

**MARK'S INTREPID
CHALLENGE: 14.1KM A
DAY FOR 100 DAYS**



We all love a good challenge.

Our Kiss Goodbye to MS supporter Mark took on a huge challenge to raise funds for life-changing MS research. Mark made a commitment to run 14.1km each day for 100 days in support of his sister-in-law Kym, who was diagnosed with MS in 2018. Kym's diagnosis came as a massive shock to Mark.

"I had of course heard of the disease, but had never known anyone with MS. It struck me as particularly cruel because she was only in her early 30's," he recalls.

Ever since then, Mark and his partner Amy have shown their support for Amy's sister Kym, and the other 25,600 Australians living with MS by raising funds for all facets of MS through various events over the years. This year, Mark set himself his own ambitious fundraising challenge for vital MS research.

Cont. on pg 6



**NEW EVIDENCE-BASED GUIDE
ON MODIFYING LIFESTYLE FOR
PEOPLE WITH MS**

Modifiable lifestyle factors are aspects of life that can influence multiple sclerosis (MS) disease progression and disability, such as diet, exercise, gut health, or smoking. There have been many interesting discoveries in this area; however, there has been a lack of practical, evidence-based guidance on modifying lifestyle and how this could improve MS symptoms – until now.

AN AUSTRALIAN FIRST: LIFESTYLE GUIDELINES FOR MANAGING MS

We have been working with clinicians, researchers, allied health professionals and people affected by MS to create evidence-based recommendations on how Australians could modify their lifestyle to help manage their MS. Two guides have been developed – one for people with MS, *Adapting Your Lifestyle: A Guide for People with MS*, and one for health professionals, *Modifiable Lifestyle Factors And MS: A Guide for Health Professionals*.

WHAT IS INCLUDED IN THE GUIDELINES?

Topics are related to both lifestyle choices and the impact of some environmental factors on MS including; smoking, physical activity, diet, gut health, supplements, vitamin D and sun exposure, weight and obesity, medical conditions in addition to MS (comorbidities), and lipids. Practical evidence-based recommendations are included within each section, plus tips and MS myth busters, to help make modifying areas of lifestyle as straightforward as possible.

Cont. on pg 7

FOLLOW US FOR THE LATEST MS RESEARCH NEWS

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QUARTER OF A MILLION FUNDING LIFELINE OFFERED TO MS RESEARCHERS IMPACTED BY COVID-19



Important MS research projects around Australia – which risk non completion against the COVID-19 pandemic backdrop – are set to receive a funding lifeline of \$275,000 this month from MS Research Australia. The allocation of this financial support will enable research timelines to be extended by a further six months, securing the completion of important investigations.

Many of the MS research projects supported by MS Research Australia are in jeopardy, with COVID-19 causing extensive disruptions and delays to the research with no additional funds available to cover the lengthening timelines.

The research initiatives underway cover a range of different MS research priorities, including causes and prevention, better treatments and cures via repair and regeneration of cells. They focus on a variety of areas within these themes such as vitamin D, Epstein-Barr Virus (EBV), gut health, fatigue and depression, through to cell therapy and myelin repair.

The most severely impacted are those conducted by recipients of the prestigious MS Research Australia Scholarships and Fellowships, which support some of our best and brightest MS researchers to answer a critical MS research question.

These researchers would need to work without pay in order to complete their research once working conditions return to normal. Researchers working in laboratories or running clinical trials will be the hardest hit, and will therefore be important recipients of the additional funding commitment to complete their work.

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Since the start of the pandemic many universities and medical research institutes have temporarily shut down, with large numbers of researchers having to work from home and disconnect from their investigations. Experts believe the impact of COVID-19 on the Australian research community in all areas, not just in MS, will be far-reaching and extend well into this decade.

“The pandemic has been extremely challenging on research teams all around the country. Project schedules and milestones for research have slowed significantly, essentially stretching out the timelines needed to complete them. The ongoing situation is risking a number of critically important projects being drawn out to the point where they cannot

afford to be completed,” said Associate Professor Desmond Graham, Chair of MS Research Australia.

“It’s extremely important we now provide as much support as possible so these considerable research efforts are completed and the results and outcomes are uncovered, published and incorporated into our evidence banks and understanding of MS. We are extremely grateful to the generosity of our donors and fundraisers in helping us provide these grant extensions” he added.

