

ACT MS Cohort update



ACT MS Symposium 2022
25 November 2022



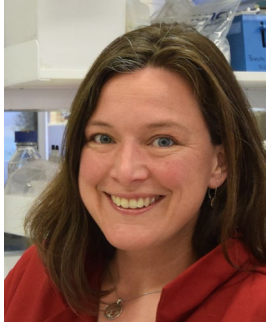
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MS Research Team



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ACT MS Cohort Study

- Longitudinal study involving adults living with and without MS
- Annual assessments to monitor changes in health and wellbeing over time
- Better understand how personal, environmental, and psychological factors affect the health and wellbeing of people living with MS



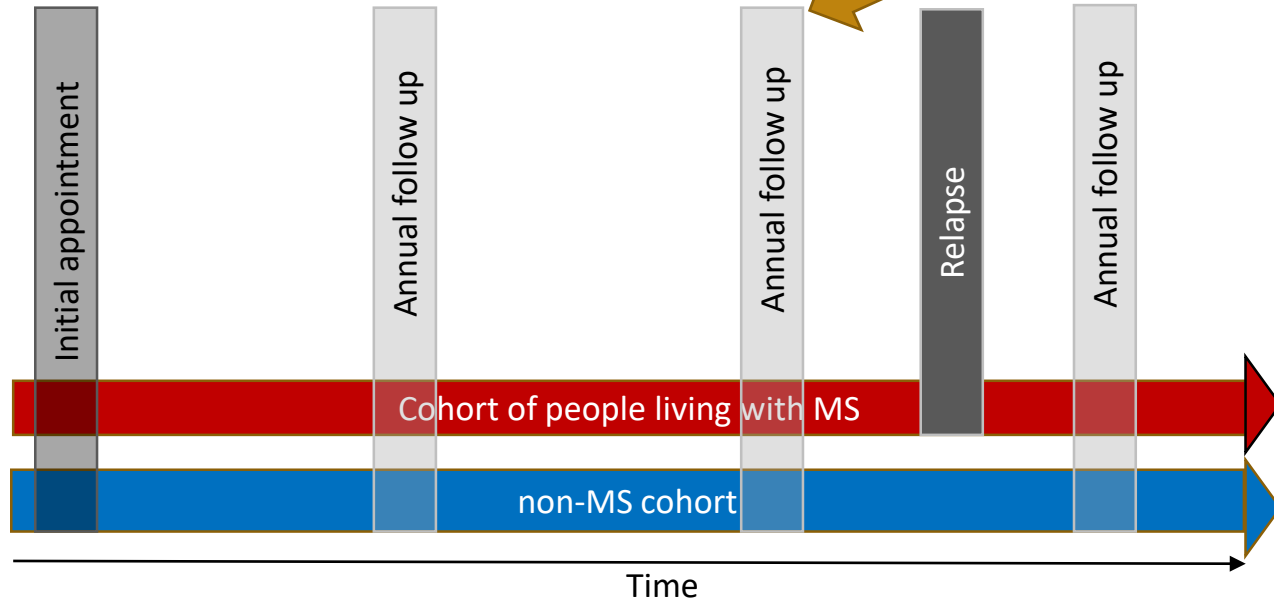
ACT MS Cohort Study: What's involved?

- Online questionnaires
 - Demographics, health and medical information
- Blood samples
- Measures
 - Expanded Disability Status Scale (EDSS)
 - Height and weight



