

More About MS

COMING OF AGE WITH MULTIPLE SCLEROSIS

An educational program for those interested
in updating their knowledge of multiple sclerosis.

May 30, 2020
12:00-3:00 PM EDT
Patient Program Report



EXECUTIVE SUMMARY





Title	More About MS: Coming of Age with Multiple Sclerosis
Description	The live program took place on Saturday, May 30, 2020 from 12:00 noon – 3:00 pm. The agenda was designed to keep participants engaged. Educational talks were interspersed with brief videos thanking supporting companies and a patient video featuring photos and quotes from patient registrants. In addition, participants were actively engaged by participating in brief real time games.
Location	Educational Measures Platform
Participation	502 Registrants, 213 Live participants
Faculty	<div style="display: flex; align-items: flex-start; margin-bottom: 20px;">  <div style="margin-left: 10px;"> <p>Randall T. Schapiro, MD, FAAN (Program Chair) President, The Schapiro MS Advisory Group and Clinical Professor of Neurology (Retired) University of Minnesota</p> </div> </div> <div style="display: flex; align-items: flex-start; margin-bottom: 20px;">  <div style="margin-left: 10px;"> <p>Gary Birnbaum, MD, FAAN, FANA Professor of Neurology (Retired) University of Minnesota School of Medicine Director (Retired) MS Treatment and Research Center Minneapolis Clinic of Neurology Website Author msresearchupdate.com</p> </div> </div> <div style="display: flex; align-items: flex-start; margin-bottom: 20px;">  <div style="margin-left: 10px;"> <p>Patricia Bobryk, MHS, PT, MSCS, ATP University of Colorado Health Yampa Valley Medical Center Steamboat Springs, CO</p> </div> </div> <div style="display: flex; align-items: flex-start;">  <div style="margin-left: 10px;"> <p>Peter B. Wade MD Medical Director - Neurology Mandell Comprehensive MS Center Assistant Clinical Professor Department of Neurology University of Connecticut School of Medicine</p> </div> </div>



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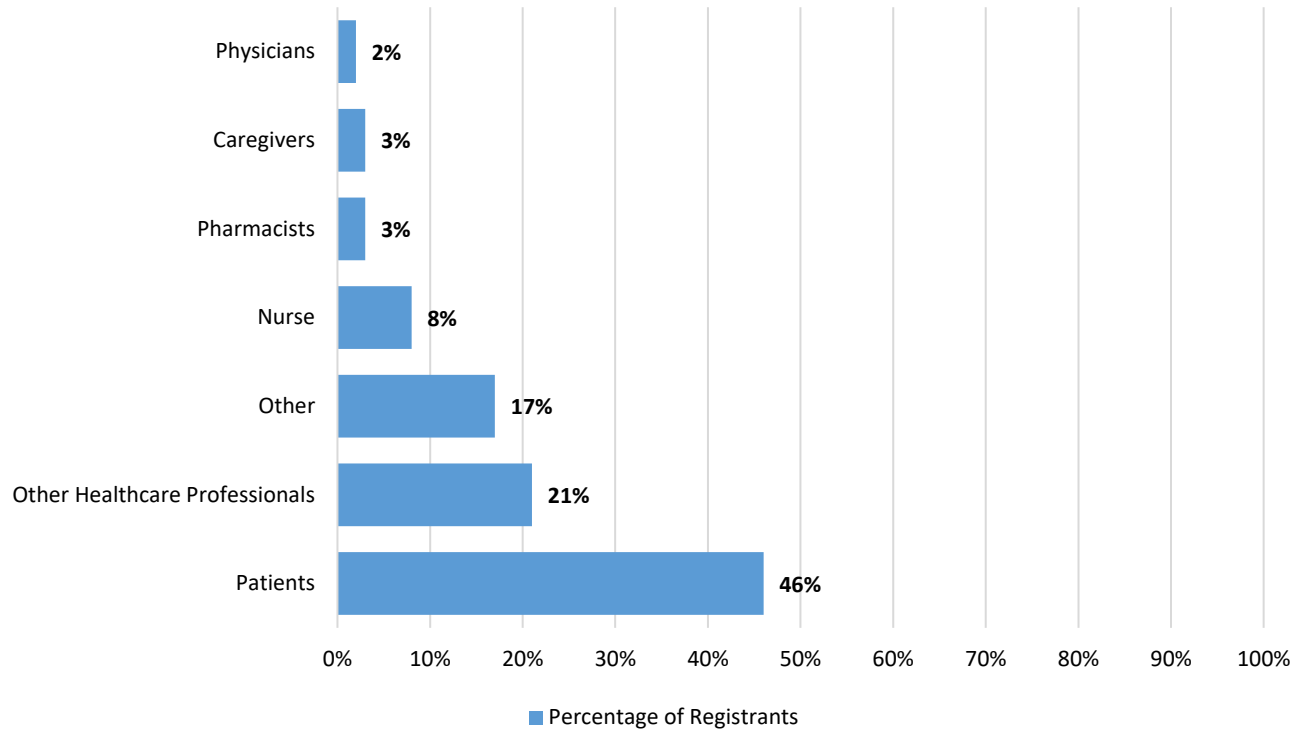
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DETAILED PROGRAM AGENDA

