Research Study: Diet And Your Quality of Life Transcript

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Introduction to the summit and trial

Welcome to another day of the Mars A another immune summit. I'm going to try walls your host. And when I talk about my current clinical trial efficacy of diet on quality of life for the multiple sclerosis patient.

Now we're actively recruiting for this study.

Who can join the MS diet study

And if we're going to change the state of care, which is my big, hairy, audacious goal, we need these well-designed, randomized, controlled trials. And we're looking for people who are between the ages of 18 and 70 who have relapsing remitting multiple sclerosis.

We will recruit 156 patients. So it'll be one of the largest, longest diet studies done in the setting of multiple sclerosis. And we'll be comparing three diets, the ketogenic diet.

Study diets and control group

And we're using a olive oil based ketogenic diet because I consider that to be more heart friendly. We are using the modified paleo diet, which basically is the walls elimination diet, and we have the usual diet.

Now we have three diets and the control diet is the usual that whatever you are presently eating and it's just so important to have a controlled diet because you need a randomized controlled arm to have the highest quality evidence.

So we'll be looking at quality of life in clinical outcomes. We'll be looking at fatigue, anxiety, depression and overall quality of life.

Outcomes and brain health measures

And we'll be looking at clinical functions walking function, hand function, vision, function, and working memory and will be looking at brain volume. And it really interesting question that I'm going to be asking is, can we get people back to healthy aging rates?

That is a healthy rate of brain volume loss that we see in people who are aging in a very healthy way because people with multiple sclerosis, our brain volume loss is about 1% per year, which is why we have higher rates of cognitive decline, early dementia, more anxiety, more depression and an earlier age that we require assisted living support in an early age that we require nursing home care.

Visit schedule and study logistics

So to be part of this study need to come to Iowa City, Iowa, and you'll have to come over a two year period. Three visits. The first visit is month zero or the baseline visit, month three and month 24.

Again, we're recruiting 156 people and learn more about this study at Tara Wall School Forward Slash Emma study. I have a copy of the stable. Sure. Here in the slide and we have a copy of this table.

Sure. In the gifts for you.

How to enroll and closing remarks

It's again, if we're going to change the standard of care, we need to do high quality research. And this is one of those high quality research studies.

It's randomized. We have clinical outcomes, we have MRI outcomes, and we need people like you to be part of that study. So please screen at turn Wall Street come forward slash Emma study.

We have a little more information about this study. There's another short video from me there. Please screen be part of our patient registry and be part of the study.

Now, again, enjoy all of the interviews and we look forward to seeing you on the other side. Bye bye now. Much love to you and your family.