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Winter 2019 Newsletter

IPAC-MS Study: Individualized Physiotherapy and Activity Coaching in Multiple Sclerosis

We heard from people living with MS that active living can be challenging. The IPAC-MS study aims to increase physical activity through individualized coaching from physiotherapists.

The eighteen-month study will provide new information on how this program might affect physical activity levels and MS symptoms. IPAC-MS was designed with input from patient and family advisors affected by MS, healthcare professionals, the Saskatchewan Health Authority, and the MS Society of Canada, Saskatchewan Division.



To learn more about the IPAC-MS study, scan the QR code* to the left, or visit the web link: bit.ly/IPAC-MS

*To scan a QR code, hover your phone camera over the code. Tap the message that appears to open the content. If nothing happens when you hover over the QR code, try downloading a free QR scanner app from your app store.

What if *individual* risk for MS drug side effects were predictable?

A very low lymphocyte count is a side effect of dimethyl fumarate. Lymphocytes are cells important for fighting infection. A new study will look for genetic markers that might help predict who is at risk for low lymphocytes while taking dimethyl fumarate. This study involves researchers and participants in Saskatchewan, British Columbia, Manitoba, and Ontario.



To learn more about MS research in Saskatchewan, scan the QR code* to the left, or visit the website of the Office of the Saskatchewan MS Clinical Research Chair at: bit.ly/usask-MSresearch

When to stop disease-modifying therapy in multiple sclerosis?

It can be difficult to know when an MS drug is no longer effective. Members of our team recently published the paper: *The dilemma of when to stop disease-modifying therapy in multiple sclerosis: a narrative review and Canadian regional reimbursement policies.*

This paper reviewed existing research related to stopping MS drugs and found that **older people with no evidence of recent disease activity are unlikely to have disease activity when their MS drug is stopped.**

It is important to note that:

Older age is variably defined in these studies, and ranges from 45 to over 60 years of age.

Recent disease activity refers to disease activity within two to five years.

Disease activity refers to either new relapses or new lesions on MRI. People with MS often still experience changing disability or worsening MS symptoms even when there is no disease activity (no recent relapses or new MRI lesions).



To read the full paper,
scan the QR code* above,
or visit the web link:
bit.ly/Stop-DMT

Saskatchewan MS Drugs Research Program (1997- 2019) Over Two Decades of Monitoring MS Drugs



On behalf of the Saskatchewan MS Drugs Research Program team, best wishes in the New Year