



WEBINAR 
WEDNESDAYS

Emerging Wellness Research: Key Takeaways & Ideas for You

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DECEMBER PROGRAMS

WEBINAR – Jan 5

How to Eat Well with MS (And Actually Enjoy It!)

JUMPSTART – Jan 13

Get Started With New Habits

YOUR QUESTIONS ANSWERED – Jan 18

Diet & Nutrition

SPECIAL WEBINAR - Jan 19

COVID-19: An Update on the Current Landscape

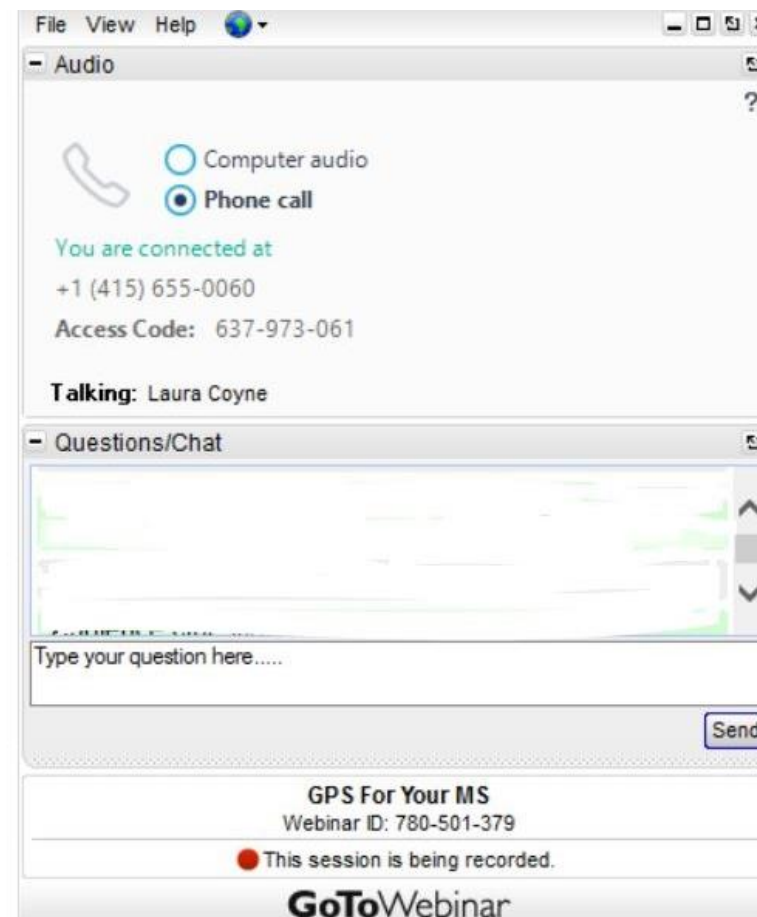
COACHING 4-WEEK SERIES, PT 1 – Jan 19

Making Diet Changes that Stick

[CanDo-MS.org](https://www.CanDo-MS.org)

How to Ask Questions During the Webinar

Type in your questions using the **Questions/Chat** box



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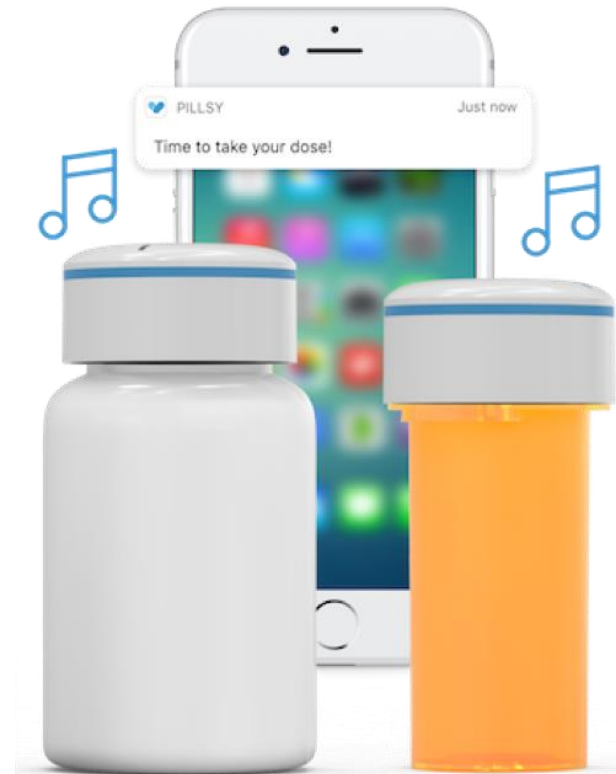
Learning Objectives

