

Welcome to the September 2023 issue

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Welcome to the latest issue of the 'Experts in MS' newsletter

We have information on our range of Helpline specialist services, a blog from Dr Agne Straukiene and the launch of our REFUEL-MS research programme course.



REFUEL - MS

Do you work as a healthcare professional or service manager with people living with MS? Share your experience with REFUEL-MS in a focus group or interview.

REFUEL-MS is a 5.5-year research programme aiming to develop and implement a treatment to reduce fatigue for people living with MS.

Particularly, we want to hear from MS nurses and neurologists about what fatigue care is currently like in MS services and gather their thoughts on the treatment that we are developing.

Please get in touch with the team on REFUEL-MS@kcl.ac.uk, or call 020 7188 2606 / 07407858674, or complete our online survey.

[Complete the REFUEL-MS survey →](#)

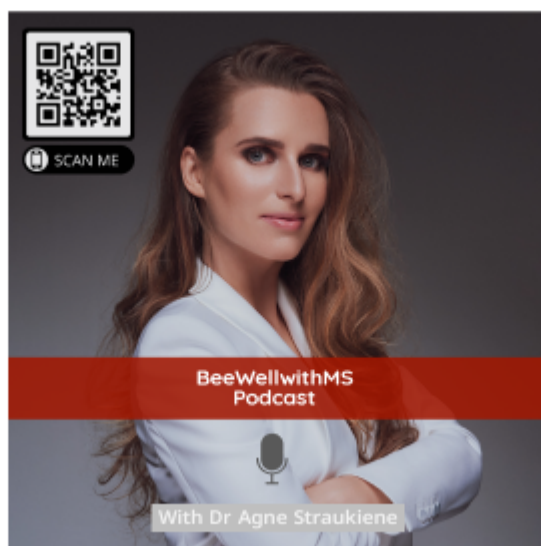


Introducing our MS Helpline specialists

Meet our MS Helpline nurses Razia, Liz and Jennifer, and our physical activity specialists, Shahida and Sarah. Here, they talk about their roles within the helpline and explain how they can help support people affected by MS across the UK.

The MS Helpline has a range of specialist information and support services. [Find out more about our MS Helpline](#). You can signpost people affected by MS to our Helpline services and to this downloadable poster.

[Download MS Helpline poster →](#)



BeeWellWithMS podcast

MS neurologist Dr Agne Straukiene, is the founder and host of the BeeWellWithMS podcast, in which she invites us to delve into the intricacies of life with MS.

"In each episode, I collaborate with esteemed experts to explore topics ranging from pain management to emotional well-being, offering valuable insights to enhance your quality of life."

The podcast has over 17,000 dedicated downloads across 25 countries.

Agne will become a regular contributor of blog articles for Experts in MS blog - writing pieces from a neurologist's perspective, discussing insights, research, or case studies that could benefit our professional community. So watch this space!

[Visit BeeWellWithMS →](#)



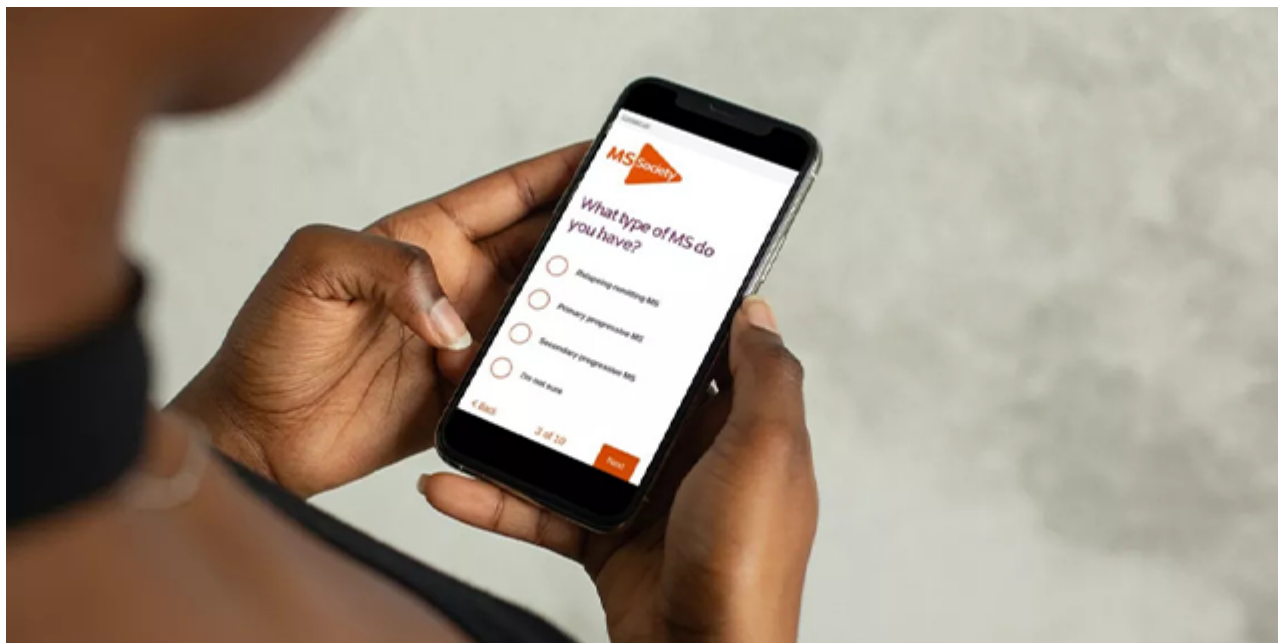
FACETS facilitators' training course

Our next course is on **Monday 19 October**.

The course will equip health and social care professionals to deliver an evidence-based six-week, fatigue management programme. FACETS is

delivered online or face to face to groups. Trained facilitators can support people with MS to manage their fatigue more effectively.

[Sign up to the course today →](#)



Research News

We recently shared results of a new study supporting a link between risk factors for poor heart and blood vessel health (such as blood pressure, BMI and smoking) and MS outcomes (such as brain volume).

[Find out more about the study →](#)

A clinical trial called the VIDAMS trial has been testing whether high dose vitamin D could help treat people with relapsing remitting MS. In a paper published in April, results showed no effect of the supplement on relapses or new lesions.

[Find out more about VIDAMS →](#)



Tell us what you need

Let us know the kind of information and resources you'd like us to produce, and how useful our information is.

Take our survey →

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Please do share the Network with a friend or colleague, it's very easy to sign up - mssociety.org.uk/professionalnetwork

Let's stop MS together



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