

Stationery - Research in Action

Subject line: Research in Action Newsletter – February 2026

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Our latest research news and updates

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Research Spotlight

Targeting Compartmentalized Inflammation in MS



A [recent study](#) led by [Drs. Jennifer Gommerman](#) and Valeria Ramaglia, offers new insights into the molecular processes that lead to compartmentalized inflammation in the brain – a key driver of disability progression in multiple sclerosis (MS).

These findings lay the groundwork for more personalized MS treatments and bring hope for new ways to stop disease progression.

[An image of Dr. Jennifer Gommerman and Dr. Valeria Ramaglia smiling]

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What's the Latest in Research?

Reflecting on a Year of Innovation and Advancement in MS Research: 2025 MS Research Year in Review

Join us as we look back on the highlights of the past year, celebrate our collective achievements, and set the stage for more exciting opportunities ahead.

Learn about the research advances and newly funded research from 2025, which highlight the progress made towards our impact goals. This was only possible through the valuable contributions and generous support from our MS community!

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Toward a Global Research Plan for Preventing Multiple Sclerosis



New recommendations published in the *MS Journal* outline the first coordinated global research strategy to prevent MS. The report captures outcomes of the first international [workshop](#) led by MS Canada and [MS Australia](#), which brought together more than 60 diverse experts in Lisbon, Portugal to discuss current knowledge and priorities for MS prevention.

[Researchers, clinicians and people living with MS gathered in Lisbon for the first global workshop on MS prevention]

“Our goal is ambitious, but key discoveries, new technology and momentum in the field give us an unprecedented opportunity. This initiative will advance our understanding of risk, help diagnose MS earlier and intervene sooner. The time to take on MS prevention is now.” - Dr. Pamela Valentine, President & CEO of MS Canada.

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Research Highlights fromECTRIMS 2025

[ECTRIMS](#) – the European Committee for Treatment and Research in Multiple Sclerosis – hosted its 2025 scientific conference in Barcelona, Spain, with more than 9,600 participants across 120 countries joining onsite and online.



[An image of the large ECTRIMS logo at the conference]

The conference featured topics like advances in MS treatments, emerging therapies, as well as lifestyle and wellness factors. Learn about some of the research highlights featured at ECTRIMS.

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Study shows Mental Health Struggles Faced by Women with MS During Pregnancy and Childbirth

Researchers studied potential factors that could influence the risk of mental health disorders in women with MS during pregnancy and after childbirth. The researchers found that lack of social support and greater disability levels were associated with higher rates of mental health struggles.

These findings could help inform how care teams provide mental health support for women with MS, so they get the help they need, when they need it most.

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Explore Our MS Resources

Understanding Biomarkers: Tools for Living Well with MS



Biomarkers are like health clues that your body gives off. Found in your brain, blood, spinal fluid or other parts of the body, these measurable signs help doctors better understand your health.

For people living with MS—or those wondering if they might have it—biomarkers offer a way to help take some of the guesswork out of the process. Biomarkers can help you and your healthcare team make more informed decisions about your care, offer answers earlier, and a clearer path forward.

Check out our [animated video](#) to learn more about biomarkers and MS.

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[An image of a person with their doctor in a clinic setting]

Living Well with MS: A Guide for Men

MS affects men in ways that are different from women, yet men’s experiences with MS are often under-recognized.

Men with MS deal with unique physical, emotional, and social challenges. Learn more about resources that are designed for men and offer practical tools to stay healthy, engaged, and confident in daily life.

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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 webinar:

[Disease Activity & Progression](#) with Dr. Raphael Schneider

[\[WATCH MORE\]](#)

Interested in Participating in Research?

Participants Needed in CircaMS Study

Dr. Nader Ghasemlou and team at Queen's University are seeking volunteers to share their experiences in managing MS symptoms. The researchers are seeking to examine how symptoms like pain and fatigue can fluctuate daily in people with MS, which will help uncover new strategies to better manage or even prevent MS symptoms.

Are you eligible to participate? This study is open to people living with MS in Canada who experience pain and/or fatigue.

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Gender & MS

Dr. Jennifer Collins seeks to understand how gender influences the lived experiences of women with MS, including socio-cultural factors and social determinants of health (e.g., housing, income, and employment). The findings from this study will provide important insight into the needs of women living with MS and highlight areas where additional support is needed.

Are you eligible to participate? People living with MS in Canada who self-identify or have previously identified as a woman are eligible to participate.

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Get Involved and Make a Difference

Canada has one of the highest rates of MS in the world. We're walking to change that.

Join us on Sunday, **May 31, 2026** at an MS Walk in your community and turn your support into action. This fundraising walk event is more than just a walk for charity; it's a chance to honour the strength of those living with MS and show that your commitment extends beyond words.

The logo for MSWALK, featuring the letters 'MS' in red and 'WALK' in black, all in a bold, sans-serif font.

[MS Walk logo]

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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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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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Did you miss a previous edition of the Research in Action Newsletter? Check out MS Canada's [Research Library](#).

If you have any questions, or would like to unsubscribe, please contact us via email, msresearchgrants@mscanada.ca.
