

Exploring Nutrition's Impact on MS

CAN DO
MULTIPLE SCLEROSIS

WEBINAR 
WEDNESDAYS

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UPCOMING PROGRAMS

Wednesday, September 16

SPECIAL WEBINAR

DMT Spotlight: A B-Cell Option Offering
RMS Treatment on Your Terms

Wednesday, September 30

MS MOVES

Guided workout program

Wednesday, October 14

WEBINAR

Thriving Through Cognitive Changes

Thursday, October 22

JUMPSTART

Managing Cognition Changes in Daily Life



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Everyday Energy: Managing Fatigue With MS

Series Starting 9/15
12:00-1:15pm ET | Zoom

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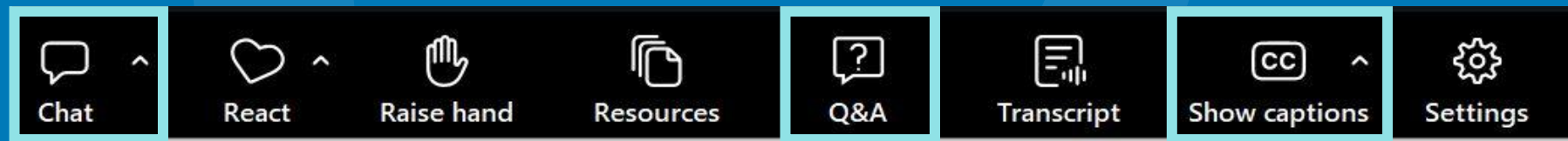
WEDNESDAY, NOVEMBER 4TH



12:00PM-4:30PM ET

How to Ask Questions During the Webinar

Type in your questions using
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Closed captioning