- 12:00 noon Opening Remarks and Instructions
- 12:02 noon Introductory Video
- 12:03 pm Welcoming Remarks
Randall T. Schapiro, MD, FAAN
- 12:08 pm Supporter Video: Biogen
- 12:09 pm Aging and MS
Randall T. Schapiro, MD, FAAN, FANA
- 12:39 pm Supporter Video: Bristol-Myers Squibb
- 12:40 pm Interactive Activity: Word Game
- 12:43 pm Supporter Video: EMD Serono
- 12:44 pm Research Advances in MS
Gary Birnbaum, MD, FAAN
- 1:14 pm Q&A on first two sessions
- 1:24 pm Supporter Video: Genentech
- 1:25 pm MS Perspectives from a Neurologist who has MS
Peter Wade, MD
- 1:56 pm Patient Video (Using Photos and Quotes Submitted)
- 1:58 pm Supporter Video: Mallinckrodt
- 1:59 pm Interactive Activity: Photo Game
- 2:03 pm Supporter Video: Novartis
- 2:04 pm Rehabilitation and Wellness in MS
Patricia Bobryk, MHS, PT, MSCS, ATP
- 2:34 pm Supporter Video: Sanofi Genzyme
- 2:35 pm Discussion and Questions and Answer Session
- 2:55 pm Concluding Remarks
Randall T. Schapiro, MD, FAAN
- 3:00 pm Instructions for Receiving Post-program Materials and How to Download or Access the
Virtual Exhibit Hall

