Stationery - Research in Action

Subject line:

Pre-header text:

ADD IN BELOW HEADER: March 2023– Latest research news and updates from MS Canada

Think someone you know may be interested in getting this newsletter? Forward this on and they can [subscribe here](https://mssociety.ca/research-news).

In This Edition

Research Updates: Exercise for Fatigue | Clinical Trials | Community Representative Program

Spotlight: Dr. Ruth Ann Marrie

Get Involved: Perception of Canadian patients with Multiple Sclerosis on the use of cannabis to better manage the symptoms of the disease (PerSPective)

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

****\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Spotlight**

**Dr. Ruth Ann Marrie**

Dr. [Ruth Ann Marrie](https://mssociety.ca/about-ms-research/about-our-research-program/meet-the-researchers/17/dr-ruth-ann-marrie?utm_source=researchinaction_march&utm_medium=email&utm_campaign=research&utm_id=mssociety&utm_content=para1_link),, a Canadian neurologist and researcher at the University of Manitoba, is the recipient of this year’s [Barancik Prize for Innovation in MS Research](https://www.nationalmssociety.org/For-Professionals/Researchers/Society-Funding/Special-Awards-and-Prizes-(1)/Barancik-Prize-for-Innovation-in-MS-Research). The National Multiple Sclerosis Society (U.S.) awarded Marrie for watershed discoveries that deepen the understanding of how and when multiple sclerosis evolves, paving the way to more personalized medicine to stop and even prevent MS.

“It is an honor to receive this award recognizing the contributions of our team, and I am grateful to the Awards Committee and the Barancik Foundation” said Marrie.

[[READ MORE]](https://www.nationalmssociety.org/About-the-Society/News/National-Multiple-Sclerosis-Society-Awards-Dr-Ruth)

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Research Updates**

**Benefits of Exercise for Fatigue in Multiple Sclerosis**

Researchers find that a type of exercise training (high-intensity resistance training (HIRT)) reduces fatigue in people living with multiple sclerosis (MS) and can provide other benefits. The results of this trial support HIRT as a potential intervention for fatigue in MS.

[[READ MORE]](https://mssociety.ca/research-news/article/benefits-of-exercise-for-fatigue-in-multiple-sclerosis?utm_source=researchinaction_march&utm_medium=email&utm_campaign=research&utm_id=mssociety&utm_content=ctabutton)

**--------------------------------------------------------------------------------------------------------------------------------------**

**Advancing Clinical Trials in Progressive Multiple Sclerosis**

A collaborative research team led by [Dr. Douglas Arnold](https://mssociety.ca/about-ms-research/about-our-research-program/meet-the-researchers/77/dr-douglas-arnold?utm_source=researchinaction_march&utm_medium=email&utm_campaign=research&utm_id=mssociety&utm_content=para1_link)  funded by the[International Progressive MS Alliance](https://www.progressivemsalliance.org/) has published results that advance the goal of finding a way to shorten the length of clinical trials and reduce the number of participants needed to test therapies for progressive multiple sclerosis (MS). This work is part of the Alliance’s [global research strategy](https://www.progressivemsalliance.org/2021/12/01/alliance-maps-out-global-research-agenda-to-end-progressive-ms/)to prioritize and coordinate efforts needed to find more and better treatments and improve quality of life for people living with progressive MS. MS Canada is a managing partner in the Alliance.

[[READ MORE]](https://mssociety.ca/research-news/article/advancing-clinical-trials-in-progressive-multiple-sclerosis?utm_source=researchinaction_march&utm_medium=email&utm_campaign=research&utm_id=mssociety&utm_content=ctabutton)

------------------------------------------------------------------------------------------------------------------------------------------

**Proposal for a New Framework to Describe Multiple Sclerosis**

An international panel of experts propose the need for a new framework to describe multiple sclerosis (MS) that is based on the underlying biological disease processes, which vary with individuals over time. This new framework aims to better describe the disease over a lifespan in place of the current descriptions (i.e., relapsing-remitting MS (RRMS), primary progressive MS (PPMS), and secondary progressive MS (SPMS)) with the goal to improve patient care and enhance drug development.

[[READ MORE]](https://mssociety.ca/research-news/article/proposal-for-a-new-framework-to-describe-multiple-sclerosis?utm_source=researchinaction_march&utm_medium=email&utm_campaign=research&utm_id=mssociety&utm_content=ctabutton)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Get Involved**

**Call For Community Representatives**

Do you have a connection to MS and an interest in scientific research?