A recent review of research initiatives supported by MS Research Australia found two thirds (66%) of the researchers are running their projects at a slower pace with COVID-19 and three out of four (74%) believe they will require extensions to complete their work. The biggest impact on research was identified where clinical trial participants were needed to be recruited into the research initiative.

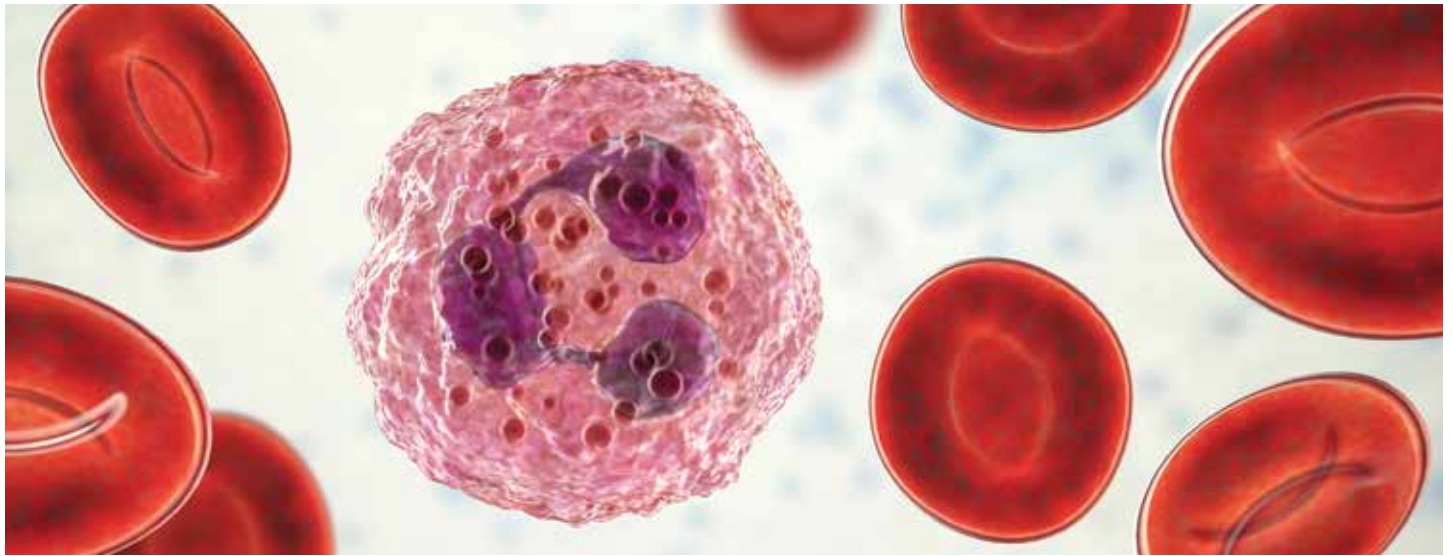
“It’s been an extremely challenging time for researchers across the board with many projects unable to progress for the past six months. We really don’t want to see the incredible work conducted by our MS research teams fall by the wayside this year,” stated Dr Julia Morahan, Head of Research at MS Research Australia.

“There is too much knowledge and insight we cannot risk losing. It is critical we work quickly now and do everything we can to support our researchers to bring these amazing projects to completion. We are also working closely with our researchers funded under other schemes to adjust project timelines in line with COVID-related disruptions.”

Dr Wolfgang Marx, an MS Research Australia Postdoctoral Fellowship recipient added, “Having the opportunity to secure additional funds to give extra time and breathing space to our research is bringing substantial relief to many of us. The frustration of seeing our research stalled has been immense and the added pressure of trying to find salary while we finish these projects is very stressful. I am incredibly grateful to MS Research Australia for providing such incredible additional support for myself and other researchers in the MS research community.

Researchers must apply formally for these extensions via MS Research Australia and research projects will need to be completed under the pre-approved conditions.

MESSENGER MOLECULES, MS RISK GENES AND A POTENTIAL NEW DIAGNOSTIC TOOL



RESEARCH PROJECT 1: ARE RED BLOOD CELLS SENDING MESSAGES AND WHAT IS THEIR ROLE IN MS?