YOUR SPEAKER



Brooks Wingo

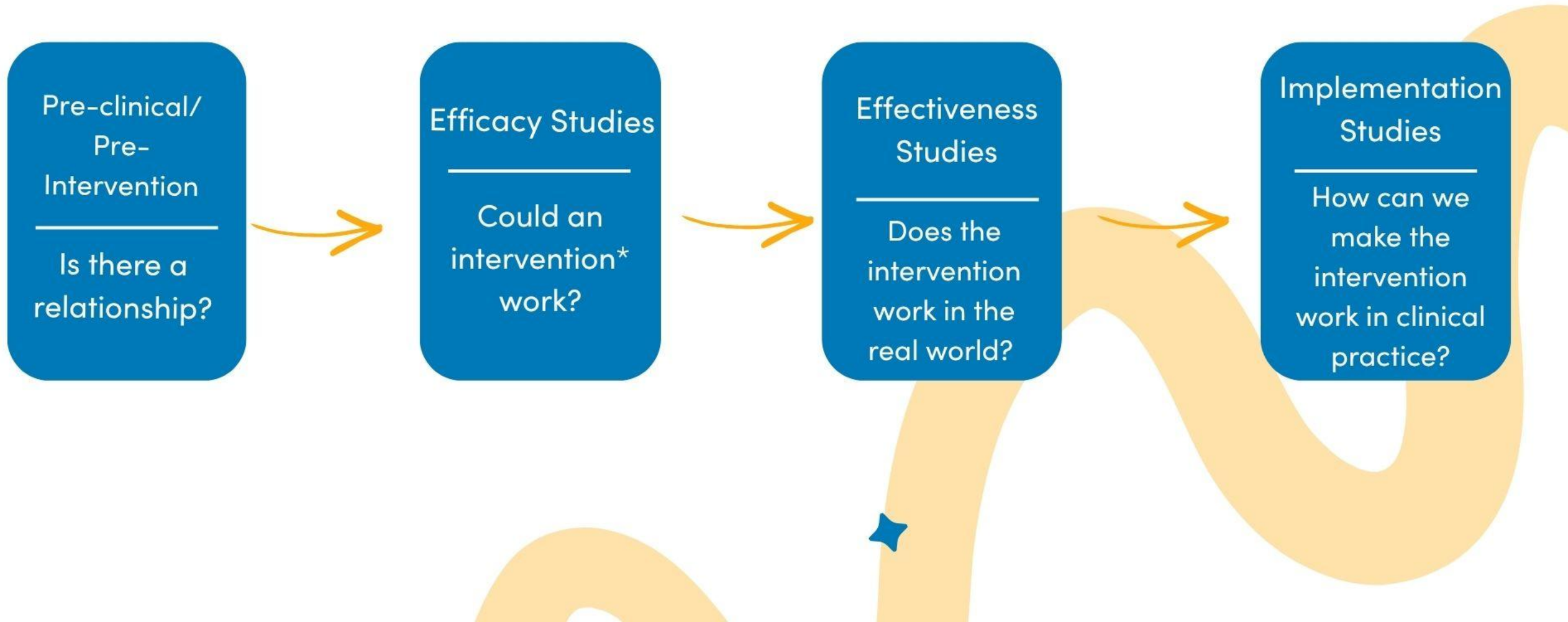
Associate Professor

Current State of Dietary Research in MS



Research Translation Continuum

*Intervention is the program being tested. The specific diet, exercise plan, etc.



What we don't know about diet and MS

We don't know if there is a single 'best diet' for MS.

We don't know of any specific vitamins, minerals, ingredients, that should be avoided or supplemented.

There is preliminary evidence on a lot of things, but strong, consensus evidence on very little.

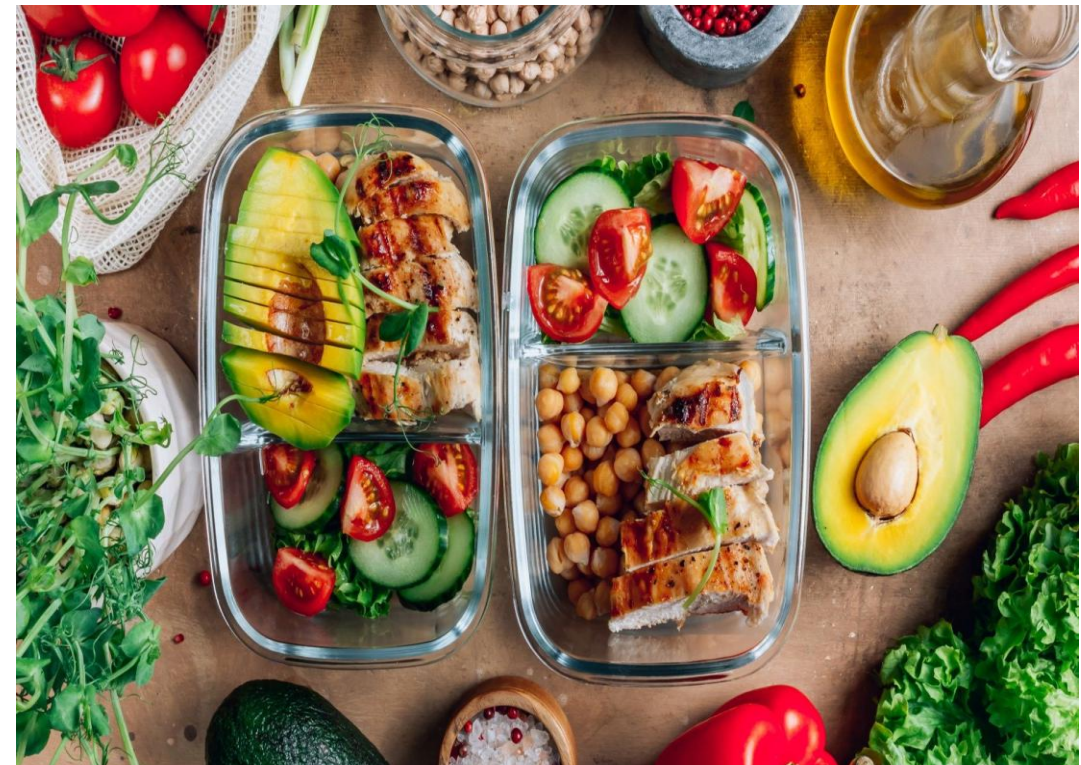


What we do know about diet and MS

Maintaining a healthy weight is associated with better health outcomes

Avoiding processed sugars, fats is associated with better health outcomes

- Whole grains
- Fruits, vegetables
- Lean meats/Avoiding processed meats
- Water/Avoid sugar-sweetened beverages



*So how do you follow
a healthy diet in the
real world?*



4 Steps to Behavior Change

1 Know your expectations

2 Set your goals

3 Develop your plan

4 Develop your back-up plan

Step 1: Expectations

What are your expectations?

