

Research into lifestyle benefits for people with MS

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There is a great deal of interest in the MS community and reported in the media about the influence of lifestyle factors affecting MS disease course and outcomes. Most recently there was an [article](#) about Professor George Jelinek's personal story of living with MS and his approach to managing MS

The adoption of a healthy lifestyle can bring many benefits to people with MS, aiding in their overall wellbeing and management of their MS. However, everyone's MS and their individual circumstances are different meaning that the treatment and management of their disease is also very individual. Therefore any lifestyle changes are likely to be needed to be done in combination with the appropriate MS medications as recommended by their neurologist.

Whilst there is evidence that factors such as smoking, physical activity, and the presence of other health conditions can affect disease course, this area of research is a complex one with so many variable factors needing to be considered. Research is being conducted globally and we look forward to receiving further definitive evidence about specific diets or dietary components.

It is recommend that people with MS adopt as healthy a lifestyle as possible (a healthy balanced diet, physical activity, not smoking) in conjunction with medication as recommended by their neurologist. Significant dietary changes should only be made in conjunction with a health professional and in discussion with your neurologist, to ensure that the changes do not lead to nutritional or energy deficiencies.

The role of lifestyle factors has emerged in research as a clear priority theme across the research categories of prevention and management of MS in the recent MS Research Australia community survey on the [priorities in MS Research](#).

While there is already strong evidence that [quitting smoking can delay disability for people with MS](#) and evidence is emerging about certain [dietary components in MS](#), there is still much work to be done.

For more information about Professor Jelinek's research publication that is mentioned in the Sydney Morning Herald [article](#), please see the following [link](#).

For a detailed review of the latest research relating to nutrition and MS, please see [link](#).