MS Research Australia funded researcher Professor Jeannette Lechner-Scott and her team have been investigating how cells communicate with each other in the blood. Red blood cells can send messenger molecules called 'microRNAs' to neighbouring cells to turn genes on or off and direct their activity. MicroRNAs sent from red blood cells were compared between people with and without MS, and researchers found that 34 microRNAs were altered in MS. Targets of these altered microRNAs included up to 131 of the MS risk genes. This suggests that controlling the activity of the MS risk genes in immune cells is important not only in causing disease, but during disease. These genes provide a roadmap for immune processes that are important in understanding MS.

Aside from their role in MS risk, the team has been examining whether microRNAs from red blood cells have potential as 'biomarkers'; that is, reliable, easy to test, biological markers of disease. Levels of specific microRNAs from red blood cells (taken in a simple blood test) were able to distinguish people with MS from those without MS, and even distinguish them from people with another neurological condition, migraine.

In addition, distinct microRNAs also tracked measures of physical disability or cognitive disability. The study, published in *Clinical and Translational Medicine* raises the exciting possibility that specific red blood cell microRNAs could be developed as a tool for diagnosis and monitoring disability.

WHAT IS KNOWN ABOUT GENETIC RISK OF MS?

Several diseases, such as cystic fibrosis, are caused by changes of a single gene. In contrast, the genetic risk of MS is due to a number of genetic changes, with each change increasing risk by a small amount. At the last count, there were over 200 genetic changes identified that influence the risk of MS and each change on its own cannot cause disease. Unlike cystic fibrosis, where the gene changes stop a protein from working properly, in MS the genetic changes lead to differences in the way the body uses proteins. The second research project has begun to unpack how genetic changes link back to the biology of MS risk.

RESEARCH PROJECT 2: USING IMMUNE GENE NETWORKS TO UNDERSTAND RISK IN MS

MS Research Australia funded researchers, Professor Alan Baxter and Professor Helmut Butzkueven, brought together researchers from Queensland and Melbourne to discover how MS risk genes subtly change the biology of cells. This was a huge undertaking, using cutting edge technology to screen each individual gene and see if it changed the amount of specific proteins the cell will make.

Since we know that most of the MS risk genes control the immune system, the team concentrated on five different types of immune cells. These included CD4 T cells, which mistakenly recognise myelin in the brain as a target in MS; and monocytes, which can enter the brain and destroy myelin. The researchers discovered that 129 of the 200 MS risk genes cause changes in the amounts of proteins to be made by the immune cell. These changes were seen in all five types of immune cell studied. The effects of MS risk genes, which can promote certain responses leading to MS, were fairly evenly distributed across the two main parts of the immune system: the "adaptive" response that is responsible for mistaken recognition of the myelin; and the "innate" immune response, which drives brain inflammation in progressive MS.

Some genes had the opposite response in people with MS compared to those without MS. Published in *Life Sciences Alliance*, this study confirms a growing body of evidence that risk genes can respond differently when they are exposed to inflammation, such as during a chronic disease. Ultimately, this work gives us a greater understanding of how MS risk genes are triggered by the environment, and of the processes involved in MS.

WHAT DO THE FINDINGS FROM THESE TWO RESEARCH PROJECTS MEAN?

These new Australian studies have identified important molecules, immune cells, and parts of the immune system involved in the risk of MS. They have also uncovered a potential new blood biomarker, a crucial requirement to improve disease management and optimise medications for people living with MS.

NEW MEDICATIONS APPROVED FOR PEOPLE WITH MS

Two medications for the treatment of progressive MS – siponimod (Mayzent) and ocrelizumab (Ocrevus) – were recently considered for subsidy by the Pharmaceutical Benefits Advisory Committee (PBAC) at its July meeting. Another medication – ozanimod – was approved by the Therapeutic Goods Administration (TGA) for relapsing MS, bringing the total number of medications available for the treatment of MS in Australia to 14.

SIPONIMOD IS THE FIRST MEDICATION FOR SECONDARY PROGRESSIVE MS RECOMMENDED FOR SUBSIDY

On the 21st August, the PBAC recommended that siponimod be subsidised on the Pharmaceutical Benefits Scheme (PBS) for patients with secondary progressive MS (SPMS) who are ambulant (with or without support). This is the first time in Australia that a medication for SPMS has been recommended for subsidy. Siponimod was also the first medication approved by the TGA for use in Australia for the treatment of SPMS.