ACT MS Cohort Study

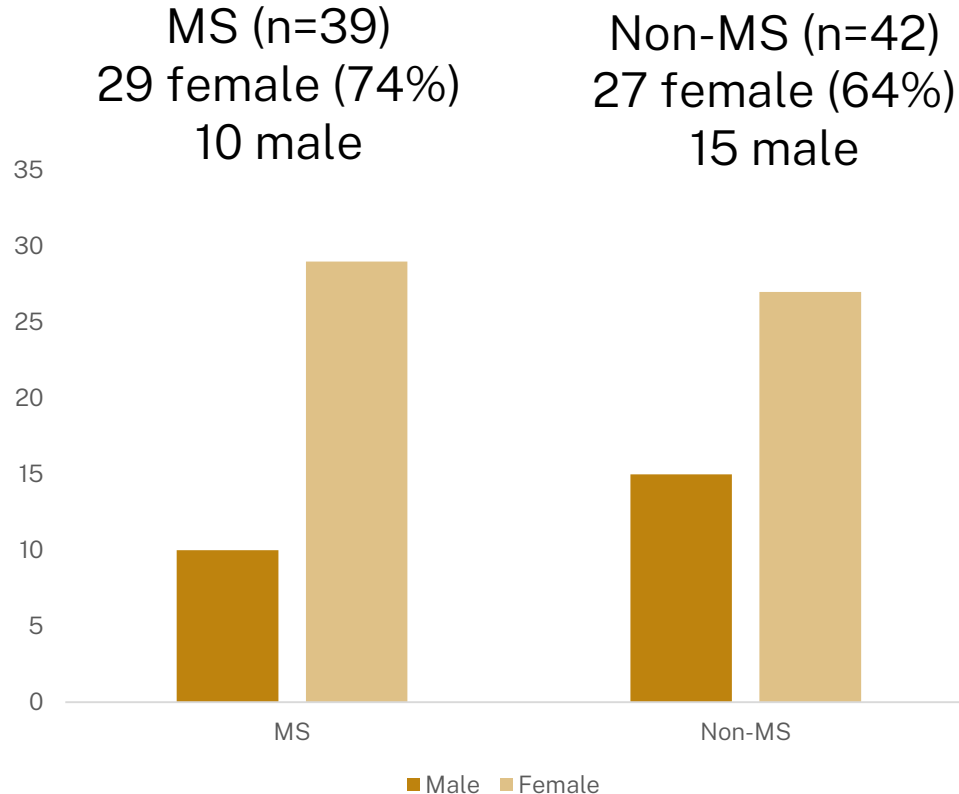
Started 2nd year annual reviews in October 2022



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ACT MS Cohort Study Participants

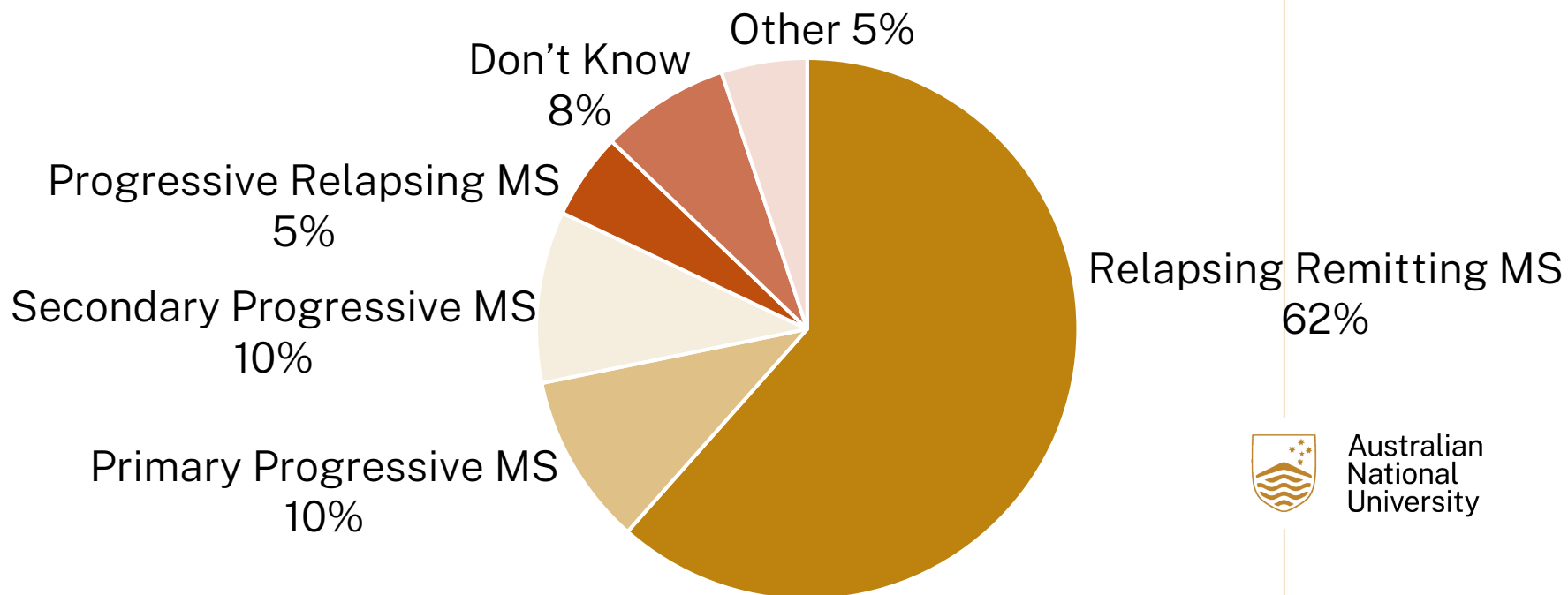
Sex



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ACT MS Cohort Study Participants

