

SASKATCHEWAN MS DRUGS RESEARCH PROGRAM

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Dear participant of the Saskatchewan MS Drugs Research Program,

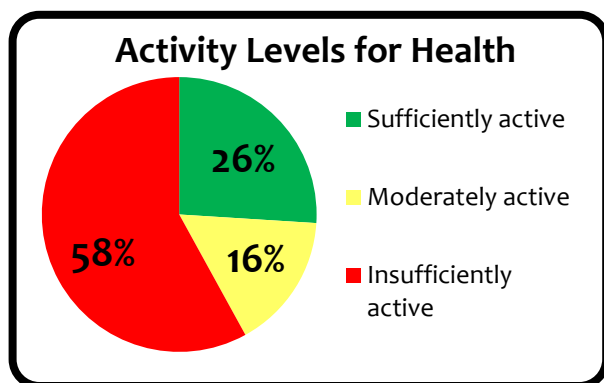
Thank you for advancing MS research!

Progress in MS research is happening right here in Saskatchewan.

We indicated we would provide you with periodic newsletters when you volunteered for the Saskatchewan MS Drugs Research Program. This last year marked 20 years since the beginning of the the research program.

We want to thank you for volunteering to participate, update you on research activities, and introduce you to our staff and researchers. Your time and contributions to MS research help us work toward a world with no MS.

Physical activity is important for health and quality of life for people with MS



Knox et al. Canadian Association of Physical Medicine and Rehabilitation conference abstract presentation 2016.

Thank you for the surveys that you completed. We learned that many of you maintain physically active lifestyles, but there is still work to do!

About a quarter of people (26%) reported being sufficiently physically active for health benefits. Health benefits are maximized through participation in at least 150 minutes per week of moderate to vigorous physical activity.

These results suggest a need for improved methods to help others increase their physical activity levels. Ongoing analysis of more recent survey data is in progress.

Saskatchewan has one of the highest MS incidence rates in Canada

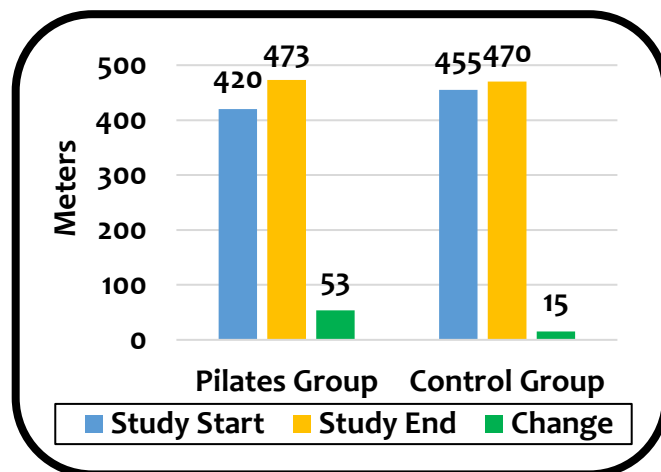
Saskatchewan researcher Dr. Charity Evans recently completed a study on the incidence and prevalence of MS in Saskatchewan, which showed that Saskatchewan does have one of the highest rates of MS in Canada, and worldwide. Visit the study at: <https://doi.org/10.1017/cjn.2017.301>

Pilates is a helpful exercise option for people with MS

This Saskatchewan study examined Pilates as an exercise program for individuals with MS. Thirty participants, with a range of ability levels, were randomly put in study groups and followed over 3 months.

We found more improvement in walking distance on a six-minute walk test in the Pilates group. Visit the study at:

<https://doi.org/10.7224/1537-2073.2017-066>



Duff, Evans et al. Impact of Pilates Exercise in Multiple Sclerosis, *International Journal of MS Care*, 2018, No. 2, p 92. Funding: Hermés Canada | MS Society of Canada Wellness Research Innovation Grant

New faces and directions in Saskatchewan-based MS research



We welcome Dr. Michael Levin, the inaugural Saskatchewan MS Clinical Research Chair and former Director of Veteran Affairs, Memphis, TN. Dr. Levin leads the Saskatchewan research program focused on identifying causes of MS and developing new or improved treatments. His long-held belief is that people with MS will help cure MS by participating in research. Dr. Levin's vision is a provincial MS Center of Excellence in research and clinical practice.



In November 2016, Dr. Iliia Poliakov became Clinical Director of the Saskatoon MS Clinic at City Hospital. He completed a fellowship in MS and neuroimmunology at the University of Calgary. He brings valued expertise in clinical informatics to our research team.

Nurse educator Shirley MacGowan continues to provide educational services. Beth Brimner and Jessica Peterson-Poulin provide research program administrative support. We continue to examine the utilization and impact of MS drugs. Long-term follow-up and recognizing health behaviors are important to this research.

We thank you again for your involvement. We welcome your questions and feedback.

Sincerely,

Dr. Katherine Knox on behalf of Saskatchewan MS Drugs Research Program investigators and staff