

Stationery - Research in Action

Subject line: Research in Action Newsletter – August 2026

ADD IN BELOW HEADER:

Our latest research news and updates

Think someone you know may be interested in getting this newsletter? Forward this on and they can [subscribe](#).

Au besoin, veuillez mettre à jour l'information relative à votre langue de préférence en lien avec le Bulletin *Recherche en action*. | Update your Research in Action Newsletter language preference.

Spotlight

Dr. Paul Yoo: Faces Behind the Science



Behind every research breakthrough is a person driven by curiosity, compassion, and commitment to improving lives.

Dr. Paul Yoo recently joined Colorado State University as an Assistant Professor in the Department of Occupational Therapy, marking a new chapter in his research career focused on improving the lives of children living with multiple sclerosis (MS).

As a former recipient of an [endMS Postdoctoral Fellowship](#) and a graduate of the [SPRINT](#) (Scholar Program for Researchers in Training) program, Paul has been a part of the MS research community for many years.

Check out our Faces Behind the Science blog to learn about Paul's current research program, the impact of working with people affected by MS, and how support from MS Canada helped build the foundation for his academic career and future research directions.

[\[READ MORE\]](#)

[Dr. Paul Yoo is wearing a white t-shirt with a light blue blazer. He's smiling and standing in front of a building and trees.]

What's the Latest in Research?

Global MS Leaders Declare MS is a Preventable Disease to Mark World MS Day

We marked this year's World MS Day on May 30 with a historic milestone as a founding signatory of the [Nice Declaration](#). Born out of the Global MS Prevention Workshop in Nice, France, this declaration is a unified, global commitment from leading MS organizations around the world to advance MS prevention as a global priority.

"Preventing MS is no longer a distant aspiration. It is a realistic, achievable global goal. By uniting with our international partners under the [Global MS Prevention Initiative](#), we are establishing a clear scientific framework to align our resources, drive early detection, and elevate prevention as an urgent global priority." - Dr. Pamela Valentine, President and CEO of MS Canada.

[\[LEARN MORE\]](#)

Register for MSToronto2026 Patient Community Day



[Patient Community Day](#) brings the latest research from the European Committee for Treatment and Research in Multiple Sclerosis ([ECTRIMS](#)) directly to people living with MS, Neuromyelitis Optica Spectrum Disorder (NMOSD), and Myelin Oligodendrocyte Glycoprotein Antibody Disease (MOGAD) —explained in a clear, practical, and accessible way.

Why Attend?

- Latest Research, Simplified: Understand new discoveries in clear, real-life terms.
- Ask the Experts: Submit your questions and hear answers live.
- Condition-Specific Insights: Dedicated content for MS, NMOSD, and MOGAD.
- Global & Accessible: Available online with 50+ language translations.

Programme Highlights include expert panel discussions, patient perspectives, a dedicated NMOSD and MOGAD session, and a live Q&A session. View the full [programme](#).

Patient Community Day is an online and onsite event hosted by ECTRIMS and proudly supported by MS Canada.

[\[REGISTER NOW\]](#)

[Sign up now for Patient Community Day 2026. The theme is “from research to real life.” October 23, 2026 from 3pm-6pm EDT at Toronto, Canada and online. Organized by ECTRIMS and in partnership with MSToronto 2026.]

2026 endMS Summer School – The Diversity of MS Research: From Cells to Clinic to Community

This year’s endMS Summer School, hosted by Drs. Marcia Finlayson, Afolasade Fakolade and Nader Ghasemlou at Queen’s University and MS Clinic at Kingston Health Sciences Centre, took place June 15-18 in Kingston, Ontario. The scientific agenda explored diverse topics on the range of different methods to measure MS and its impacts. Topics included the role of daily biological rhythms in symptom severity and how diversity influences the health and healthcare use of people living with MS.



[A large group of people are standing and sitting together outside on a patio with glass dividers. A banner in the middle of the group reads endMS Summer School. Everyone is smiling and wearing a black or red lanyard.]

This year, 81 attendees gathered in Kingston to participate! Participants included trainees pursuing research in the MS field, presenters, workshop facilitators, people living with MS, and volunteers.

Trainees had the opportunity to connect and learn from leading experts across different disciplines in the MS field, peers, and people living with MS. Professional development sessions were also offered with a focus on career paths, knowledge mobilization, and best practices for preparing plain language summaries.

Check out the [endMS Bits and Pieces newsletter](#) to learn more about exciting updates and opportunities in the endMS National Training Program.

[\[LEARN MORE\]](#)

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:

[Brain-Healthy Lifestyle](#) with Drs. Katherine Knox and Jennifer Graves.

[MS Rehabilitation](#) with Dr. Sarah Donkers.

[\[WATCH MORE\]](#)

Interested in Participating in Research?

Exercise Training for People Living with Advanced MS

Dr. Lara Pilutti and team from the University of Ottawa are looking for volunteers to take part in a study to look at the effects of aerobic exercise for people living with MS who use wheelchairs. The study involves multiple on-site visits at the University of Ottawa, following a schedule of 2 training sessions per week for 12 weeks. This study aims to test if aerobic exercise can help manage MS symptoms for people who use wheelchairs in daily life.

Are you eligible to participate? This study is recruiting people living with MS who are 18 years or older and use a wheelchair in daily life. Please contact the study team for more information about participation and other eligibility criteria.

[\[LEARN MORE\]](#)

Diversity and Outcomes of People with MS

Dr. Ruth Ann Marrie, from Dalhousie University, is looking to connect with people with MS from diverse backgrounds via phone interviews to understand how genes, diversity traits, and life experiences affect their overall health and well-being. The study's long-term goal is to improve health in people with MS who have not been included in past research. Check out this [video](#) to learn more about the study.

Are you eligible to participate? You can participate if you have MS, are aged 18 years or older, are able to do phone interviews in English, live in Canada *and* identify as a member of any group that has been underrepresented in research. Participants will also be asked to provide saliva sample by mail.

[\[LEARN MORE\]](#)

[\[VIEW MORE STUDIES ON THE RESEARCH PORTAL\]](#)

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!

[\[LEARN MORE\]](#)



[We Challenge MS]

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.

[\[LEARN MORE\]](#)



[A stethoscope and pen are resting on top of a blue manila folder and a piece of paper.]

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!

[\[LEARN MORE\]](#)

Did you miss a past edition of our Research in Action Newsletter? Check out our [Research Library](#).

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