

# Annual Conference EMSP

## Prevention in Multiple Sclerosis and Related Disorders:

Uncovering Risk and  
Protective Factors

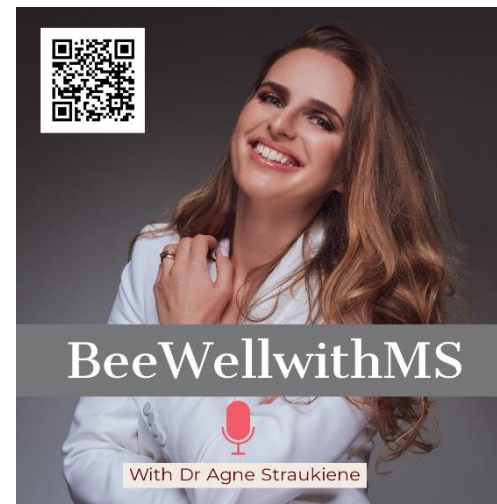
PRA  
GUE | 16-17 MAY  
2025



# Annual Conference EMSP

## Empowering MS Patients: Strengthening Self-Advocacy and Decision Making

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BeewellwithMS podcaster



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# Your voice matters



# Top 10 Self-Management Strategies for Living with Multiple Sclerosis or NMOSD, MOGAD

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Strategy	Lifestyle Approach	Priority Rank	Rationale
<b>1. Fatigue Management</b>	Energy pacing + Sleep hygiene	<b>1</b>	Conserves energy, prevents burnout, and sustains daily function.
<b>2. Exercise Regularly</b>	Stretching + Strength + Cardio	<b>2</b>	Preserves mobility, balance, and supports brain health.
<b>3. Track Symptoms</b>	Use an app or journal	<b>3</b>	Enables pattern recognition, supports clinical care decisions.
<b>4. Medication Adherence</b>	Alarms + Weekly pill organizers	<b>4</b>	Ensures optimal treatment effect and prevents relapses.
<b>5. Maintain a Brain-Healthy Diet</b>	Anti-inflammatory + Mediterranean style	<b>5</b>	Supports overall health, reduces inflammation.
<b>6. Practice Stress Reduction</b>	Meditation + Breathing + Time in nature	<b>6</b>	Reduces symptom flare-ups and boosts emotional resilience.
<b>7. Stay Hydrated and Manage Bladder</b>	Timed hydration + Pelvic floor exercises	<b>7</b>	Minimizes urgency and improves bladder control.
<b>8. Plan for Bad Days</b>	Have a flare-up plan + Backup supports	<b>8</b>	Reduces anxiety and increases readiness for symptom variability.
<b>9. Engage in Meaningful Social Connection</b>	Regular chats + Support groups	<b>9</b>	Prevents isolation and supports emotional wellbeing.
<b>10. Keep Learning About MS</b>	Podcasts, webinars, reputable websites	<b>10</b>	Empowers self-advocacy and informed decision-making.



Slido: Do you feel confident enough to  
self- manage your  
MS/NMOSD/MOAD?

Very confident

Somehow confident

Not confident at all



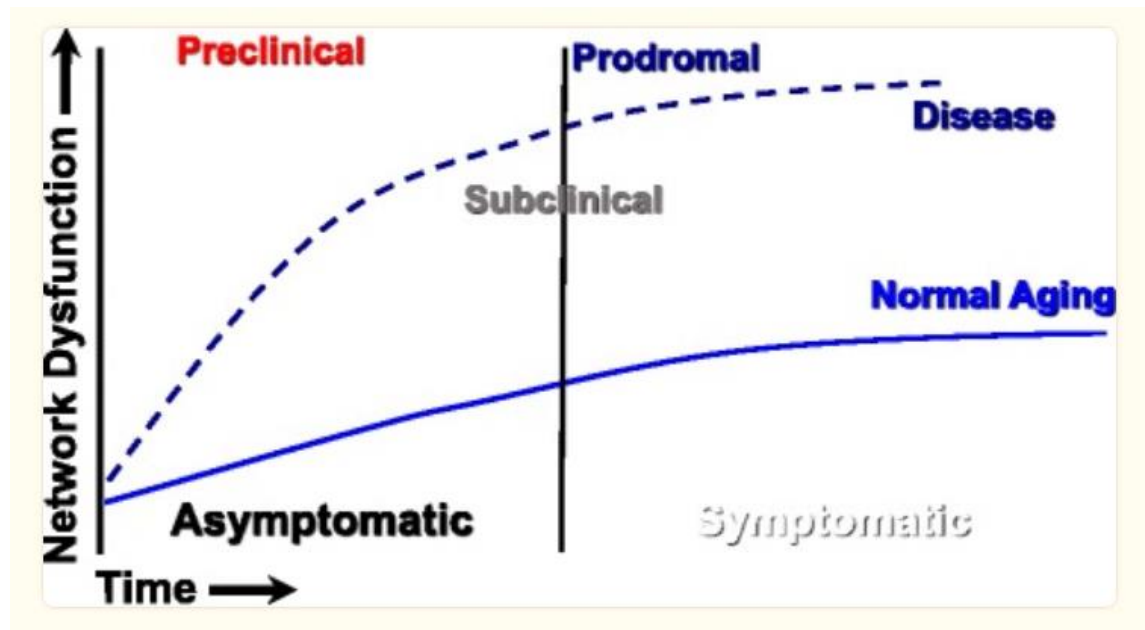
# Top 10 Tips for Choosing the Right Lifestyle Approach