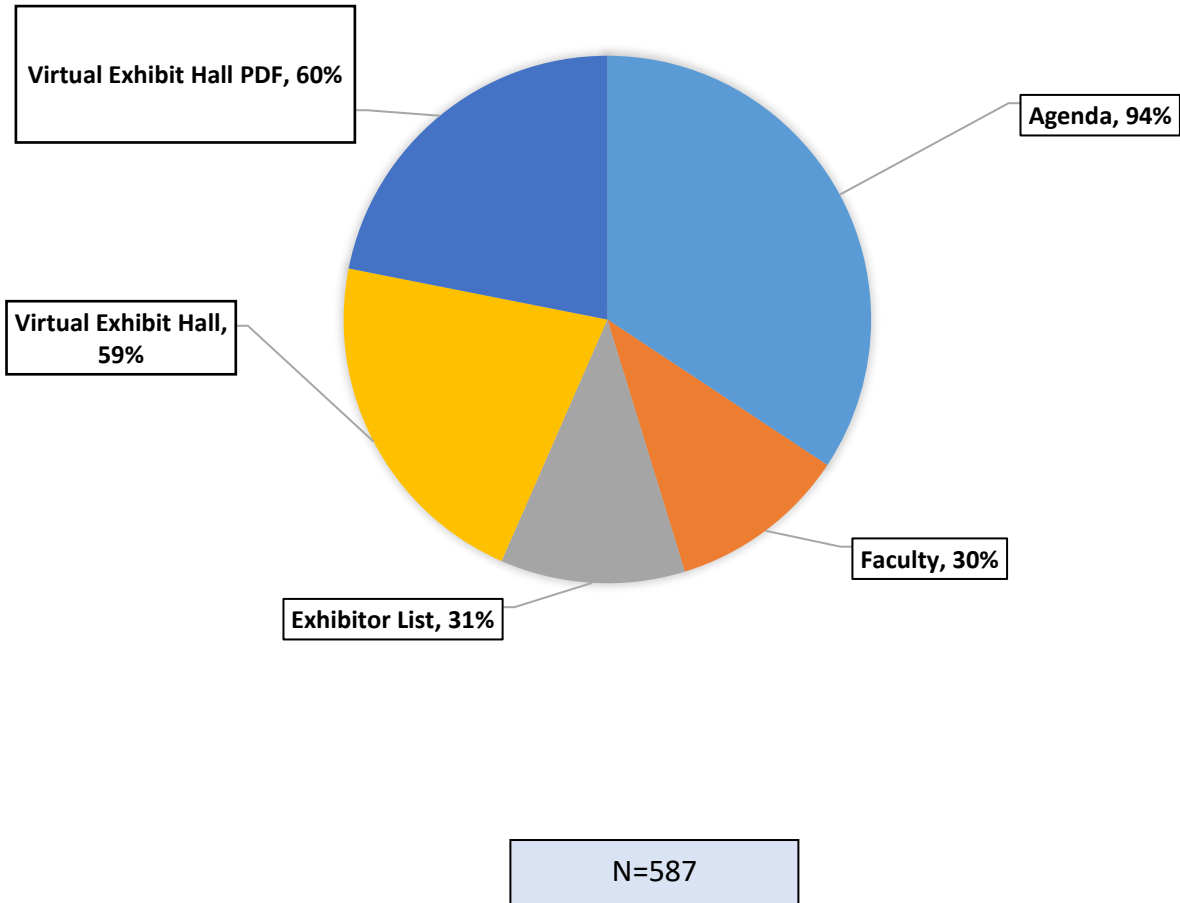
LIVE WEBINAR PARTICIPATION SUMMARY

533 Registrants, 213 Live participants

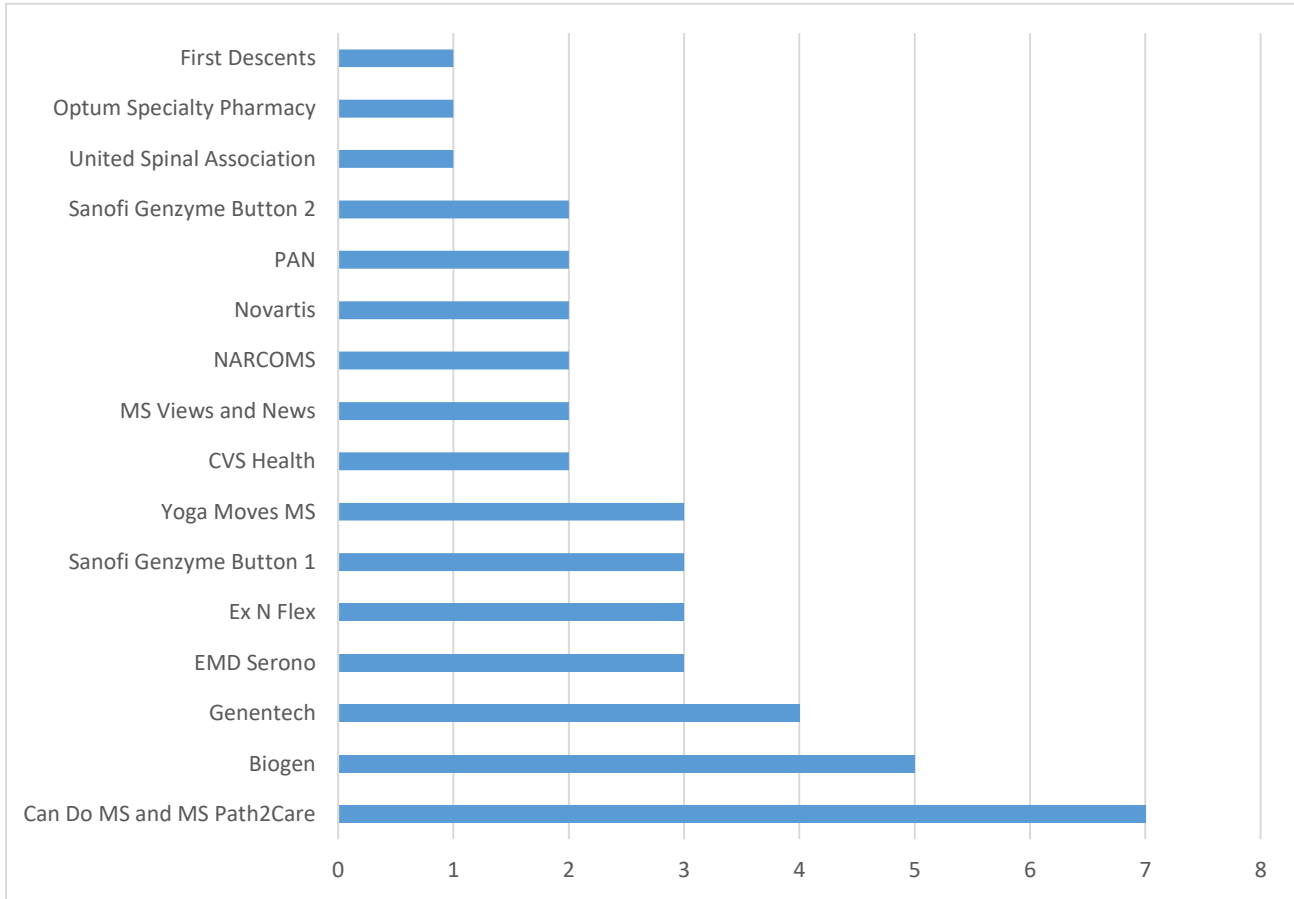


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PARTICIPANT