Participants and support partners will be able to:

- Summarize recent findings on diet, pain, and tools for everyday life
- List at least 3 pandemic growth tips for people with MS
- Describe the way that depression and vascular health conditions interact
- Describe the benefits of exercise, including high intensity interval training, for people with MS

Tools and Gadgets

- **Electronic Pill Bottle & Cap** – Non-invasive monitoring and helps improve adherence to oral DMTs
 - Pillsy™ Smart Bottle and Pill Cap
- **Light Therapy** – Safe, feasible, and well-tolerated in people with MS associated fatigue



Tools and Gadgets

- **Augmented Cane** – Self-navigating smart cane



Tools and Gadgets

- **Walking Bike Without Pedals – The Alinker**



Pain and MS

- 50-60% of people with MS experience pain
- Pain can come from MS and other sources
- Chronic pain usually requires a multi-modal approach
- Rehabilitation and other behavioral interventions can help treat pain and improve function.
 - Relaxation
 - Cognitive Behavioral Therapy
 - Mindfulness Training

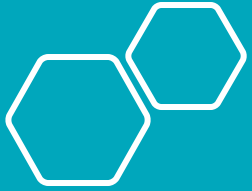


myMS
Toolkit



Diet and Nutrition

- Increasing evidence suggests that lifestyle factors such as diet and exercise impact the risk and course of MS.
- There are no diets that have been studied well enough to prove that they improve traditional MS outcomes (relapses, MRI outcomes, etc.).
- It is known that eating a healthy diet will minimize comorbidities.
- Stay informed.
 - <https://www.nationalmssociety.org/Living-Well-With-MS/Diet-Exercise-Healthy-Behaviors/Diet-Nutrition/Dietary-Studies-in-MS>



Diet & Nutrition Research

Swank & Wahls Diets – 2021 Update

- People on **BOTH** diets had:
 - **Less fatigue** compared to before the trial
 - Improvements in **quality of life**, **information processing speed**, and **walking distance**

“If you can’t control the wind, adjust your sails”

Tips for post-pandemic benefit finding from young adults (18-45)
living with MS

Existential
Growth

Relationship
Growth

Personal
Growth

EXISTENTIAL GROWTH

- Learn the art of patience and small, caring gestures
- Slowing down allows for unexpected discoveries
- Let go of control and embrace vulnerability to discover some new positives
- Freedom = choosing responsibly your own life and wellness

RELATIONSHIP GROWTH

- Receiving but also giving support helps us move forward
- Don't forget or take for granted the affection of those around you

PERSONAL GROWTH

- Take care of yourself – body and mind
- You have the right to express and satisfy your needs
- Pursue your goals with determination
- Recognize and nurture your strengths; value yourself
- Do not fear silence and solitude; self-knowledge can emerge and grow
- Do not regret what you do not have; in its absence you can rediscover the value of what you have left or can recover [or discover for the first time]