- What do you want to get from this change?
- Why do you want to make this change?
- How easy/hard to you expect this change to be?
- Is this a realistic expectation for this time in my life?



Step 2: Goals

Set your goals

- Long-term and short-term goals
- SMART goals
- Be realistic
- Focus on behavioral goals instead of outcome goals.



Step 3: Develop your plan

Plan, Plan, Plan

- Make your action plan- how will you make the change and what do you need to be able to start the plan? Do your research.
- What is your schedule this week?
 - Meal plan
 - Grocery list
 - Plan for eating out
- What knocked you off course last time you tried to make this change? Plan for it!
- Be honest with yourself

Step 4: Develop your back-up plan



Back-up Plan, Back-up Plan, Back-up Plan

What if?

- It rains
- I'm tired
- I don't feel well
- I WANT PIZZA!
- Unplanned work dinner
- Family holiday.....

Build in flexibility

Other things to consider

Self-efficacy: your self-confidence to carry out a specific behavior or reach a goal

- **Ways to increase self-efficacy**
 - **Be realistic and start small**
 - **Social support: Learn from others**
 - **Try something new**

Self-monitoring: “Write It Down!”

- **Use journal for motivation, planning, and a detective tool**
- **Things to monitor: food intake (or other behavior), time of day, emotions, location**

Be patient

- **Build in flexibility**
- **Give yourself a break**
- **Reward every success**

Q+A



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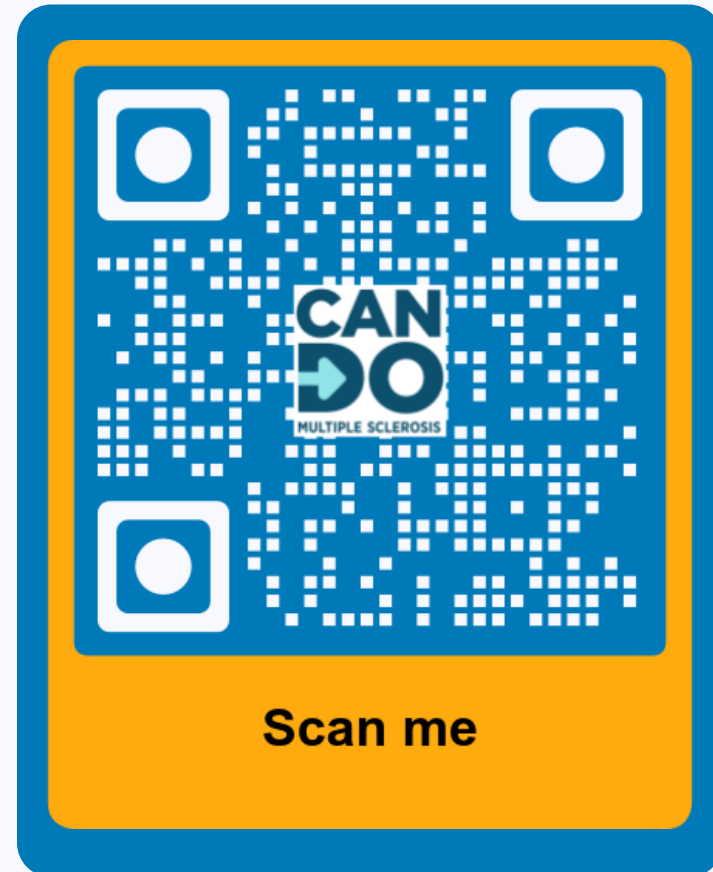


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Next Month:

Thriving Through Cognitive Changes

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