BUTTON CLICKS



**PARTICIPANT BUTTON CLICKS
PER EXHIBITOR**



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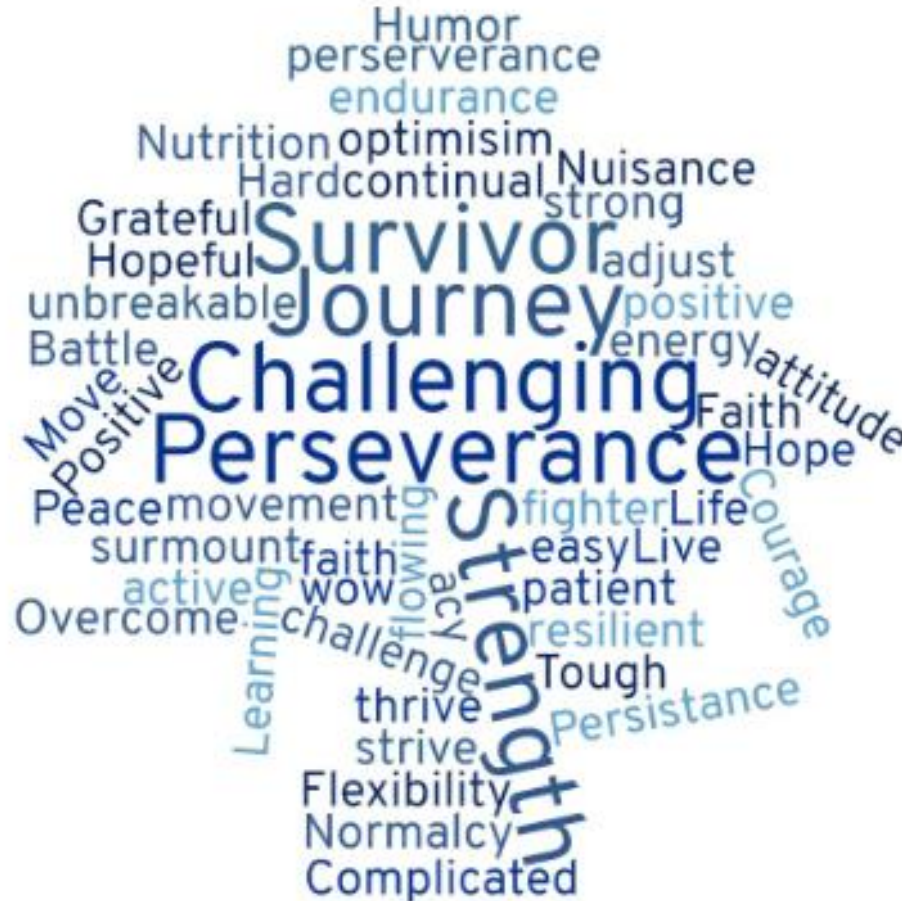
PARTICIPANT ACTIVITIES