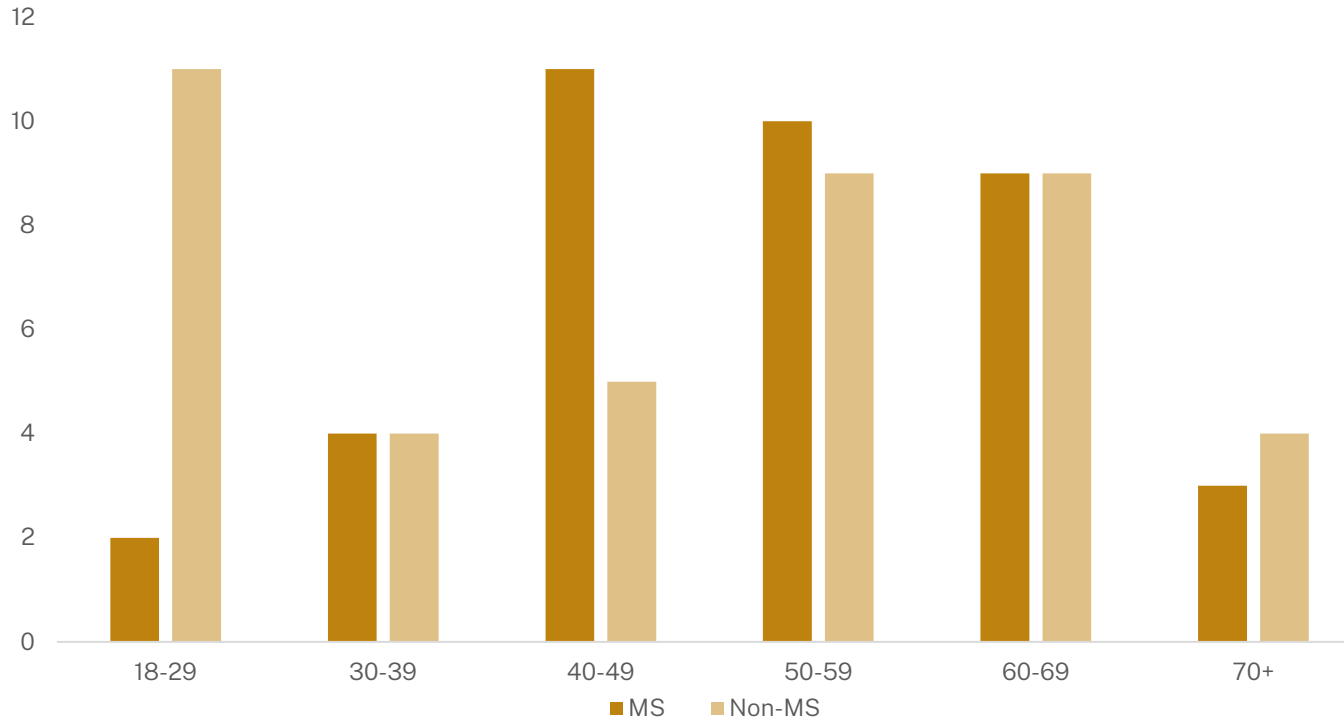
Type of MS



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ACT MS Cohort Study Participants

Age



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Moving forward

- Commencing our first second year annual reviews
- Recruiting more participants
- Collaborations



