

More About MS

2026 CMSC Patient Education Program



YOUR MODERATOR

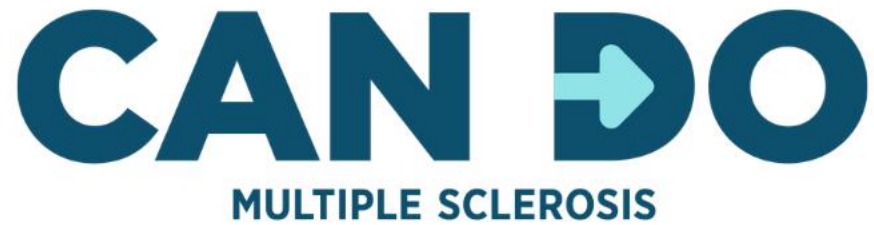


Meghan Beier
Neuropsychologist

Maryland

THIS PROGRAM IS
SPONSORED BY:





We deliver health and wellness education to help families with MS thrive

Our History

Can Do MS was founded in 1984 by former Olympic bronze medalist, Jimmie Heuga who was diagnosed with MS when he was 26. Advised against exercise, Jimmie found that it improved his function and his outlook! Jimmie's "can do" attitude lives on in our programs that help people see possibilities and take steps to reach their personal goals.



What We Are About

We deliver health and wellness education to help families living with MS thrive.

Health and Wellness Focus

Can Do Philosophy

Interactive Coaching

Quality of Life



PLAN FOR TODAY



Welcome & Mindful Moment

The MS Disease Course
Opening Presentation

BREAK

MS Moves
Exercise with a Functional Focus

Lunch

Brain Health
Treatments, Comorbidities, Overall Wellness
Panel Discussion

Workshops

Mix & Mingle
Happy Hour with *Members of the Healthcare Team*



The image features a scenic landscape of a forest and mountains. The foreground is filled with dense evergreen trees, and the background shows rolling hills and mountains under a clear sky. A semi-transparent blue overlay covers the entire scene. In the center, there is a graphic of three concentric circles. Overlaid on this graphic is the text "MINDFUL MOMENT" in a white, sans-serif font, arranged in two lines: "MINDFUL" on the top line and "MOMENT" on the bottom line.

MINDFUL
MOMENT

CAN DO

MULTIPLE SCLEROSIS

YOUR SPEAKER



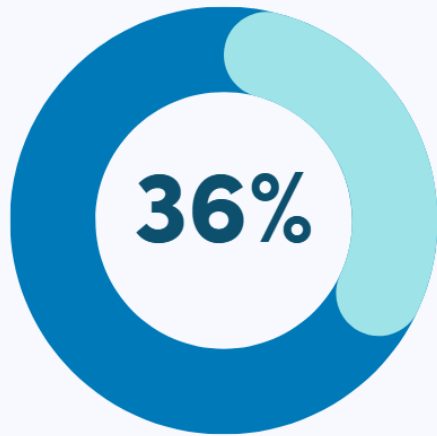
Suma Shah
Neurologist

North Carolina

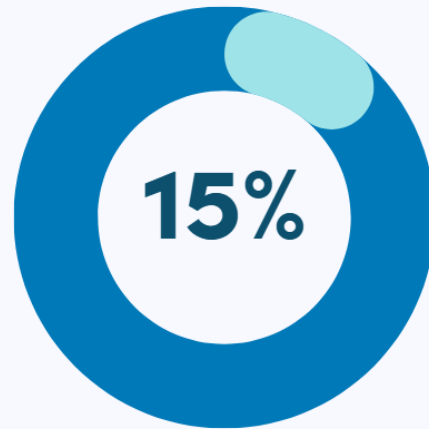
The MS Disease Course

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Accurate and Timely Diagnosis of MS is Critical