Siponimod is an oral treatment in the same class as fingolimod (Gilenya). SPMS clinical trials of siponimod showed a reduction in disability progression when compared to a mock treatment (placebo). People were treated for up to three years and disability progression was tracked every three months. The results showed that siponimod reduced disability progression, slowed brain tissue loss (atrophy), and reduced the number of new lesions.

OCRELIZUMAB NOT RECOMMENDED FOR PBS INCLUSION FOR EARLY, MRI-ACTIVE PRIMARY PROGRESSIVE MS

In the same August announcement, a proposed extension to the listing of ocrelizumab – the first TGA approved treatment for primary progressive MS (PPMS) – to include people with early, MRI-active PPMS was not recommended. In 2018 ocrelizumab was listed on the PBS for people with relapsing remitting MS (RRMS) and this decision does not affect that.

Ocrelizumab is given as two intravenous infusions once every six months. It is a monoclonal antibody – a type of antibody that recognises a single specific target) that blocks the activity of specific immune cells. These immune cells are called B cells and the antibody targets a molecule called CD20 which is found on the surface



of these cells. Clinical trials with people with PPMS showed that ocrelizumab significantly reduced the risk of disability progression by 24% compared to the placebo. It also decreased the volume of brain lesions.

OZANIMOD APPROVED BY THE TGA FOR RELAPSING MS

On the 16th July 2020, ozanimod was approved by the TGA for the treatment of adults with relapsing forms of MS in Australia. Ozanimod will be marketed under the tradename Zeposia. This medication has also been submitted to the PBAC for consideration to be reimbursed under the PBS.

Ozanimod is an oral treatment that has a similar mode of action to existing TGA approved MS medications fingolimod and siponimod. Drugs in this class act by keeping a type of immune cell called lymphocytes in the lymph nodes. They do this by targeting a class of molecules found on the surface of cells called the sphingosine-1-phosphate (S1P) receptors. It is thought that this prevents them from moving from other parts of the body into the brain and spinal cord, and causing the damage seen in MS. This process is very important in MS relapses.

While fingolimod targets all five of the S1P receptors, ozanimod and siponimod are more selective, which leads to fewer side effects. Recent phase 3 clinical trials of ozanimod showed that the number of relapses per year, the number of new or active lesions, and brain volume loss

(atrophy) were significantly lower in people treated with ozanimod compared to the comparison drug, interferon-beta. The most common side effects were nose and throat inflammation, headache, and upper respiratory tract infection.

WHAT DOES THIS MEAN FOR PEOPLE WITH MS?

In order for a treatment to be approved for use in people with MS in Australia it must first be approved by the TGA. Once approved, it may then be considered by the PBAC who evaluate the effectiveness and cost of a treatment relative to other available medicines, and the cost to the government of a new PBS listing.

Once a medication receives a positive recommendation from the PBAC it is then submitted to the Federal Government for final approval. If successful, it allows people with MS across Australia subsidised access to this new treatment option.

MS Research Australia has been involved in advocating for all of these medications to be available on the PBS. We support and actively advocate for affordable access to all proven treatment options to increase the opportunity for people with MS and their doctors to find effective therapies suited to their individual circumstances. MS affects everyone differently and not everyone with MS responds to medications in the same way. It is important to discuss all medication options with your medical team to determine which treatment option is suited to your personal circumstances.

LET YOUR VISION FOR THE WORLD LIVE ON

Earlier this month we celebrated the wonderful supporters who generously chose to include MS Research Australia in their Wills. Along with other charities during Include a Charity week (September 7 to 13), we encouraged conversation about these life changing gifts to build awareness and increase the positive impact we can all have on society.

Many people don't know the lasting impact of these gifts. In fact, gifts in Wills often form the financial backbone of a charity. For some, they fund up to one third of the charity's crucial mission. Even the most modest of gifts make a huge difference to creating a better future for those who need it most – people like Kristen, who lives with MS.

KRISTEN'S HOPES FOR THE FUTURE

Kristen, 46, is powering MS research by including a gift in her Will.

