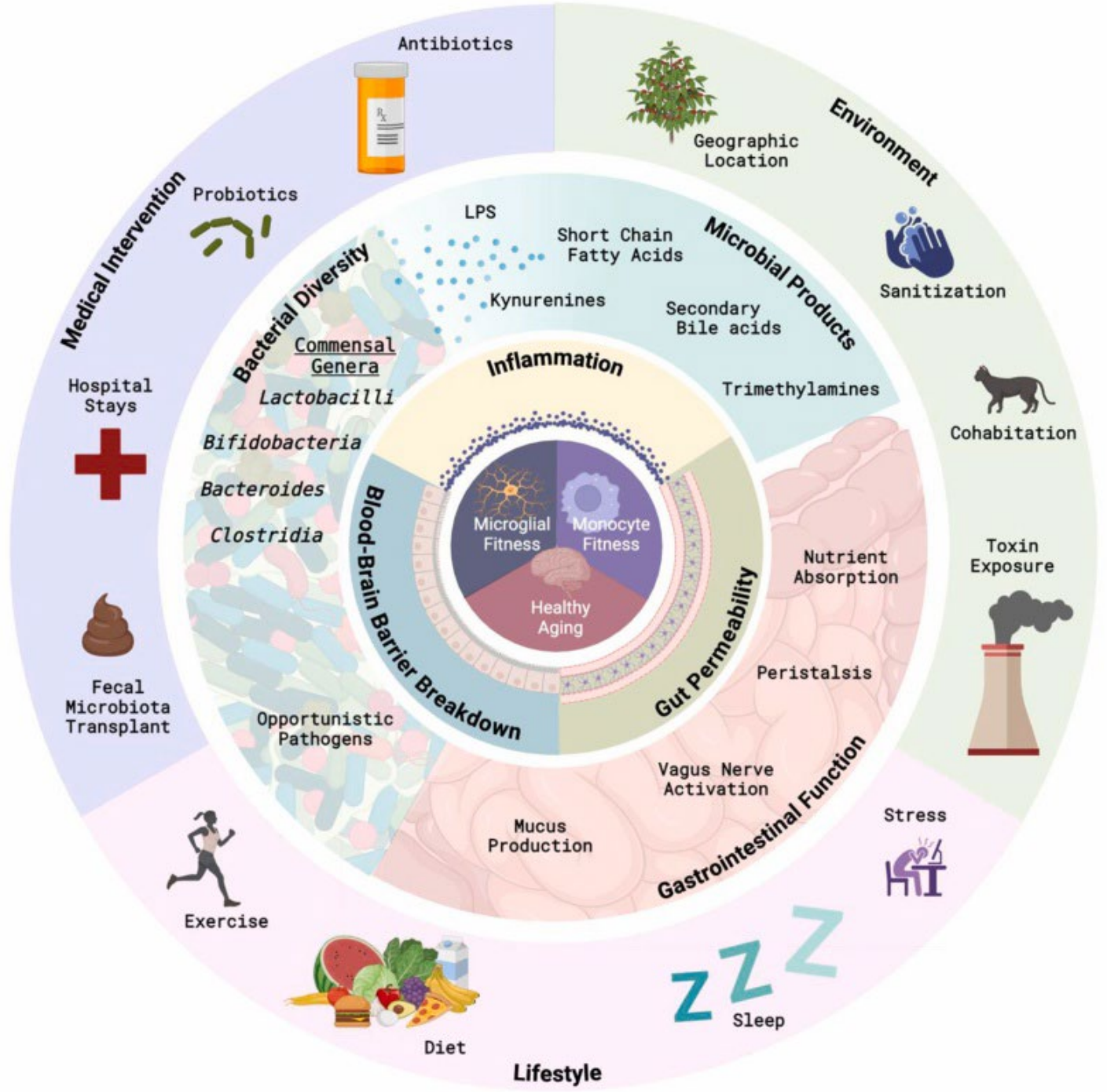
D-Lay MS Study:

Double Blind, Randomized, Placebo-Controlled, 24-Month Study, 316 CIS Patients

→ Oral cholecalciferol 100,000 IU or placebo every 2 weeks

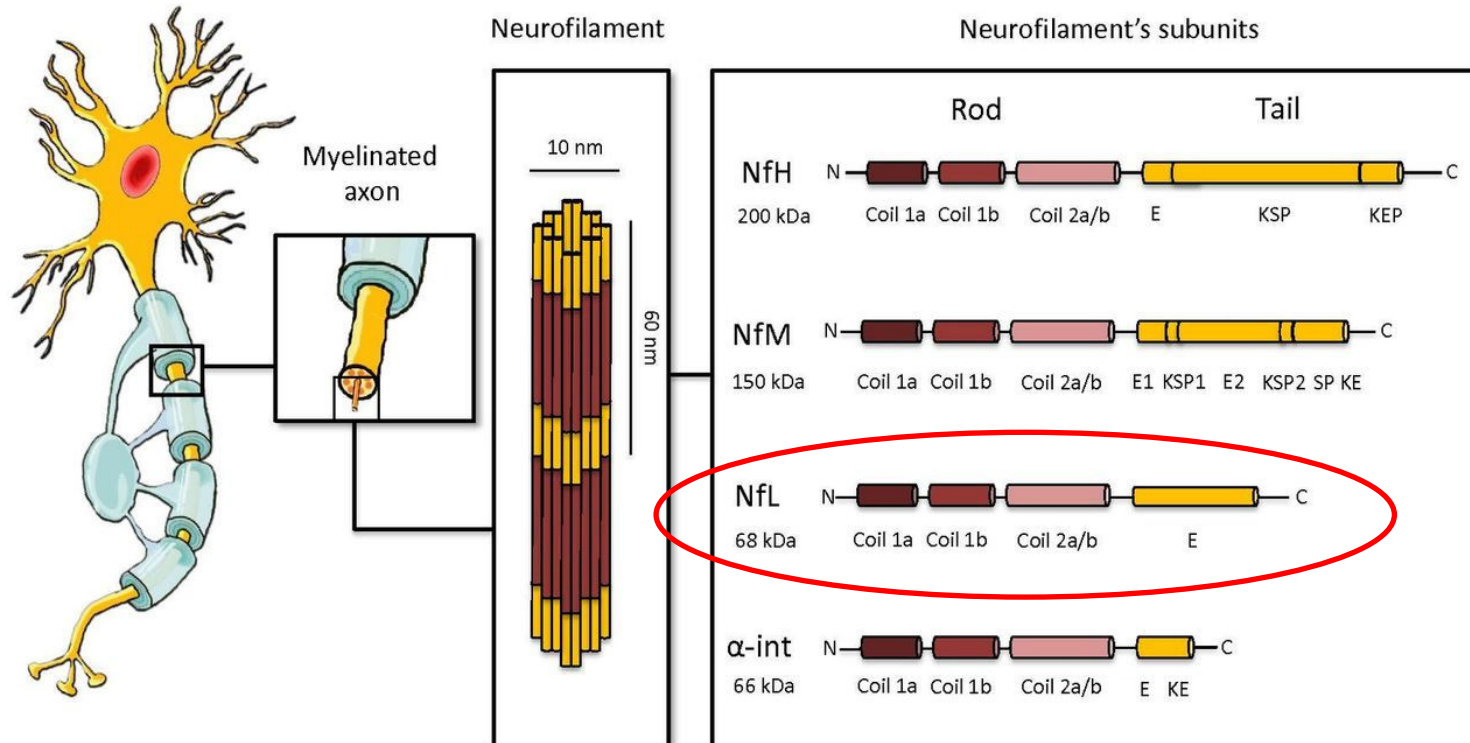


- Significant reduction in MRI activity: fewer new enlarging lesions, and fewer contrast enhancing lesions.
- No significant reduction of relapses.



Biomarkers

Neurofilament light chain (NfL)