Participants were asked to use one word to describe three different questions.
Participant answers were collected to create a word cloud for each question.

Participants were asked:

Use one word to describe your motto for living with MS.

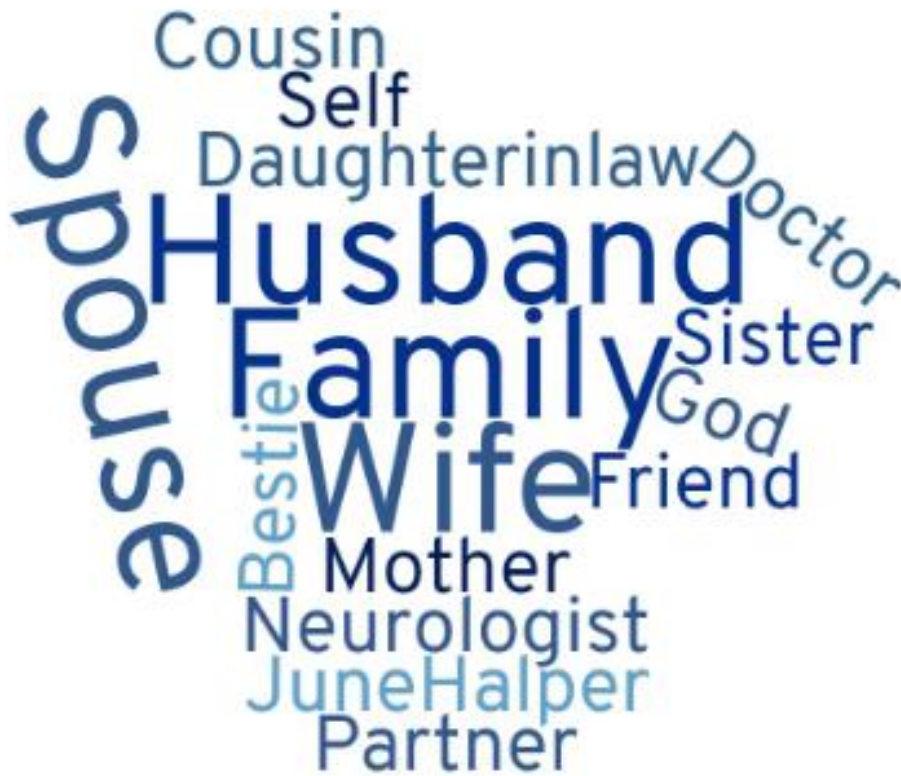
Word Cloud Created from Participant Answers



Participants were asked:

Who is your strongest advocate?

Word Cloud Created from Participant Answers



Participants were asked:

Who is your strongest advocate?