Kristen was diagnosed with MS when she was just 20 years old. Life was demanding. She was in her final year of university, nearing exams and getting 3-4 hours of sleep a night when she experienced her first symptoms.

"One Friday, I woke up and couldn't feel my left leg from the knee down. When I got home that night, I couldn't feel my right leg either. Come the Monday, I could barely walk", Kristen recalls, "and the first 12 months after my diagnosis weren't great. I had more relapses than I ever had."

Kristen persevered over the next few years, completing her second degree in teaching and starting her career. She started and stopped various treatments, each with its own side effects. "Weight gain, flu, shakes, fevers and chills... all the classic symptoms", Kristen shares.

“MS IS NOT WHO I AM. IT DOESN'T DEFINE ME. THAT'S BEEN MY THING ALL ALONG – IT MIGHT KNOCK ME DOWN NOW AND THEN BUT IT'S NOT GOING TO BEAT ME.”

Today, Kristen is starting her third round of a new treatment and lives with secondary progressive MS (SPMS). While MS has presented challenges, Kristen remains positive and credits her parents for her strong will and determination.

"MS is not who I am. It doesn't define me. That's been my thing all along – it might knock me down now and then but it's not going to beat me. At the moment I have issues with my legs and my gait's terrible, but I want to be walking as long as I can."

In the last 12-18 months, Kristen has been "a little more kind to myself", adding that she loves being outdoors gardening with her mum, and sharing cuddles with her cavoodle, Leo.

Reflecting on how things have changed since her diagnosis, Kristen is thankful for the growing awareness of MS in the community.

"MS is more visible than it used to be and I'm glad it is. We need



Kristen, who lives with MS, and her cavoodle, Leo

“IT MAKES ME HAPPY I CAN LEAVE A LEGACY AND KNOW THE MONEY IS GOING TO A VERY IMPORTANT CAUSE.”

more people talking about it because it has a significant impact on the lives of so many.”

This sentiment and Kristen's unwavering positivity are echoed in what she hopes to achieve from the generous gift in her Will to MS Research Australia.

"A cure is the ultimate end goal for me, but it's also about keeping the conversation going and building awareness. If the researchers don't find a cure in my life, then it'll be after I'm gone and it makes me happy I can leave a legacy and know the money is going to a very important cause. MS has been such a big part of my life, there has got to be something good that comes of all this. This is how I give it some meaning."

WHAT DOES A GIFT IN YOUR WILL MEAN FOR MS RESEARCH?

Medical research has been behind every major improvement in the health of people with MS. It's resulted in more treatments (14 medications are approved for the treatment of MS today, compared to none twenty years ago), better quality of life for more people, and the very real prospect of a cure.

Dr Julia Morahan, Head of Research at MS Research Australia, highlights how gifts in Wills are helping to accelerate MS research. "The more funds that are invested in medical research, the less power MS will have over people's lives. Thanks to the generosity of people like Kristen who are leaving a gift in their Will, MS researchers have been able to make great progress in a short time taking us closer to a world free from MS for future generations."

That's why gifts in Wills are so important. They provide stability and pave the way to a future where no person's choices, freedom or quality of life are reduced by MS. This is the future we strive for.

If you would like to discuss the possibility of leaving a gift in your Will please don't hesitate to get in touch with Nicki, our friendly Gifts in Wills Manager via email at nicki@msra.org.au or phone 02 8413 7927.

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MARK'S INTREPID CHALLENGE: 14.1KM A DAY FOR 100 DAYS

He drew inspiration from his home country in the UK and the 'Land's End to John O'Groats' route – popular with runners, walkers and cyclists, and famous for its length being the distance between the two most distant points on the British mainland in the southwest and northeast. By road, the route is 1,410kms, so Mark came up with the magical equation of completing 14.1km each day for 100 days to create his own Aussie version of 'Land's End to John O'Groats'.

Mark says that the combination of having no breaks for 100 days combined with the cold, and most recently snowy, Canberra mornings were challenging both mentally and physically. However, thanks to the encouragement and motivation from his partner Amy, his sister-in-law Kym and a few of Mark's best friends who joined him on some runs, he remained committed not to give up.

With his determination, Mark raised an incredible \$4,262 for MS research to help accelerate discoveries into the prevention, better treatments and a cure for MS.