SYDNEY
ADVENTIST
HOSPITAL



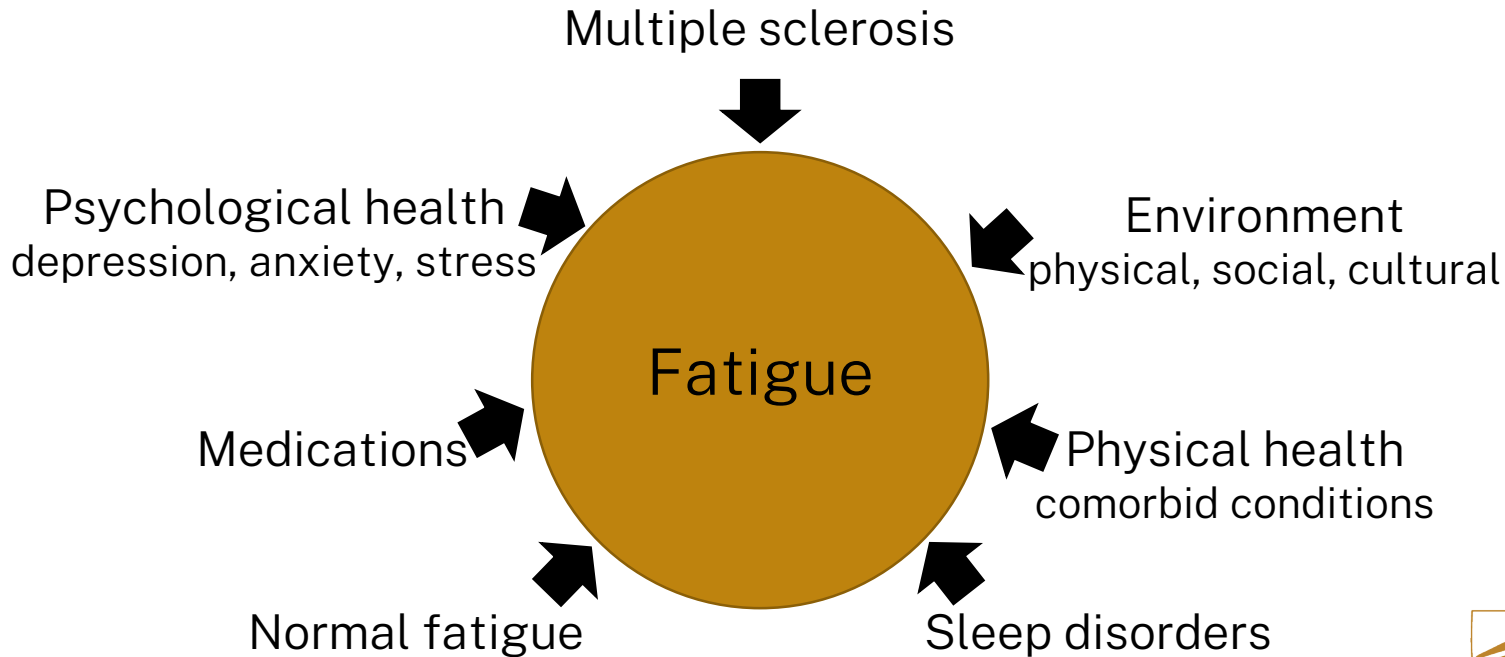
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Fatigue in MS

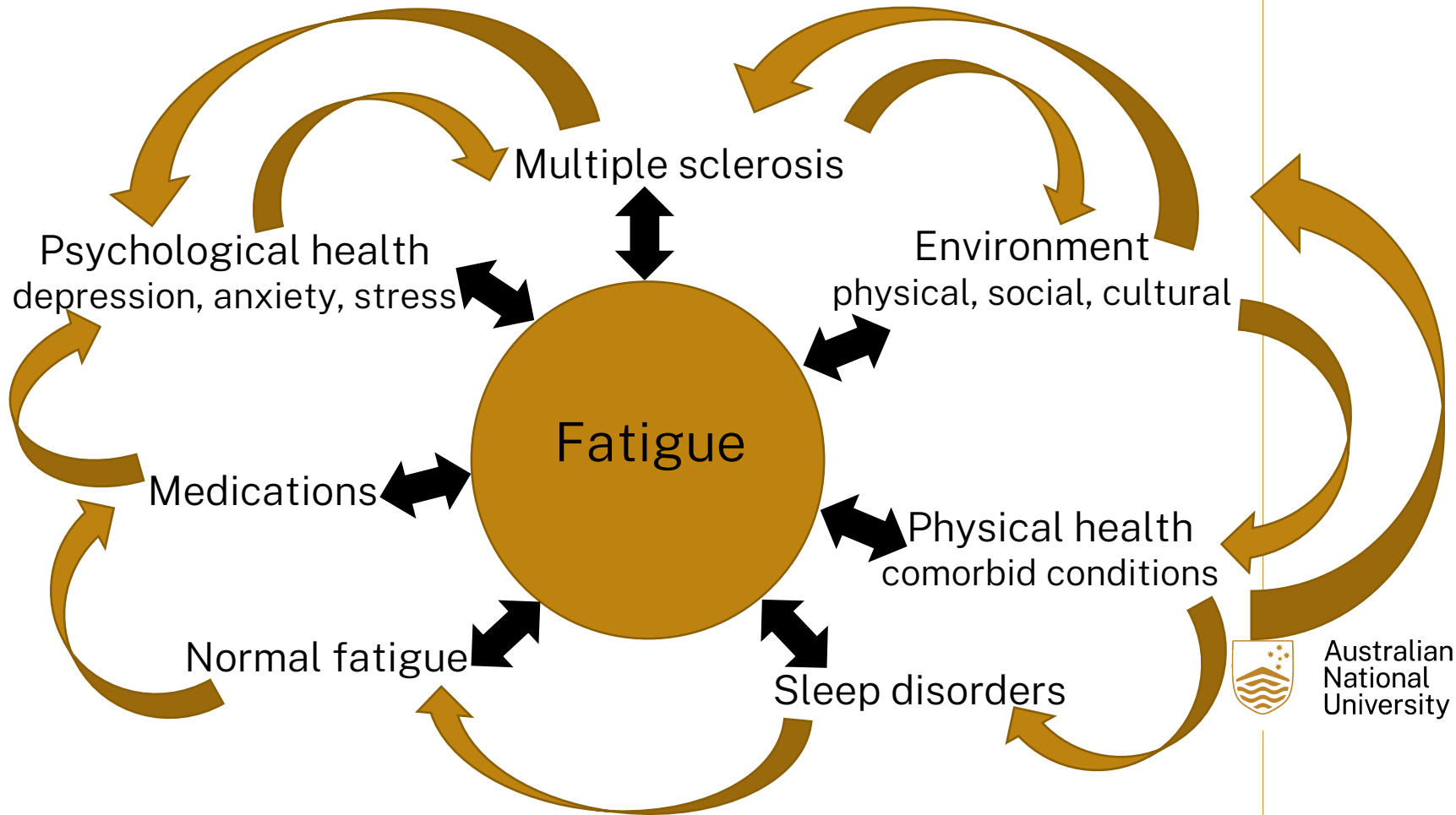
- Overwhelming sense of tiredness
- Most common and disabling symptom of MS
- Reported in all stages and types of MS
- Can be a feature of MS prodrome
- Has cognitive, emotional and physical components
- Impairs quality of life