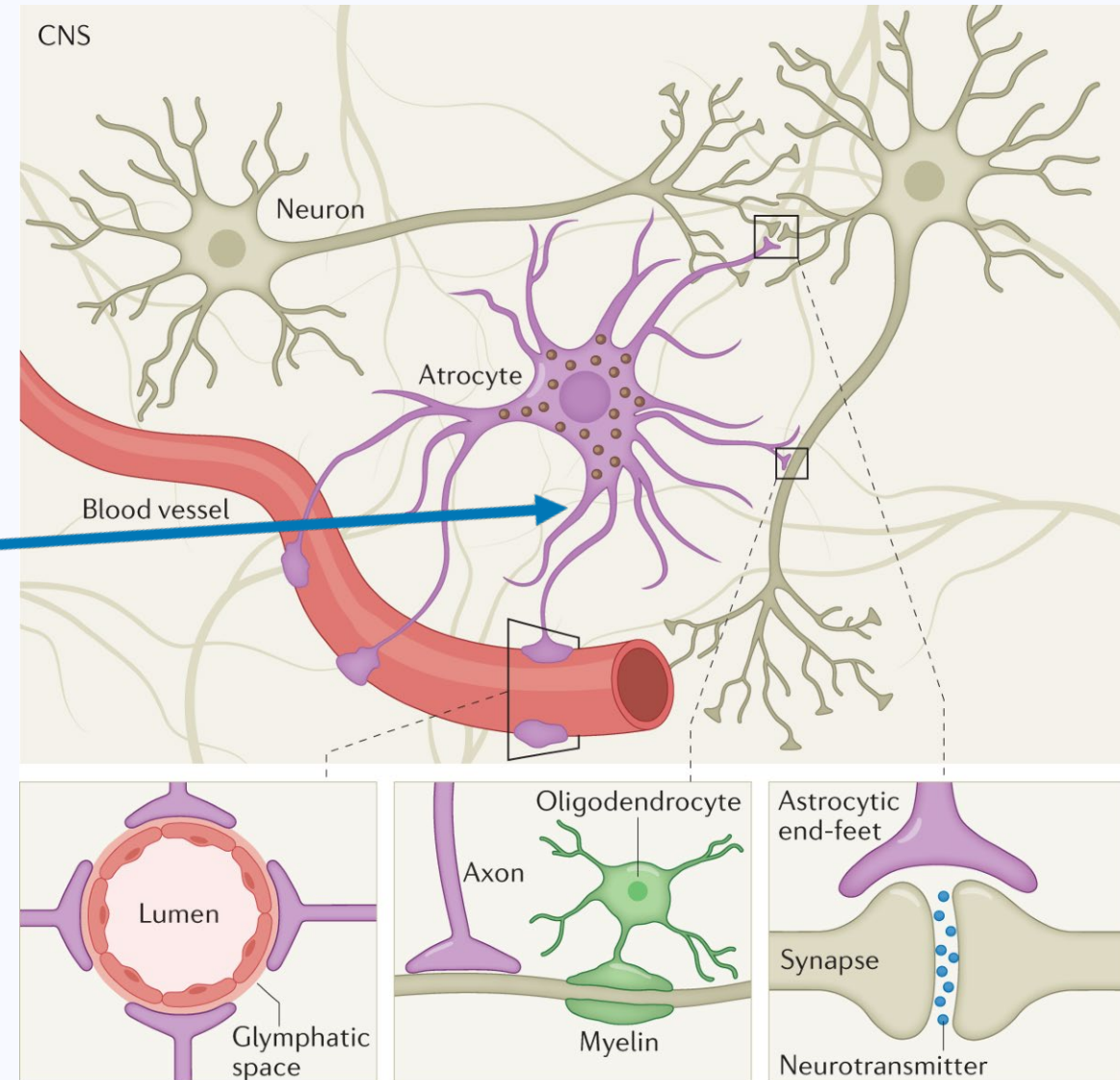


- Structural protein of axons
- Surrogate for neuroaxonal damage
- Not specific for MS
- Elevated during inflammatory activity
- Levels can decrease with treatment

Biomarkers

Glial fibrillary acid protein (GFAP)

- Structural protein in astrocytes
- Surrogate for astrocytic damage
- Not specific for MS
- High GFAP levels predicted disability progression
- Levels can decrease with treatment



Focus On Underrepresented Research Populations

CHIMES Study

- **Objective** - Evaluate the efficacy and safety of ocrelizumab (Ocrevus) in Black/African American and Hispanic/Latino patients with relapsing MS.
- **Findings** - At 48 weeks, 50.5% of participants achieved No Evidence of Disease Activity (NEDA-3), aligning with outcomes observed in predominantly white populations.

Ancestry-Specific Genetic Variants

- **Discovery** - A large-scale study identified novel genetic loci associated with MS risk in African American and Hispanic populations.

Get Involved in MS Research

Why Participate?

- Every contribution helps move MS research forward, bringing better treatments and improved quality of life closer to reality.
- Advance understanding of MS and help improve treatments and care.

How to Get Involved:

- iConquerMS
 - Share your health data, participate in surveys, and propose research topics.
 - Sign up - iConquerMS.org
- Find ongoing MS trials using platforms like:
 - [National MS Society Research Portal - NationalMSSociety.org/Research](https://NationalMSSociety.org/Research)
 - ClinicalTrials.gov for trials near you.

Other Resources:

- Can Do MS
 - Ask your healthcare team about research opportunities
- 

Q+A



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How to Turn Wellness Goals into Daily Habits

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