Word Cloud Created from Participant Answers

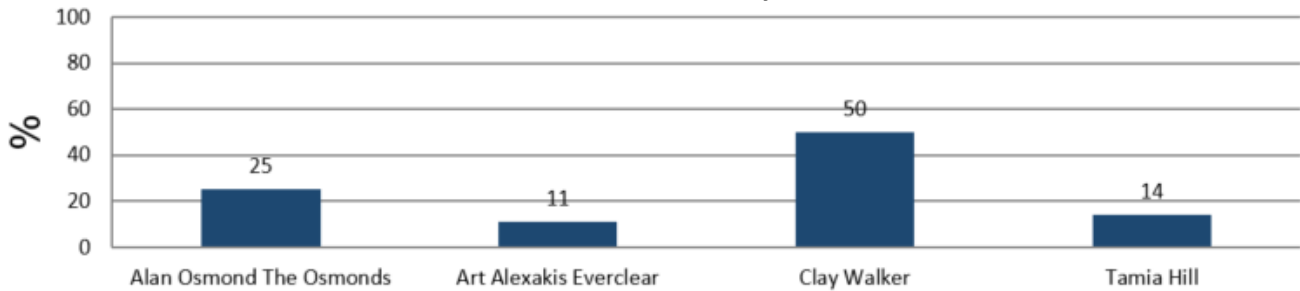


**Participants were shown pictures of four celebrities living with MS and given a quote.
Participants then were asked to identify which celebrity
said the quote.**

Participants were asked:

What famous singer living with MS said the following: "It takes a lot to conquer this disease. I don't think conquering it means curing it—I think it means not letting it break your spirits. The spirit is what keeps us going, and I think the spirit is what we need to find a cure for this."

**Percentage of Correct Answers
Correct Answer: Clay Walker**

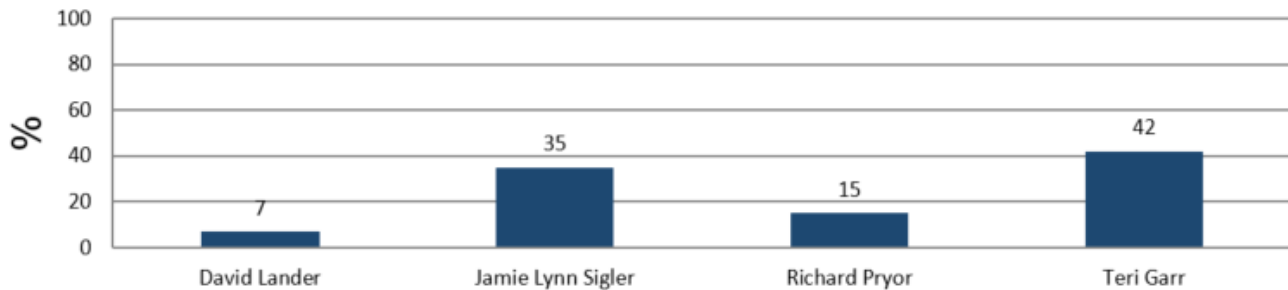


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Participants were asked:

What famous actor living with MS said the following: "I just wish for people to understand that being honest and vulnerable actually increases connection. Your life is SO much easier when you realize you have NOTHING to hide. We are all dealing with something. If we all shared our truest selves, our lives could be so much easier."