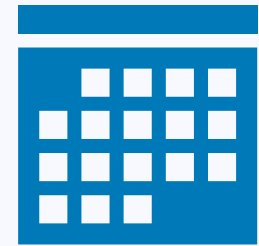
MS is
underdiagnosed
in 36%
of cases



MS is
misdiagnosed
in 15%
of cases

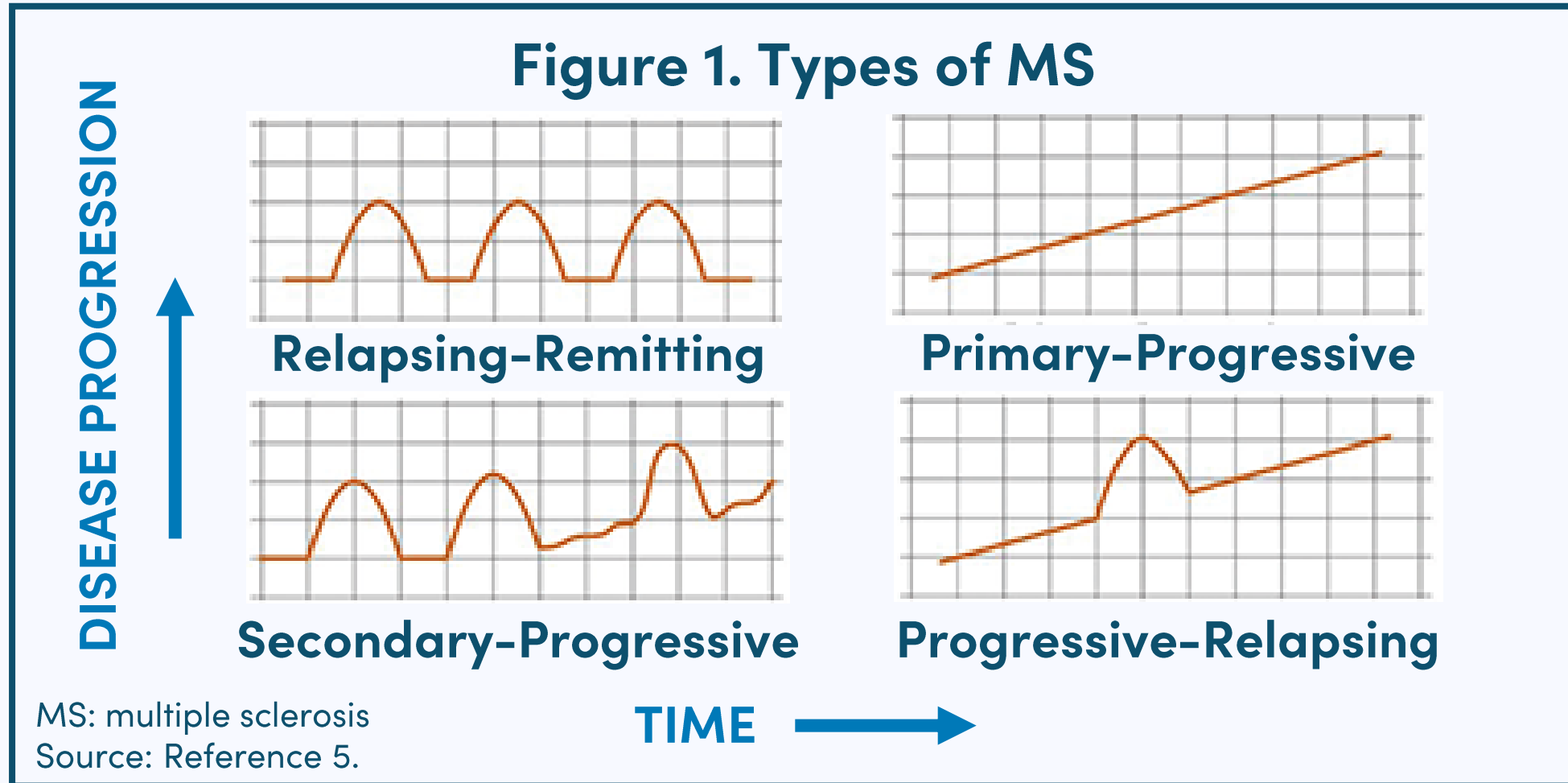


Women
are more
likely to be
misdiagnosed



Mean time
to diagnosis:
13.8 months

Who is familiar with these types of graphs?



**What kind of MS
do I have?**



Recent Developments



Evolving Diagnostic Criteria

- Detect MS earlier and more accurately



Modified Disease Course Descriptions

- Reflect both biology and personal experience

These developments allow:

- Greater focus on individual differences from the time of diagnosis
- Earlier, more precise/ personalized treatment decisions
- More inclusive and targeted clinical trials
 - Broader representation of MS disease courses
 - Treatments aimed at specific biologic processes
- Improved treatment outcomes



New Ways Clinicians and Scientists are Understanding and Describing MS

FROM discrete categories

- Clinically isolated syndrome
 - Relapsing–remitting MS
 - Secondary progressive MS
 - Primary progressive MS
-

TO a spectrum of biological processes that evolve over time

Emphasizing the uniqueness of each person's MS

- Identifying features of acute inflammation (relapses)
- Identifying underlying (“smoldering”) CNS inflammation driving progression

Have You Ever Had The Experience...

