

Stationery - Research in Action

Subject line: Research in Action Newsletter – July 2024

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Our latest research news and updates

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Spotlight

Dr. Scott Patten



[Dr. Scott Patten in a grey suit smiling with their arms crossed in a hallway with windows]

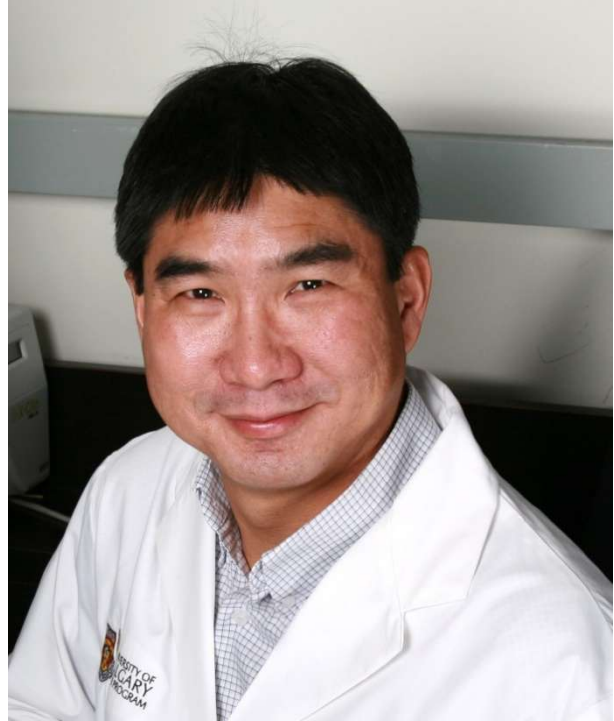
We would like to thank [Dr. Scott Patten](#) for his years of service on the [Medical Advisory Committee](#). Since becoming a member in 2015, Dr. Patten has provided his input and perspectives on strategic approaches to research at MS Canada.

Dr. Patten obtained a medical doctorate and a specialist certification in Psychiatry from the University of Alberta. He also completed a Ph.D. in epidemiology at the University of Calgary. As a Professor at the Cumming School of Medicine at the University of Calgary, his clinical and academic work focused on the descriptive epidemiology of mental health disorders (especially depression) in the Canadian population and mental health comorbidity in MS. Dr. Patten is also a co-lead of the Health Outcomes and Epidemiology pillar of the Canadian Prospective Cohort Study to Understand Progression in MS ([CanProCo](#)).

We thank Dr. Patten for all his work!

Dr. V. Wee Yong Joins International Progressive MS Alliance Scientific Steering Committee

MS Canada is pleased to announce that [Dr. V. Wee Yong](#), one of Canada's most esteemed leaders in the field of MS research, has been appointed as the representative for MS Canada on the [International Progressive MS Alliance's Scientific Steering Committee \(SSC\)](#). The SSC is comprised of leading global MS scientists, experts and people affected by MS, and plays a pivotal role in setting priorities and developing strategic plans to accelerate treatment development for people living with progressive forms of MS. By funding transformational research and organizing scientific summits, the SSC fosters collaboration and knowledge-sharing across the scientific disciplines bringing the global MS community one step closer to a world free of MS.



Read more about his work and the International MS Progressive Alliance [here](#).

[Dr. Wee Yong in a white lab coat smiling at the camera]

Announcement

We're pleased to announce the launch of the 2025-2026 Annual Research Competition!

Every year, we launch the Annual Research Competition to invest in research that will provide the greatest benefit to people affected by MS.

Researchers and trainees in the field of MS are invited to submit applications through ProposalCentral by October 2, 2024 at 4:00 PM ET. For more information on our research funding opportunities and how to apply, visit our website: <https://mscanada.ca/ms-research/information-for-researchers>.

What's the latest in research?

Participant Perspective of "Neurosask: Active and Connected"

“I love that the active sessions are live and the exercises are slightly adjusted each time so that we can work our body in different ways – they’re really engaging and fun! I’m encouraged to attend each session and get valuable exercises completed. I also love the connect sessions as they provide a variety of useful information. NeuroSask is such a wonderful program and I’m so grateful it exists.” – NeuroSask program participant, living with MS



“Neurosask: Active and Connected” is a virtual program we support, providing physiotherapy-guided exercise, expert information on health and wellness, and social connection for people with neurological conditions, including MS. Participants reported the program helped build community and connection with perceived benefits in their physical and functional abilities, and quality of life. Neurosask is a successful example of an evidence-based virtual program to support those with neurological conditions!

[Young woman in a pink robe, stretching in front of a laptop]

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Detecting MS Years Before Symptoms Appear

A team of researchers found a unique set of biological markers called autoantibodies, in a group of people who later developed MS. In this group, they found these markers can be detected in the blood years before MS symptoms appear and after MS onset. This research provides further evidence that the biological processes leading to the development of MS may begin long before symptoms.

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Saskatchewan Research Team Identifies a New Factor Driving Neurodegeneration in MS

A new study from Dr. Michael Levin's research team, at the University of Saskatchewan, found a connection between a factor called (hnRNP A1) and the gradual loss of nerve fibers in MS, also known as neurodegeneration. This exciting new finding helps us better understand how MS progresses, which could lead to improved treatments in the future.

[Read more](#) and hear Dr. Michael Levin talk about his research!

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TEDx
University of Saskatchewan

Dr. Michael C. Levin (MD)
Saskatchewan MS Clinical Research Chair

***Breakthrough discovery
leads to new drugs
designed to stop MS
and ALS in their tracks***

Stay up to date on MS Research

“It was a challenging time for me when I was diagnosed with MS, but I was determined to learn everything I could about the disease so I felt more empowered to manage whatever came my way. An important part of this journey was understanding what MS-related research was underway, and what was being considered for future work that was focused on helping people like me live well today, while continuing to search for a cure. I found the information I was looking for through MS Canada.” - *Beatrice, diagnosed with MS in 2008*



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!

[Beatrice, a brunette in a blue blouse, sitting outside]

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Get involved and make a difference

Ultra-Trail Harricana 2024

Running to achieve a personal best is good! Giving a deeper meaning to your project is twice as good! By registering for the UTHC, you will also have the possibility of raising funds for the benefit of MS Canada and thus of joining a community of committed runners.

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MS Bike

Experience cycling event excellence at MS Bike, as we support you through every kilometre you ride in support of Canadians affected by MS. With training opportunities available as soon as you register, food and drinks when you start, finish and along the way, and roadside support, you are fully looked after. Register yourself or a team today!



[MS Bike participant smiling next to a bicycle]

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

WEBINAR: Hear 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 [videos from our past sessions here](#).

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Interested in Participating in Research?

What does exercise look like for people living with MS? A research team at Brock University is seeking participants for a study that aims to understand if reframing negative exercise thoughts will reduce barriers to exercise in people with MS. Participation is virtual.

Are you eligible to participate? If you live with MS, over the age of 18, and have a Patient-Determined Disease Steps scale score of 6 or below, your participation can help provide insight into ways to improve walking and exercise behaviours in people living with MS.

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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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