“ WITH HIS DETERMINATION,
MARK RAISED AN INCREDIBLE
\$4,262 FOR LIFE-CHANGING
MS RESEARCH...

”

“Honestly I just want MS gone – it's as simple as that. I will keep raising what I can for MS research, so our researchers can find a cure for people like Kym.”

We are so appreciative of people like Mark and his generous sponsors, who are passionate about improving the quality of life and changing the future for people living with MS for the better.

MS predominantly affects young women, like Kym, with three out of four people diagnosed being female. The average age of diagnosis is between just 20–40 years old meaning MS often hits in the prime of people's lives. At MS Research Australia, we are committed to raising funds for life-changing MS research until one day we can Kiss Goodbye to MS once and for all.

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”

NEED SOME INSPIRATION? HERE ARE A FEW VIRTUAL IDEAS FOR YOUR NEXT DIY FUNDRAISER:



COOKING CLASS

If you were cooking up a storm during lockdown, why not put your culinary skills to good use and host a virtual cooking class for your friends? A small donation can count as the entry fee to your exclusive event.



WEAR RED LIPSTICK FOR A MONTH

It makes sense that this one is on the list, don't you think? Bring a pop of colour into your day and wear your favourite red lippy every day for a month! Ask your friends to sponsor you and upload some selfies to social media with the #KissGoodbyeToMS hashtag along the way.



TRIVIA NIGHT

Bring back some friendly competition to your Friday nights! Gather groups of two, set up a Zoom meeting and get playing! Charge a small entry fee for the entertainment and encourage donations throughout the night. You could even add a theme, encourage your friends to dress up and give an award for 'best dressed'!

To register your own fundraiser for life-changing MS research, please head to the Kiss Goodbye to MS website: kissgoodbyetoms.org

For more inspiration, take a look at our virtual fundraising ideas or email the Kiss Goodbye to MS team at kgtms@msra.org.au to get your fundraiser off the ground.



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NEW EVIDENCE-BASED GUIDE ON MODIFYING LIFESTYLE FOR PEOPLE WITH MS

“The release of these guidelines couldn’t arrive at a more important time. We know many in the MS community are missing out on their regular check-ups and feeling fearful and disconnected from their support networks. People are struggling to maintain health behaviours and may need extra support to ensure they stay well,” says Dr Claudia Marck, Senior Research Fellow, University of Melbourne.

WHY HAS MS RESEARCH AUSTRALIA PUT THESE GUIDELINES TOGETHER?

There is a fast-growing body of robust scientific evidence on the effect of lifestyle factors on MS. This comes from many sources including large population (epidemiological) studies through to carefully controlled clinical trials.

In parallel, there is a sea of “fake news” with unsubstantiated claims in the media and in product marketing, reinforced by celebrity comment and endorsement. Amidst this, there is the invaluable lived experience of individual people with MS who have found that a particular lifestyle change coincides with a profound or

“ THE VOICE OF PEOPLE WITH MS IS PARAMOUNT IN DIRECTING OUR RESEARCH PRIORITIES AND WE CONVENED A WORKING GROUP TO PRODUCE THE GUIDELINES. ”

even a small but meaningful improvement for them.

It was clear following our 2016 research priorities survey of the Australian MS community and subsequent modifiable lifestyle factors workshop, that the Australian MS community was in need of empowering lifestyle modification recommendations based on current scientific evidence. The voice of people with MS is paramount in directing our

research priorities and we convened a working group to produce the guidelines.

Associate Professor Yasmine Probst, Dietitian and Nutritionist at the University of Wollongong says, “While exercise, diet and weight management are a focus on most of the general population’s ‘To Do’ lists, these lifestyle measures were formally confirmed by the experts building this guide as very important ‘Must Dos’ for those living with MS.”

WHAT ABOUT LIFESTYLE FACTORS FOR WHICH THE EVIDENCE IS CONTROVERSIAL OR PRELIMINARY?

The evidence base on modifiable lifestyle factors is growing quickly and while we support many research projects in this area already, Dr Julia Morahan adds, “we have noted studies of some lifestyle modifications that look promising, but for which the evidence base is not yet sufficient to make formal recommendations according to the definitions of the National Health and Medical Research Council (NHMRC). We view these as living documents that will be updated regularly as the body of evidence grows.”