RAISE YOUR HAND



Experience 1

- Provider says *MS* is stable
 - No new lesions, relapses, or new symptoms
- You feel like physical/cognitive symptoms are getting worse

Have You Ever Had The Experience...



RAISE YOUR HAND

Experience 2

- There are things you can't do now that you could do last year?

MS clinicians and researchers have heard you!



**LET'S HEAR
YOUR EXPERIENCES**

Is Your MS...

• Currently Active

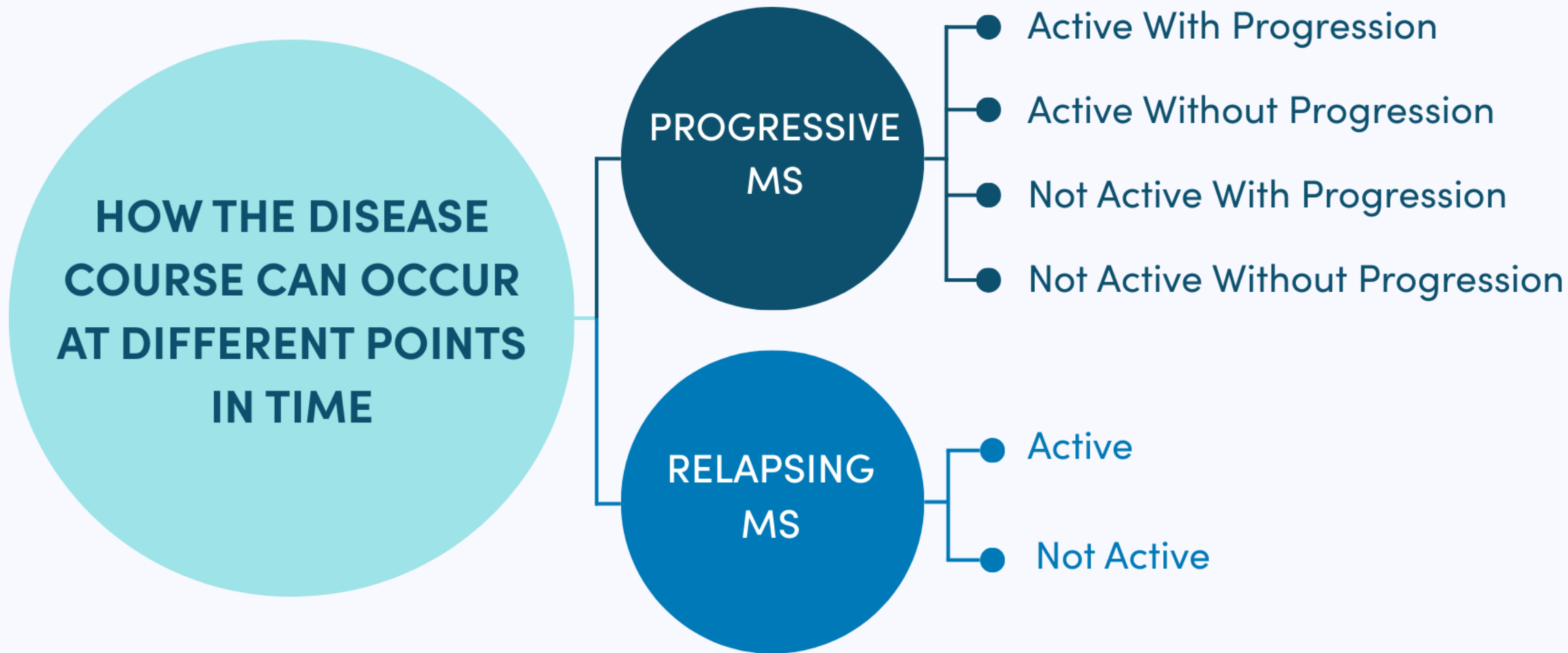
- New lesions on MRI
- New relapses & new symptoms

• Progressing

- Without any relapses (“Smoldering MS”)
- Increasing disability (“worsening”) due to symptoms that don’t fully resolve after a relapse



Ask your MS care provider how you fit within the updated criteria to support shared, personalized treatment decisions.



This is not a static diagnosis. Your disease course can change over time.

