Stationery - Research in Action

Subject line: Research in Action Newsletter – July 2025

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Our latest research news and updates
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Spotlight

Sue Whittaker: A Dedicated Advocate for the MS Community

Sue Whittaker, a retired teacher from Vancouver Island, has been involved with MS Canada since 1997, shortly after being diagnosed with MS. Inspired by her first MS Bike event, Sue became a dedicated volunteer by delivering disability awareness presentations to school children, supporting our key events like MS Walk and Burgers to Beat MS, and sharing her story to raise awareness.

In 2022, Sue took part in our Community Representative Program which involves people affected by MS in the review process of our annual research funding competition. This vital role helps ensure that we support meaningful research with the greatest impact to the MS community.

Through volunteering, Sue stays proactive in her own health and continues to advocate for a world free of MS.

Thank you, Sue, and all our incredible volunteers, for your dedication and support!

[Sue, standing between her son and husband, at an MS Bike event]

[LEARN MORE ABOUT THE IMPACT OF OUR COMMUNITY REPRESENTATIVE PROGRAM]

What's the latest in research?

ACTRIMS 2025: Making Connections to Drive Progress in MS

Every year, the Americas Committee for Treatment and Research in Multiple Sclerosis (ACTRIMS), hosts a scientific conference to share innovative discoveries that advance our understanding of research and clinical care for people living with MS.

This year's meeting focused on "*making connections"* across different fields of study by uniting researchers to drive progress in the science and treatment of MS and related disorders. Key highlights from ACTRIMS include discoveries in biomarkers, insights into Epstein-Barr virus and MS, and advances in imaging.

[LEARN MORE]

[ACTRIMS conference entrance with welcome banners, palm trees and flag poles in the background]

Demographic and Clinical Profile of Participants in the CanProCo Study

Researchers of the Canadian Prospective Cohort Study to Understand Progression in Multiple Sclerosis (CanProCo) released an article describing the demographic and clinical profiles of people included in the study.

A total of 944 adults were recruited across five Canadian MS research centres, including people with radiologically isolated syndrome (RIS), relapsing-remitting MS (RRMS), primary progressive MS (PPMS), and people who do not have MS. A mix of different races and ethnicities was observed among the CanProCo participants. Physical and neurological disability were also reported among people with MS even at the earliest stages of the disease. This publication is the first step for future studies using the CanProCo data.

[LEARN MORE]

Funding Decisions – MS Canada 2025-2026 Annual Research Competition

We're excited to announce the funding decisions for the 2025-2026 Annual Research Competition! We'd like to thank all applicants who submitted an application and congratulate the researchers and trainees who've been awarded funding.

By funding researchers and trainees in MS, we help support the development of global leaders and the next generation of MS experts, encouraging them to continue making groundbreaking advancements in the field.

To see the funding decision, take a look at our Funding Announcements page.

[LEARN MORE]

MS Canada and SHRF Fund the Development of the First Ever Canadian Clinical Best Practice Guideline for MS Rehabilitation

[Headshot of Sarah Donkers]

We partnered with Saskatchewan Health Research Foundation (SHRF) to fund the first ever comprehensive and accessible Canadian best practice guideline for MS rehabilitation, which will offer evidence-based recommendations for treating and managing MS symptoms. The goal of this work is to help people living with MS and their healthcare team make more informed decisions and improve the quality of care and health outcomes for people living with MS.

Dr. Sarah Donkers (University of Saskatchewan) will lead the creation of the guideline together with a group of experts and people affected by MS across Canada. Their work will focus on reviewing the latest research on key MS-related symptoms like fatigue, mobility challenges, cognitive problems, and emotional health. The team will then create practical recommendations that will be shared online and in other formats that are easily and widely accessible for clinical use across the country.

[LEARN MORE]

2025 endMS Summer School

This year's endMS Summer School was hosted by Drs. Jennifer McCombe and Jason Plemel at the University of Alberta in Edmonton from June 16-19. The scientific agenda focused on how research discoveries and innovations, including vaccines, biomarkers and treatments, are translated into clinical practice and applied to MS care.

[2025 endMS Summer School group]

This year, 99 attendees gathered in Edmonton to participate in this event! Participants included trainees pursuing research in the MS field, presenters, workshop facilitators, people living with MS, and volunteers.

Trainees had the opportunity to learn from leading experts in the field, connect with peers and professionals, including individuals living with MS, and learn about the latest advances in MS research and technology.

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Understanding the Diversity of People with MS in Canada

We funded a study, led by Dr. Ruth Ann Marrie (Dalhousie University), that highlights key gaps in our understanding about diversity among people with MS in Canada. The characteristics of a person with MS, including sex, gender, race and the environment they live in, may affect their disease course and long-term health. Initial results from the study suggest that there's a need for better reporting of diversity characteristics of the MS population in Canada and greater efforts to include people from underrepresented groups in future MS research. Addressing these knowledge gaps will help ensure that all people living with MS in Canada receive equitable care and treatment (read more).

Interested in taking part in this research study? An anonymous online survey is now open to anyone with MS aged 18 years or older who lives in Canada. The survey will ask about your traits, like gender and ethnicity, and other factors that may affect your health and well-being. Your input will help researchers better understand the diversity of Canadians with MS.

[PARTICIPATE IN THE STUDY]

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!

[LEARN MORE]

Get involved and make a difference

On August 21, $2 from every A&W Teen Burger sold supports Canadians living with MS. Canada has the highest rate of MS in the world. So your help - and appetite - is needed more than ever. Don’t miss Burgers to Beat MS Day, Thursday, August 21, at A&W.

[LEARN MORE]

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. Check out our most recent webinars.

Transitioning from Paediatric to Adult MS Care with Dr. Ann Yeh & Joley Johnstone.

Acceptance & Resilience with Dr. Anthony Feinstein.

[WATCH MORE PAST WEBINARS]

Interested in participating in research?

How do individuals experience and navigate life following a diagnosis of MS?

Researchers at Western University are looking to understand the initial reactions, challenges, and coping strategies of people who are newly diagnosed with MS. Findings from this study will provide important insights on how we can improve support and care for people who are newly diagnosed to enhance their quality of life and mental health needs.

Are you eligible to participate? This study is open to participants between 18 to 59 years and have been diagnosed with MS within the past two years. Participants must be proficient in English and able to comprehend and follow study protocols. Active participation is approximately 2 hours, including an interview and debriefing session.

[LEARN MORE]

How can virtual rehabilitation be more fair and equitable?

A research team from Université de Montréal seeks to understand the growing use of telerehabilitation (the remote delivery of rehabilitation services) in Canada. The study aims to explore current telerehabilitation practices, address key challenges and ethical issues, and develop tools to support effective and ethical use across Canada.

Are you eligible to participate? This study is open to anyone currently undergoing physical rehabilitation, as well as caregivers supporting someone in their rehabilitation journey. Participation is virtual and involves completing an anonymous survey, available in both English and French.

[LEARN MORE]

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.

[LEARN MORE]

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