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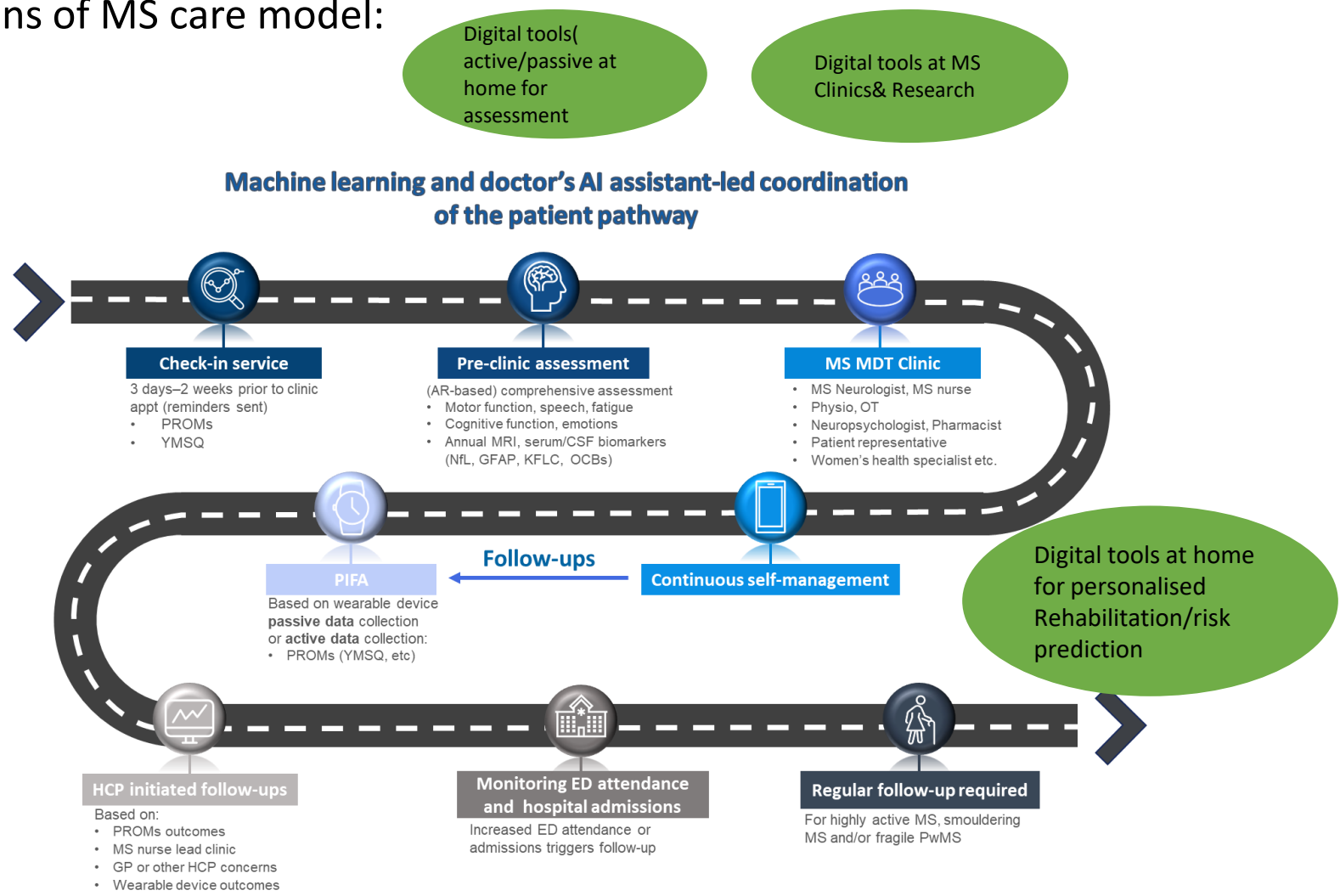
Tip	Lifestyle Action / Question to Ask	Priority Rank	Rationale
<b>1. Start with What Matters Most to You</b>	Identify values: energy, independence, mood?	<b>1</b>	Personal relevance increases motivation and consistency.
<b>2. Pick One Change at a Time</b>	Focus on one habit (e.g., walking daily)	<b>2</b>	Prevents overwhelm and promotes sustainable progress.
<b>3. Align with Your Current Abilities</b>	Choose activities that match your energy and mobility	<b>3</b>	Reduces risk of injury or discouragement.
<b>4. Be Flexible and Adaptable</b>	Adjust for flare-ups, fatigue, weather, stress	<b>4</b>	Builds resilience and long-term success.
<b>5. Choose Evidence-Based Strategies</b>	Use guidance from trusted MS sources	<b>5</b>	Focuses effort on what's proven to help.
<b>6. Track Your Progress</b>	Journaling or symptom tracking	<b>6</b>	Helps reinforce benefits and refine your routine.
<b>7. Set Realistic, Measurable Goals</b>	E.g., "15 mins of stretching 3x/week"	<b>7</b>	Builds confidence and direction.
<b>8. Prioritise Consistency Over Perfection</b>	It's okay to miss a day—just restart	<b>8</b>	Encourages long-term adherence and kindness to self.
<b>9. Involve Support</b>	Join a group, coach, or tell a friend	<b>9</b>	Accountability and connection increase success.
<b>10. Make It Enjoyable</b>	Choose activities you enjoy (e.g., dancing, gardening)	<b>10</b>	Joy fuels commitment and reduces stress.

# The Need for Digital Transformation in MS Care



Fiandaca MS, Mapstone M, Connors E, Jacobson M, Monuki ES, Malik S, Maciardi F, Federoff HJ. Systems healthcare: a holistic paradigm for tomorrow. BMC Syst Biol. 2017 Dec 19;11(1):142. doi: 10.1186/s12918-017-0521-2. PMID: 29258513; PMCID: PMC5738174.

# Future directions of MS care model:





# Slido: Do you use digital technology for monitoring and tracking your symptoms?

- Yes
- No