LET'S MEET

Janine

- 34-years-old woman; diagnosed 2 years ago, taking a DMT
- Left leg is weak and her foot drops, causing her to fall
- Previously had optic neuritis, now has worsening vision and pain in left eye
- Has no infection, stress, or sleep concerns; exercises regularly
- Recent spinal MRI showed new enhancing lesion



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Based on this information, we know that Janine has relapsing MS with new activity



LET'S MEET
Jordan



- 56-year-old man whose *MS* is worsening
- Less steady on his feet
- Increased numbness/tingling in his arms and feet, with frequent left-leg spasms
- Increasing problems with memory and thinking
- Recent brain and spinal MRIs are stable
- Takes care of himself – exercising well, wearing CPAP, has no current infection



LET'S MEET
Jordan



- 56-year-old man whose *MS* is worsening
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**Based on this information, Jordan has
non-active progressing MS ['smoldering']**

What the Evolving Disease Course Definitions Can Mean for You

- Greater recognition of your experience
- Medication recommendations tailored to your underlying disease process
- More proactive symptom management
- Early and ongoing rehabilitation recommendations that address your daily functioning at home and work
- Early and ongoing attention to your mood and cognitive abilities
- Increased attention to your functional abilities and quality of life

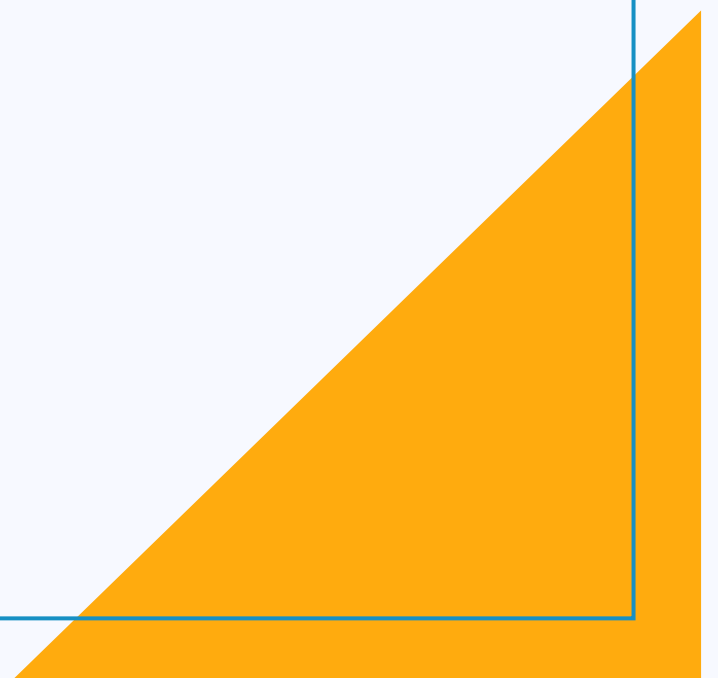
The description of the *MS* disease spectrum will continue to evolve as more of the underlying biological processes are identified.



Questions



BREAK



YOUR SPEAKER



Erin Toy

Physical Therapist

North Carolina

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A Word From Our Sponsors



Lily Rose Atherton

Director, Patient Advocacy Relations

50

Genentech

A Member of the Roche Group

Michael A. Walters DPM

Medical Science Liaison, Associate Director



Reimagining medicine, together.



Ed Fox, MD, PhD

National Physician Liaison
Vice President



TG Therapeutics

Lunch



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YOUR PANELISTS



Charlotte Craig
Certified MS Nurse

North Carolina



Donna Graves
Neurologist

North Carolina



Erin Toy
Physical Therapist

North Carolina

Optimizing Your Brain Health

Treatments | Comorbidities | Overall Wellness

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What Is Brain Health?

A continuous state of attaining and maintaining the optimal neurologic function that best supports one's physical, mental, and social well-being through every stage of life.



Why is brain health important?



Optimizing Brain Health With MS

Disease Modifying Therapies (DMTs)

Reduce inflammation, slow brain tissue loss, slow disease progression

Comorbid Health Conditions: Prevention and Management

Optimize overall health, slow MS progression, and prolong life

Wellness Strategies

Optimize physical, cognitive, social, and emotional wellbeing

Disease Modifying Therapies

Early effective treatment is critical to minimize irreversible damage to the brain and spinal cord

The importance of DMTs:

- * Reduces relapses & lesion burden
- * Prevents irreversible damage
- * Reduces disability accumulation
- * Associated with better long-term prognosis



Comorbidities and MS

People with MS have more comorbidities than the general population

- Common comorbidities:
 - Depression
 - Anxiety
 - Diabetes
 - Cardiovascular disease
 - High Blood Pressure
 - High Cholesterol
- Cardiovascular disease, and other comorbidities, can impact MS progression

Wellness Strategies: Things To Consider



Healthy Nutrition



Cognitive stimulation



Avoidance of risky behavior



Quality sleep



Exercise & physical activity



Mental health support



Management of other health conditions



Social connection

Exercise Is Medicine: Movement and Brain Health



The Goal: 150 minutes per week
All movement counts!