Causes of fatigue



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Is there an effect of dietary intake on MS-related fatigue?

- Pommerich et al (2018) ‘systematically reviewed the effect of holistic dietary intake and the subjective perception of fatigue in adults with MS’
- 4 studies met the inclusion criteria:
 - Modified paleo diet x 2
 - Low-fat diet
 - Low-fat, plant-based diet



Is there an effect of dietary intake on MS-related fatigue?

Pommerich et al (2018) concluded:

‘Dietary intake holds the potential to lower MS-related fatigue, but solid conclusions are not possible based on the existing evidence.’

‘The results indicate that an effect of a balanced nutritional content of the overall diet to decrease levels of fatigue might exist.’



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Is there an effect of dietary intake on MS-related fatigue?



Impact of MS-related fatigue on what and how people with multiple sclerosis eat and drink

The ethical aspects of this research have been approved by the ANU Human Research Ethics Committee (Protocol number 2022/412)



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Research questions

- What is the impact of MS-fatigue on what and how people with MS eat and drink?
- How is this managed?

Research Team:

Soumi Krishnan – ANU Medical Student

Dr Jo Lane – Supervisor

Prof Nic Cherbuin – Supervisor

Prof Christian Lueck – Neurologist

Carmel Poyser – Research Assistant

Yixuan Zhao – Research Assistant

A/Prof Lucinda Black – Nutritionist, Curtin University

A/Prof Andrea Begley – Dietician, Curtin University



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Aims

- To explore and identify the impact of fatigue on what and how people with MS eat and drink and how they manage this
- Findings from this study will inform future dietary and fatigue management education, support and intervention programs and the development of educational resources



Method

Participants:

- 18 years or older with a confirmed diagnosis of MS with current or past symptoms of fatigue (N=15)

Once provided consent:

1. Will be asked to complete a 20 minute online questionnaire that asks for basic demographic information, MS information, and questions on fatigue, symptom severity and mood



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Method

2. Will be invited to complete a one-on-one interview over the phone or zoom that will take up to 60 minutes and audio-recorded and transcribed for analysis

Interview will ask participants to share their experiences of MS and fatigue and the impact of MS-related fatigue on what and how they eat and drink and how they manage this



Method

Participants will be asked if they consent for the research team to contact their treating doctor to confirm their MS diagnosis (when diagnosed and type of MS). Contacting a treating doctor is optional.



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Interested?

To find out more, please contact:
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Thank you



- All of our participants
- Supporters of OHIOH and MS research
- Researchers across OHIOH and collaborators
- Excellent research team



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