Depression and Vascular Conditions

- Depression is a common symptom of MS
- Depression increases the risk of vascular conditions (high blood pressure and cholesterol, and diabetes) and contributes to a shortened lifespan
- Vascular conditions can hasten disease progression and shorten the lifespan for people with MS
- **Key take-aways**
 - Diagnosing and treating depression can reduce your risk of vascular conditions
 - Diagnosing and treating vascular conditions can prolong your life and slow disease progression
 - Depression and vascular conditions are ***highly manageable***



Physical Activity

Recommendations

150 minutes moderate intensity exercise/physical activity per week... OR

75 minutes of vigorous intensity exercise/physical activity per week...OR

Combination of both

Barriers

**Time
Fatigue**

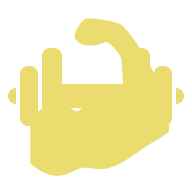
**Motivation
Changing Clothes
Equipment**

**Heat Sensitivity
Schedule**

Periodic exercise may be just as effective as continuous exercise

HIIT

Exercise
Snacks



Exercise Snacks vs High Intensity Interval Training

Exercise Snacks

Variety of exercise completed intermittently throughout the day

Examples: Neck stretch, mini squats, walking lap around the house, seated rows

Can Do MS Exercise Snacks

HIIT

Short bouts of very high intensity exercise, repeated with a series of lighter moments of movement

Focused on cardiovascular and respiratory fitness

HIIT to be FIT: Current Knowledge

- Animal models of MS, 6 weeks of HIIT, indicated improved biomarkers for maintaining myelination
- Reduced relapse rate over 24-week period and beyond
- Effectiveness in inpatient and outpatient settings
- Improved cardiovascular (HR, VO₂) fitness, glucose and insulin sensitivity
- Minimal adverse reactions (pain)

HIIT to be FIT: Unanswered Questions

- Appropriateness for all abilities and stages of MS?
- Cardiovascular effects?
- Extent of impact on symptoms?
- Neuroprotective or anti-inflammatory effects?
- Adherence?
- Modes?
- Injury risk?
- Intensity?

RATE OF PERCEIVED EXERTION

10	Max Effort Activity Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.
9	Very Hard Activity Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words.
7-8	Vigorous Activity Borderline uncomfortable. Short of breath, can speak a sentence.
4-6	Moderate Activity Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging.
2-3	Light Activity Feels like you can maintain for hours. Easy to breathe and carry a conversation.
1	Very Light Activity Hardly any exertion, but more than sleeping, watching TV, etc

Tips to Starting HIIT with MS

1

Talk with your
healthcare
provider(s)

2

Become comfortable
with RPE scale and
find an accessible
mode of exercise

3

Avoid HIIT on
consecutive days

Sample HIIT Routine

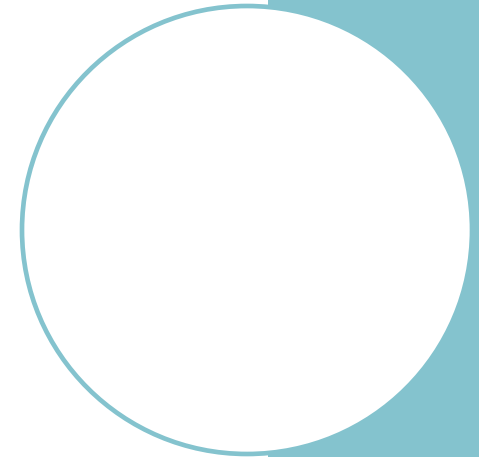
- **Warm Up:** 2-3 minutes; 2-3/10
- **HIIT:** 20-second interval; 8-10/10
- **Shift down:** 2-3-minutes; 3-4/10
- **HIIT:** 20-second interval; 8-10/10
- **Shift down:** 2-3-minutes; 3-4/10
- **HIIT:** 20-second interval 8-10/10
- **Cool Down:** 2-3 minutes; 2-3/10
- ****Pre/post cooling!**

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Remember:

***Research is ongoing in many areas of MS
health and wellness***



Q & A





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Diet & Nutrition:

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