

Saskatchewan MS Drugs Research Program

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Winter 2021 Newsletter

NeuroSask Active and Connected

The web-based **NeuroSask** drop-in program began as a rapid response to COVID-19 social contact limits. (<https://www.shrf.ca/covid-19>).

Led by Drs. Donkers and Knox, NeuroSask provides virtual, physiotherapist-guided movement and social connection during COVID-19.

Every **Tuesday and Thursday at 2:00 p.m.**, this free, made-in-Saskatchewan initiative offers a seated, 30-min movement class. Thursdays add a 30-45 min “connect” activity.

Due to popular demand, the program continues in 2021! Join us for an afternoon movement break and hear a new line-up of expert guests at Thursday’s “connect” activities. All are welcome to join any portion of the program!



From right: Dr Sarah Donkers, Melanie Deneiko, Dr Katherine Knox



Scan the QR code* at left to visit **NeuroSask Active and Connected** or type the web link: <https://rehabscience.usask.ca/neurosask/>

* Hover your iPhone camera over the QR code; tap the message that appears. If nothing happens when you hover, install a free QR scanner from your app store.

Global Collaboration for Better MS and COVID-19 Care

Physicians with the Saskatchewan MS Drugs Research Program support the **COViMS** registry, a North American joint partnership of the **National MS Society, Consortium of MS Centers, Multiple Sclerosis Society of Canada**, and independent experts. In hopes of better understanding COVID-19 and MS, COViMS captures the experiences and outcomes of people living with MS who also had COVID-19 infections. To participate in the registry, please contact your MS health care provider.



Scan the QR code for more about **COViMS (COVID-19 Infections in MS & Related Diseases)** or visit the web site: <https://www.covims.org>

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New 2020 Canadian Treatment Optimization Recommendations (TORs) for MS

A collaboration of MS experts in Canada updated MS treatment guidelines this year.

“Recommendations provide guidance on initiating effective treatment early in the course of disease, monitoring response to therapy, and modifying or switching therapies to optimize disease control.”

Saskatchewan MS Clinical Research Chair, Dr. Michael Levin, led the group tasked with developing recommendations for treatment initiation in progressive forms of MS. In 2019, *Saskatchewan Health* added ocrelizumab (Ocrevus™) to the province’s formulary as the first and only drug available for the treatment of early primary progressive MS (PPMS) in those for whom the benefit outweighs the risk of treatment.



Scan the QR code to read about the [MS Treatment Optimization Recommendations](#) or visit the MS Society of Canada web site:

<https://mssociety.ca/research-news/article/treatment-optimization-in-multiple-sclerosis-new-recommendations-from-the-canadian-ms-working-group>

Saskatchewan MS Drugs Research Program, 1997- 2021

...over two decades of monitoring MS drugs in Saskatchewan



**Thank you for participating in the
Saskatchewan MS Drugs Research Program!**

Your support and feedback are invaluable.

Be well in 2021!