- Physical activity improves energy, mood, strength, and brain health
- Helps reduce risk of chronic disease and MS comorbidities
- Daily movement counts (exercise + everyday tasks) – short bursts add up
- Make it social when possible
- A physical therapist can help tailor a plan for you

Nutrition and MS: Why What You Eat Matters

The immune system relies on healthy nutrients

- No single “MS diet,” but a plant-based, high-fiber, anti-inflammatory approach has strong evidence
- Mediterranean-style diet: whole grains, olive oil, fruits, vegetables, nuts, legumes, fatty fish
- Lack of proper nutrition is a major contributor of comorbid health conditions



**Get curious and experiment — find what feels good for your body.
Small, sustainable changes beat perfection.**



Quality Sleep

Benefits

- Supports brain and immune health
- Improves mood, energy, and focus
- Supports healing and repair
- Lowers chronic disease risk

Strategies

- 7–9 hours per night; keep a consistent schedule
- Wind down before bed
 - Dim lights, read, meditate, avoid screens
- Limit caffeine and long/late daytime naps



Putting It All Together: Your Brain Health Action Plan

Three things that protect your brain — starting today:

1

Stay on your treatment plan. Take your DMT consistently. Communicate with your MS provider if something isn't working.

2

Keep moving. Find movement you enjoy. Every bit counts — standing, seated, or anywhere in between.

3

Take your overall health seriously. Nutrition, sleep, mental health, and stress management are part of your MS treatment.



Write it down and share

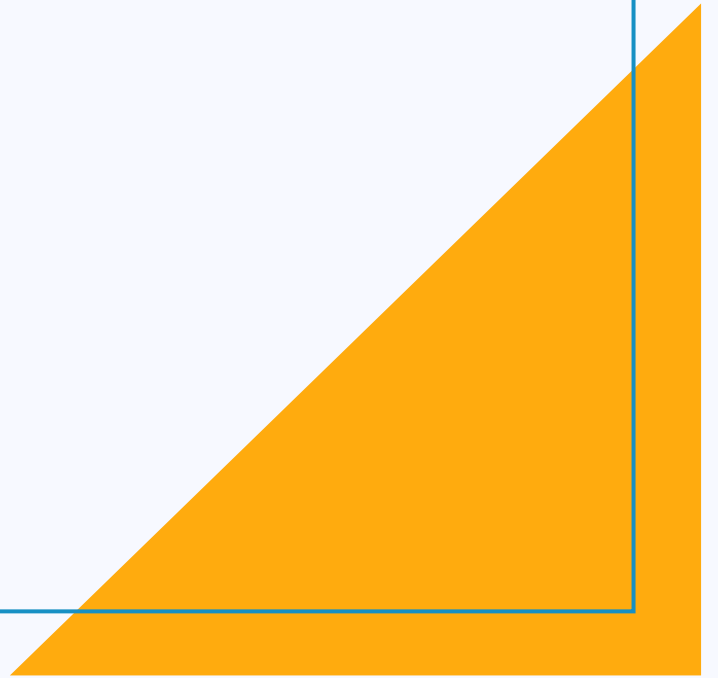
2-3 things you can do now that would help maintain or improve your level of function.

- Physically
- Emotionally
- Cognitively
- Socially



Remember how to eat an elephant – ONE BITE AT A TIME

BREAK & Workshops



WORKSHOPS:

Pick One to Attend | Starts at 2:15pm



1

HOW TO REDUCE YOUR RISK OF FALLS

Uptown Ballroom 1

Speaker: Erin Toy, PT, DPT, MSCS, CPI

2

NAVIGATING INVISIBLE SYMPTOMS

Uptown Ballroom 2

Speakers: Donna Graves, MD and Charlotte Craig, MSN, RN, MSCN

3

HOW TO SURVIVE & THRIVE AS A CARE PARTNER

Uptown Ballroom 3

Speaker: Meghan Beier, PhD

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