**Percentage of Correct Answers
Correct Answer: Jamie Lynn Sigler**

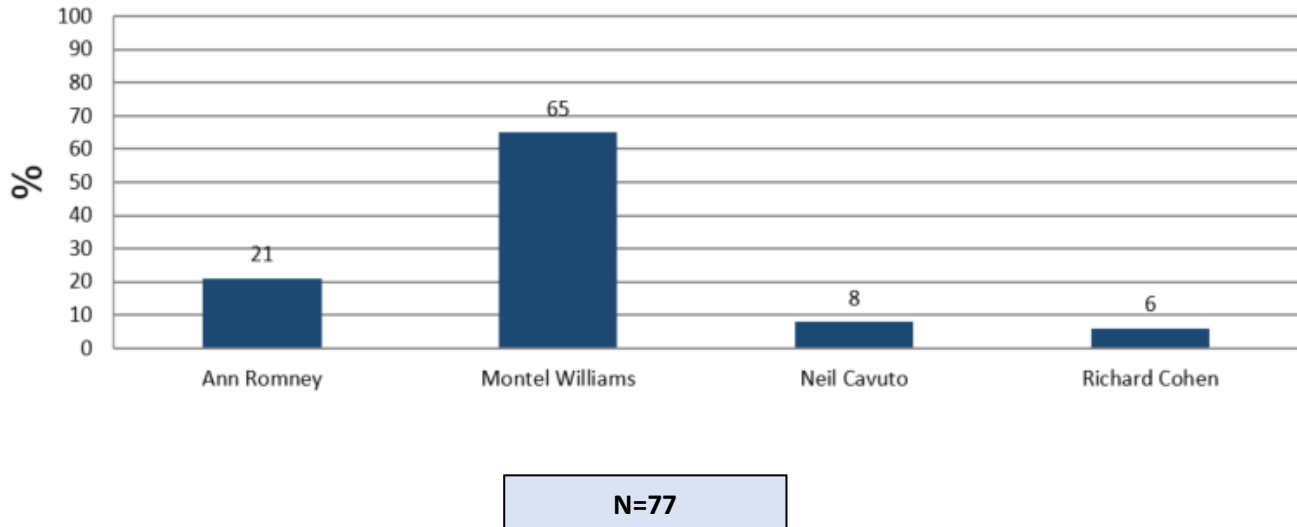


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Participants were asked:

What other influential person living with MS said the following: "You never know how strong you are until being strong is the only choice you have."

**Percentage of Correct Answers
Correct Answer: Montel Williams**



PARTICIPANT QUESTIONS FOR Q&A SESSIONS

Participants were asked to submit questions throughout the webinar.

- Was there any research done on effect of a whole-body cryotherapy on pwMS?
- Should we be concerned about taking our medication during covid19?
- I did not notice that this was EDT, not CDT, so I missed the first hour. Will this be archived so that I can watch?
- Could the living in high altitude with low oxygen pressure overwhelming the incidence of the disease or its prognosis?
- Does MCT Oil have any scientifically proven benefits for the brain
- I joined late... What would be the urologist role toward my care...? And should I change the one that I have.
- Who would know my EDDS(?) MS PT or my neurologist?
- Does it make a difference to that I only drink carbonated water?
- Is there a new apparatus to take place of the lima strap? It is slightly affected but very awkward to use in a daily environment to help with your hip flexor muscle, To aid with daily walking?

- What about ALA alpha lipoic acid supp.?
- What is considered a high dose for Biotin?
- Is there any food typing affecting the trigger or prognosis of MS?
- Talk specifically about the most up to date information about what we can do about our eyes and stopping the progression of disease. It's in my right eye too!
- How can MS affect you sexually? What can I do to help overcome this?
- Can you please comment on/warn about Adipose Stem Cell therapies for MS (one and done...no follow-up...blindness...tumors etc)?
- Why does plasmapheresis help with MS attacks?
- Are fecal cell transplants being considered alter gut biome in MS?
- Can you elaborate on the different types of fatigue, can you suffer from many at the same time, do they change with time?
- So why isn't NRF2 is not approved for humans?
- When will NfLc technology be commercially available for use in diagnosis and treatment of MS and not just for clinical trials?
- Who develops the various treatment plans Dr. Schapiro is referring to, the neurologist?
- If you use an external electrical nerve stimulator, does this decrease atrophy
- Does atrophy occur due to innervation even if you exercise
- Does plateau mean no relapses or no progression?

SUMMARY OF PARTICIPANT FEEDBACK

- I attended today's webinar and it was one of the best presentations ever and I have been to many.
- Thank you. If I could only have one source of MS information this meeting would be it. Thank you to the sponsors, too.
- Thank you for the amazing webinar today.
- Thank you very much. This was very helpful.
- Thank you!!! Very informative
- Thank you for this amazing webinar!