

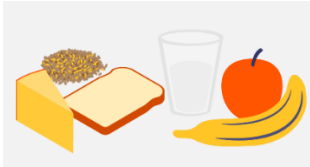
Research Reporter



Welcome to the July 2024 edition of our guide to what's new in MS science

Research Round up

April: Diet has potential to help people with MS

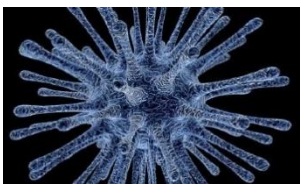


Researchers found some evidence that adopting a diet rich in vegetables, fruit, legumes, whole grain cereals, fish and fibre is linked to improved quality of life and reduced disability among people living with MS. Diet wasn't associated with changes in fatigue, depression, anxiety or relapses. There also wasn't enough evidence to say whether diet had an impact on MRI outcomes, like changes to lesions.

For most people with MS the best diet is a healthy, varied one. The researchers suggest that people with MS could try adopting a diet rich in these particular foods. This doesn't mean that changing your diet will stop MS, but these foods have potential to improve quality of life.

[Read the full story on our website](#)

May: Infections linked to MS progression

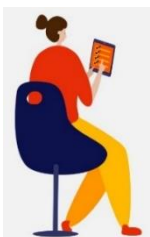


Research we funded found the immune response caused by infections, like colds and viruses, could contribute to progression of MS.

The team measured progression of MS by taking MRI scans at the start and end of the study. And clinical disability was measuring during clinic visits every six months. They found that the body's immune response to infections was associated with the loss of nerve cells in the spinal cord. This highlights the importance of seeking early treatment for infections and getting vaccinations.

[Read the full story on our website](#)

June: MS fatigue management app receives government support



We're co-funding [REFUEL-MS](#), a research project focused on developing a smartphone app which could help people living with MS manage the symptoms of fatigue. Now, the government have chosen REFUEL-MS to receive tailored support to make their app available on the NHS sooner. It's one of only eight innovative technologies chosen and the only digital therapy.

It will include physical activity as well as cognitive behavioural therapy. Physiotherapists and occupational therapists will also provide guidance as part of the programme.

[Read the full story on our website](#)

[Read more from the researchers leading the trial](#)

June: Stop MS Annual Lecture

This year's Stop MS Annual Lecture was given by Professor Thóra Káradóttir, one of the co-directors of our Cambridge Centre for Myelin Repair.

Every year a world leading expert gives a talk about their research aimed at showing impact to the MS community.

[Watch Thóra's full lecture on YouTube: 'Myelin Repair – From Lab Discoveries to Clinical Impact'](#)



Spotlight: MS Frontiers 2024

MS Frontiers is our biennial conference for MS researchers, and this July it was held in Liverpool.

Hot Topics

The conference is an opportunity to discuss current work in MS, and is a safe space for unpublished data to be shared. Nearly **200 researchers** travelled from across the UK and even across the world to attend. Our plenary lectures featured invited speakers discussing topics like **aging** and **cognition** in MS.



The conference debate this year was on the topic “**Artificial intelligence (AI) is ready to personalise care for people with MS - for and against**”. We learned how AI could help in the short term and what more research needs to be done before it can help further in the future.

Look out for a blog giving more detail about the debate in the next couple of weeks. And, a special video interview later this year with one of our PhD students studying AI in MS.

Research community

MS Frontiers brings together lab-based scientists, clinicians, and health care professionals of all career stages. A real highlight was the **flash talks** given by PhD students and Masters Students, about topics as diverse as [dance for MS](#) and mini-brains in a dish. We believe these **early career researchers** are the future of MS research and were pleased to welcome 80 of them to MS Frontiers.

Eleanora Scalia, a PhD student at our Centre for Excellence in Edinburgh said: “I’ve been given a once in a lifetime opportunity to study MS, given the studentship by the MS Society. So I hope that, through my project, I’m able to give back in some way and help people with MS”

Invited speakers from the MS community opened both days of the conference, joined our panels and co-led our Spotlight session “**What will MS treatment look like in 2034?**” - look out for a video on this topic later this year. We also hosted a special afternoon for early career researchers, where one of the key topics was a showcase of Patient and Public involvement led along with members of the MS community.

What’s next?

Many researchers commented how they felt inspired and enthusiastic about MS research following the conference. Connecting and sharing ideas is one of the most useful parts of a conference.

You may have seen some of our coverage on social media, but look out for more in-depth videos and blogs in the coming weeks where we’ll dive into the detail.

Meet the Researchers



Dr Emma Tallantyre (left) and Dr Yvonne Dombrowski (right) led the scientific steering committee organising the conference. We caught up with them to find out why it’s exciting for the community.

Emma said: “This year we wanted to have impact for people living with MS in the forefront of our minds. So, each talk ends with discussing how and when it might ultimately impact the lives of people with MS.”

[Read the full interview on our website](#)

If you’d like to know more about our research – get in touch!
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