

Stationery - Research in Action

Subject line: Research in Action Newsletter – October 2024

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Our latest research news and updates

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Spotlight

Dr. Pamela Kanellis

It's with mixed emotions we said goodbye to Dr. Pamela Kanellis, Assistance Vice-President of Research, as she took on an exciting new role as Chief Research and Program Officer at Brain Canada.

Throughout her five years at MS Canada, Pamela brought innovative thinking and incredible passion as she led the administration of research funding and trainee awards, supported research workshops and conferences, and provided evidence-based information to the public. Her efforts have encouraged many collaborations within the MS research community, both nationally and internationally.



We thank Pamela for the tremendous work she's done in driving MS research forward to improve the lives of all people affected by MS!

Announcement

Early Career Researchers Pushing MS Research Forward in Canada

Canada is home to one of the strongest MS research communities in the world, producing some of the most advanced research to improve the lives of those affected by MS. We're excited to share some of the up-and-coming researchers who are advancing research across our four impact goals – enhance wellbeing, prevent MS, understand and halt disease progression, and advance treatment and care!

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What's the latest in research?

Influence of Vitamin D in MS

Vitamin D is an essential dietary nutrient and plays many important roles in the body to maintain health and prevent many different diseases – it's also a known risk factor for multiple sclerosis (MS).

Until recently, there was limited evidence on whether supplementation with vitamin D could change the disease course in people living with MS. Two large clinical trials looked at the influence of vitamin D supplementation on the disease course.

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[\[LEARN MORE ABOUT VITAMIN D AND MS\]](#)

New Study Finds Association Between MS Risk and Amount of Time Spent in Canada Among Immigrants



A team of researchers led by [Dr. Dalia Rotstein](#) (*University of Toronto*) previously showed that immigrants to Canada have a lower risk of developing multiple sclerosis (MS) compared to long-term residents. In this new study, they found that the risk of MS increased for immigrants as they spent a greater proportion of their lives in Canada. Understanding MS risk factors within the Canadian environment and how they interact to lead to increased risk over time is important and could support efforts towards MS prevention.

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Cognitive Rehabilitation Leads to Changes in the Brain of People with Progressive MS

A substudy of a clinical trial we funded to improve cognition in people with progressive MS ([CogEx](#)), led by [Dr. Anthony Feinstein](#) (*University of Toronto*), showed that cognitive rehabilitation (mental exercises) helped increase the brain's grey matter and activated areas of the brain responsible for thinking and processing information.. These positive changes in the brain may have played a role in the cognitive improvements seen in people with progressive MS in the CogEx trial.

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Stay up to date on MS Research

We're committed to sharing information and resources that are accurate, current, and accessible in different ways to people living with MS, their caregivers, family and friends. Learn more about MS research and stay informed on recent advances by checking out the [research resources](#) we offer across our website!

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Get involved and make a difference

Join our call for MS research investment #TakeActionForMS

We need your voice to help advocate for the Government of Canada to commit \$15 million in funding to accelerate MS research. Your participation demonstrates the widespread support from our MS community for the federal government to step up and commit to this critical MS research funding. Send one of our pre-written letters to the Minister of Finance, Minister of Health, and your local member of Parliament.

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1:1 Peer Support Program: Caregiver Support Volunteer

The MS Peer Support Program is a telephone and internet-based program for people living with MS, and for caregivers and loved ones of people with MS. People living with MS, or providing care to someone with MS, may have a specific question, or may just want to connect with someone who understands. Sometimes the best person to talk to is someone who has been there.

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Would you like to learn about the latest in MS from the experts?

[MS Hear From The Experts](#) is a series of webinars that aim to help people better understand MS, highlight MS-related resources, and provide tools and tips to navigate their MS journey with more

knowledge and confidence. Keep an eye out for [upcoming webinars](#), and in the meantime you can check out [videos from our past sessions here](#).

Interested in Participating in Research?

What does cognitive fatigue look like for people living with MS? A research team at Dalhousie University is seeking participants for a study that aims to evaluate cognitive fatigue in people with neurological conditions, to gain insight into how fatigue manifests and inform a new model of understanding cognitive fatigue. Participation is virtual.

Are you eligible to participate? If you live with MS, over the age of 18, and have reported experiencing cognitive fatigue, your participation can help inform future research on cognitive fatigue and improve clinical treatment strategies.

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Learn more about clinical trials and how to participate. Search clinical trials across Canada using: [Clinical Trials Ontario](#) (includes trials across Canada) or [Clinical Trials Quebec](#) to find clinical trials in your area.



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