Adapting Your Lifestyle: A Guide for People With MS and Modifiable Lifestyle Factors and MS: A Guide For Health Professionals are available now on our website at msra.org.au.

Expert contributors: **Professor Bruce Taylor**, **Dr Amin Zarghami**, **Associate Professor Ingrid van der Mei** and **Ms Lara Marie Pangan Lo**, Menzies Institute for Medical Research; **Dr Claudia Marck** and **Dr Steve Simpson-Yap**, University of Melbourne; **Dr Lucinda Black**, Curtin University; **Dr Mary Webb** ACT; **Dr Phu Hoang**, NeuRA; **Ms Rachel Whiffen** and **Dr Sarah White**, Quit; **Dr Wolfgang Marx**, Deakin University; **Associate Professor Yasmine Probst**, University of Wollongong and The Illawarra Health and Medical Research Institute; **Dr Yvonne Learmonth**, Murdoch University.



MEET THE RESEARCHER

ASSOCIATE PROFESSOR YASMINE PROBST

UNIVERSITY OF WOLLONGONG AND THE ILLAWARRA HEALTH AND MEDICAL RESEARCH INSTITUTE, NSW



diagnosis, I have become increasingly aware of the mixed messages related to food, nutrients and MS. I feel that my unique set of experiences will allow me to help others who may not understand or may be hesitant about various foods. Food can help to improve our health and we need to ensure that this is recognised.

TELL US ABOUT YOUR CURRENT RESEARCH PROJECT...

This project will help to work out how many vitamins and minerals are eaten by people with multiple sclerosis in a number of countries. It will do this by comparing the existing tool that has been used in the HOLISM study with another tool to see how similar the outputs are. The project will also try to change the existing tool output so that the study can report on a wider range of food information.

WHY IS YOUR RESEARCH IMPORTANT AND HOW WILL IT INFLUENCE THE UNDERSTANDING AND TREATMENT OF MS?

There is an increasing need for credible information about healthy eating for people with MS. Many people make substantial changes to the food they eat following diagnosis with MS but are unable to maintain these in the long term. Further, existing links between MS and various foods and nutrients need to be strengthened through more high quality scientific studies.

This research project will contribute to the scientific evidence by allowing large cohort studies of people with MS to articulate intake information that currently cannot be quantified. By quantifying this information we will add to the evidence for modifiable lifestyle factors aiding in future development of evidence-based guidelines to support the management of MS.

WHAT DO YOU THINK HAS BEEN THE MOST EXCITING DEVELOPMENT IN MS RESEARCH?

Exciting developments in MS research are the growing recognition of modifiable lifestyle factors in relation to disease progression. I am also inspired by the genetic advances that have been discovered over the years making substantial progress for MS research.

WHAT DO YOU ENJOY MOST ABOUT WORKING IN THE LAB AND WHAT ARE SOME OF THE CHALLENGES YOU FACE?

In my research role as a dietitian I enjoy helping people to understand food and the many benefits it can have for their health. I also love to eat, grow and prepare food which adds to this enjoyment as I can show others how easy it is. Most importantly I also love a challenge and working in the area of dietetics that I do creates many of these on a regular basis.

LET'S GET STARTED! TELL US AN INTERESTING FACT ABOUT YOURSELF...

I can make a three leafed clover shape with my tongue (inherited by only one of my three children) and I'm a choc-a-holic (yes dietitians do eat chocolate)!

WHAT INSPIRED YOU TO GET INVOLVED IN MS RESEARCH?

In addition to my dietitian hat I also wear the hat of a person with MS. Since my

HELP MS RESEARCH AUSTRALIA FIND A CURE FOR MS

Donate (Donations over \$2 are tax deductible)

To support MS Research Australia's vital work I would like to:

- Make a one off donation of \$
- Make a monthly donation of \$
- Learn more about leaving a gift in my Will
- I have already left a gift in my Will to MS Research Australia

Contact details

Title: First name:

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Payment method:

Cheque (made payable to MS Research Australia)

Direct Debit Request (copy of service agreement can be provided on request)

Financial institution:

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Account number:

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Credit card number:

Exp: CVV:

Name on card:

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