We’re looking for [Community Representatives](https://mssociety.ca/participate-in-research/community-representatives?utm_source=researchinaction_march&utm_medium=email&utm_campaign=research&utm_id=mssociety&utm_content=para1_link) to serve on review committees for our annual research competition.  You’ll have the opportunity to review applications, learn about ongoing research happening in Canada, and inform the research we fund by ensuring it’s relevant and impactful to people affected by MS.

“We all work so hard in our fundraising efforts. It's great to see how these funds are used, and how much care is taken in selecting the best possible projects for funding. Seeing the types of research that were being proposed made me optimistic for our future. It was a rewarding experience.” - Community Representative

[[LEARN MORE]](https://mssociety.ca/participate-in-research/community-representatives?utm_source=researchinaction_march&utm_medium=email&utm_campaign=research&utm_id=mssociety&utm_content=ctabutton)



**MS Hear From the Experts**

[**MS Hear From The Experts**](https://mssociety.ca/events/1474/ms-hear-from-the-experts-2023?utm_source=researchinaction_march&utm_medium=email&utm_campaign=research&utm_id=mssociety&utm_content=para1_link)is a series of webinars that aim to help people better understand multiple sclerosis, highlight MS-related resources, and provide tools and tips to navigate their MS journey with more knowledge and confidence. This series helps individuals learn more about the disease, treatments, research, wellness strategies, MS Canada programs and services, and much more.

Join us to learn more about setting wellness goals that can make positive changes to enhance your quality of life, even when there may be some bumps in the road along your journey. The next session is entitled ‘Healthy Habits’ on **Tuesday March 7th** from 7-8pm EST.

[[REGISTER HERE]](https://mssp.tfaforms.net/78?utm_source=researchinaction_march&utm_medium=email&utm_campaign=research&utm_id=mssociety&utm_content=ctabutton)

------------------------------------------------------------------------------------------------------------------------------------------

**Yoga for Every Body – Adapted Chair Yoga**

Come explore the world of yoga in a safe environment, with a class designed to meet your needs! Adaptive yoga offers many modifications to traditional yoga postures, and allows you to find movement that best suits your body. These classes will all be from the starting point of seated in a chair, and everyone is welcome for this virtual offering.

This program is led by a certified yoga instructor and will take place via Zoom.

When: Fridays 12 pm ET (9 am PT) February 10 - March 31, 2023.

[[REGISTER HERE]](https://mssociety.ca/events/1443/yoga-for-every-body-adapted-chair-yoga?utm_source=researchinaction_march&utm_medium=email&utm_campaign=wellness&utm_id=mssociety&utm_content=ctabutton)

**In Case You Missed it:**

**Pain in Progressive MS: Advancing Treatment and Research Webcast**

Pain can be one of the most difficult ‘invisible’ symptoms to describe and manage.  Up to two-thirds of people with MS report pain in worldwide studies. Those who experience pain may find it affects their daily life activities, such as work, recreation, mood and enjoyment of life.

Learn about the latest advances in treatment and research on the topic of pain during this 30-minute global webcast hosted by the [MS International Federation](https://www.msif.org/).  An international panel of MS experts answered questions submitted by people affected by MS throughout the world.

[[WATCH HERE]](https://www.youtube.com/watch?v=Ud-ARUJ9mKw)

\**Please note that this webcast is only available in English.*

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Research Study**

**Perception of Canadian patients with Multiple Sclerosis on the use of cannabis to better manage the symptoms of the disease (PerSPective)**

This study focuses on the perception of people with multiple sclerosis (PwMS) regarding therapeutic cannabis and allows us to understand the potential resistance to taking medical cannabis by PwMS.

To participate in the PESPECTIVE study, PwMS have to complete an online questionnaire. The duration is an average of 15 minutes. The PERSPECTIVE study represents an opportunity to identify the key elements that influence the perception of PwMS regarding therapeutic cannabis and, by extension, the factors facilitating or limiting its use.

Participants must be 21 years or older.

[[LEARN MORE]](https://msresearch.ca/study/cannabis-perception?utm_source=researchinaction_march&utm_medium=email&utm_campaign=research&utm_id=mssociety&utm_content=ctabutton)

Interested in a research topic or event that was not covered? Submit your feedback to [msresearchgrants@mssociety.ca](mailto:msresearchgrants@mssociety.ca)