

Tyler Titcomb, PhD, RD
Postdoctoral Research Scholar
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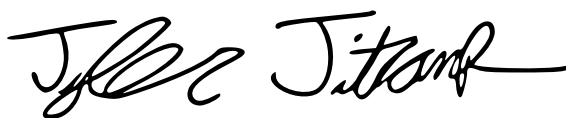
Dear CMSC scholarship selection committee,

I am happily writing you to apply for the scholarship to attend the CMSC 2020 annual meeting in Orlando, FL. I am extremely interested in attending this conference because I am new to the MS community and am eager to learn about the current research and clinical practice guidelines for MS. Attending the CMSC conference will also allow me to network with the clinicians and researchers who one day I aspire to develop working relationships with.

My career goal is to become an independent academic researcher and study the relationship between diet and multiple sclerosis. I find it fascinating that nearly every nutrient has been associated with MS in some way. This, coupled with the research indicating that diet quality also is associated with MS-related fatigue and quality of life clearly indicates to me that a high-quality diet may benefit many people with MS. In addition, it seems that a subset of people with MS are already actively implementing specialized diets into their personal wellness plans; however, the long-term data on these specialized diets is lacking. It is my goal to build up the science around diet and MS outcomes to not only give people with MS additional evidence-based options to manage their symptoms, but also to protect them from claims that have no supporting evidence that may actually have negative consequences on their health.

To achieve my career goal, I have acquired a postdoctoral research scholar position at the University of Iowa to work with Dr. Terry Wahls in studying the impact of the Wahls and Swank diets on RRMS outcomes. I would like the committee to know that I do not promote a specific diet for MS, and my hope is that several dietary strategies prove to be effective. Thank you for your consideration.

Sincerely,



Tyler Titcomb, PhD, RD
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University of Iowa