

Stationery - Research in Action

Subject line: Research in Action Newsletter – October 2025

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Our latest research news and updates

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Spotlight

Dr. Atefeh Rayatpour: Recipient of the Rebecca Scott Rawn endMS Fellowship Award



Dr. Atefeh Rayatpour is a passionate researcher who's helping shape the future of multiple sclerosis (MS) research. As a postdoctoral fellow at the Hotchkiss Brain Institute at the University of Calgary, under the supervision of Dr. Wee Yong, Atefeh is diving deep into the complexities of MS. Atefeh's research is seeking to advance our understanding of MS disease mechanisms and develop new therapies to halt disease progression.

Atefeh was awarded the inaugural *Rebecca Scott Rawn endMS Fellowship* through our [Personnel Award](#) competition – recognizing her outstanding potential and dedication to the MS field.

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[A picture of Atefeh smiling]

“Receiving funding as a Rebecca Scott Rawn endMS Fellow is crucial for advancing my research training in MS. This fellowship provides the necessary funding to conduct new research, allowing me to explore innovative approaches and techniques that might otherwise be inaccessible. It opens doors to collaborative opportunities with leading scientists and institutions, enhancing the quality and impact of my work.”

-Atefeh Rayatpour, Rebecca Scott Rawn endMS Fellow

[\[LEARN MORE ABOUT OUR PERSONNEL AWARDS\]](#)

Dr. Kristen Krysko Receives the 2025 Rachel Horne Prize for Women's Research in MS



[Dr. Kristen Krysko](#), a Canadian neurologist and MS Canada funded researcher, was recognized for her outstanding contribution to women's health research in MS. Her work is focused on optimizing treatment strategies and understanding the safety of MS therapies around pregnancy and postpartum while breastfeeding. Dr. Krysko's pioneering research will help inform the care and support that women with MS may need during a pivotal time of their life.

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[A headshot of Dr. Krysko smiling]

What's the Latest in Research?

Updates to the McDonald Diagnostic Criteria for MS

Diagnosing MS is becoming faster and more accurate. [The McDonald Criteria](#) – the globally used guidelines for diagnosing MS – has been updated to account for the latest information about the disease and advancements in technology.

Why does this matter?

- More timely diagnosis
- Start treatment as quickly as possible
- Prevent misdiagnoses
- Better long-term outcomes

"New advancements in MS research are helping to shorten the diagnostic timeline — reducing it from years to months in some cases."

-Dr. Pamela Valentine, President & CEO of MS Canada

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Effect of Diet and Gut Bacteria in Young People Living with MS

A team of researchers at the University of British Columbia, led by [Dr. Helen Tremlett](#), found that diet rich in fibre and iron - like the Mediterranean diet - can improve the composition of gut bacteria and

may lower the risk of developing pediatric-onset MS. Further research is needed to understand how diet and gut health affects MS.

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Early Career Researchers – Paving the Way Forward for MS Research

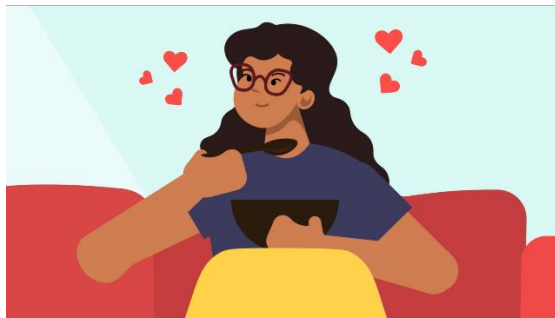
We're committed to growing the Canadian research community by supporting researchers in all stages of their career – from trainees in graduate school to new and established investigators. Since 1948, our [research program](#) has invested over \$224 million in research initiatives, thanks to the generous contributions of donors, sponsors, and fundraisers.

We've highlighted five early career researchers who are pursuing research in key priority areas. Learn about these researchers and how their work is helping improve the lives of people living with MS.

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Explore Our MS Resources

Nutrition and MS



There's a reason so many people say, "You are what you eat!" Our latest animated video and blog dive into the powerful connection between nutrition and MS. Learn how healthier food choices can support your overall health and reduce the effects of MS. [Watch, read and get inspired!](#)

Also, check out our [Nutrition and MS blog](#) featuring real stories from people who've seen the benefits firsthand.

[\[LEARN MORE\]](#)

[An image of a person eating]

Physical Activity and MS

What does staying active with MS really look like?



It's not one-size-fits-all, and that's okay. Whether you're dancing in your living room, stretching in a chair, or going for short walks, movement matters. We asked a person living with MS, a nurse, and an MS researcher to share their perspectives on physical activity and MS and created a [short video](#) to bring it all to life.

Learn how to move in ways that feel right for you and see how even small adjustments to your daily routine can make a big impact.

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[A group of people exercising together]

Champions of Impact – Meet Our New Community Representatives

We're excited to announce our new group of Community Representatives! As part of our Annual Research Competition review process, [Community Representatives](#) provide a voice for people affected by MS and allow them to share their opinions on MS research priorities and ensure that fundraised dollars are spent on impactful research.

Check out our new Community Representatives and learn about their experiences with MS and research interests.

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Want 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.

[Nutrition & MS](#) with Dr. Catherine Larochelle

[Brain Health in MS](#) with Dr. Ruth Ann Marrie

[Pain & MS](#) with Dr. Nader Ghasemlou and Trudy Campbell

[\[WATCH MORE\]](#)

Interested in Participating in Research?

How do MS symptoms change throughout the menstrual cycle? Dr. Penny Smyth at the University of Alberta is seeking volunteers to participate in an observational study to learn how MS-related symptoms, like fatigue and cognition, change throughout the menstrual cycle of women living with MS. Findings from the study will provide insights on how to improve symptom management strategies for women with MS.

Are you eligible to participate? This study is open to females who have a confirmed diagnosis of MS and experience a regular menstrual cycle. Participants will be asked to download and use an app to track their menstrual cycle and MS symptoms.

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Get Involved and Make a Difference

We Challenge MS is a nationwide movement turning people's ordinary hobbies and passions into extraordinary actions. Whether you choose to create, stream, bake, game, craft, walk, cycle or run, you're helping fund innovative and groundbreaking MS research.

Start today by participating or donating to someone's challenge!

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[We Challenge MS logo]

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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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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