

Dr Phu explains Project Wellbeing



“I’m a researcher and clinician who specialises in the rehabilitation of movement and mobility for people with MS. It’s not just physio.” - Dr Phu

Dr Phu has been working continuously as a researcher and clinician in MS rehabilitation for the last 21 years. His focus is on clinical trials to address unanswered questions in MS, and to restore mobility to people living with MS. Today, he is answering some common questions about Project Wellbeing.

Q Dr Phu, what's the problem you're trying to solve right now?

A Walking and mobility loss are the most common problems for people with MS. The muscle weakness that causes this problem has a pattern, but nobody has really addressed this in research before.

Right now, the approach to multiple sclerosis is to medicate people to halt the progression and keep the disease stabilised. But I have

seen that exercise can help people to improve lost function and even improve lesions in the central nervous system. I am collecting data and writing a research paper to prove that strength and mobility can be returned to a huge number of people living with MS through wraparound support and services.

Q How are you solving it?

A If we can identify the pattern of muscle weakness in people with MS, it will be easier for clinicians to give the right exercises to address the weakness.

However, just doing strength or balance exercises alone will not restore mobility in people with MS. An all-inclusive intervention is needed.

This approach needs to address all issues centrally, such as muscle weakness, plasticity, and fatigue, all at the same time. A definitive research study is needed to prove that an all-inclusive intervention is necessary, and that people can receive this at MS Wellbeing Centres.

Q How will building new Wellbeing Centres help?

A They'll help both the people living with MS to live better lives, and the research to accelerate towards new MS solutions.

For people living with MS, the new centres will be state-of-the-art facilities that provide comprehensive services to anyone living with MS or other neurological conditions.

Thanks to incredibly kind donors, our rehabilitation department will have the latest, most helpful equipment to offer top-notch care and support to those with MS.

In addition to providing physical services, the centre will also offer group support for individuals to cope and manage their disease more effectively.

In terms of the research, with a greater number of people living with MS being diagnosed our researchers will be able to expand and expediate our data collection and bring MS solutions to people faster.

Q What results have you seen at the Wellbeing Centre?

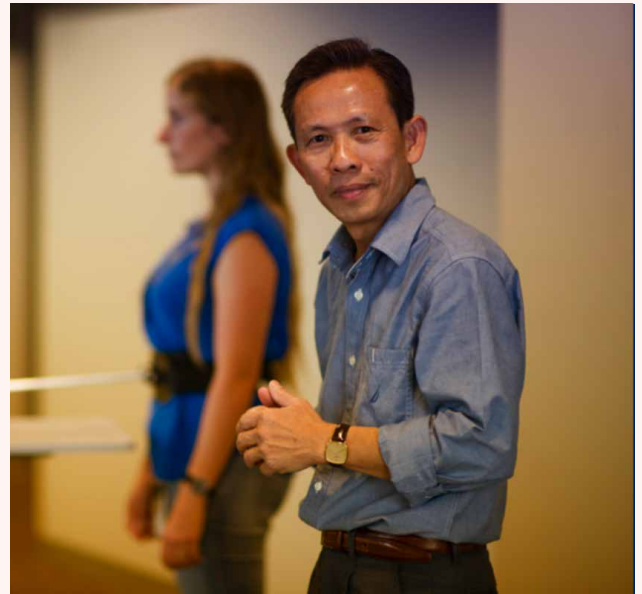
A At the Wellbeing Centre, we have seen great improvements in the majority of people with MS who come to us for rehabilitation. In fact, about 80-90% of our patients have shown improvement in their condition after receiving our services.

The majority of people report feeling stronger, better balanced, and able to function better. But even more importantly, they report feeling less stressed and better equipped to manage their MS.

While we have found it more difficult to help those with advanced disability, we remain committed to improving the lives of all those affected by MS. Our patients continue to come back to the Centre, eager to connect with others and share their experiences.

Q Anything else you want to share with donors?

A I have seen tears of happiness in the eyes of people who have received and continue to receive treatment as well as other MS Plus specialist services that have regained independence, mobility and confidence in the MS Plus Centre. Without the support of donors, none of this would have been possible, the research wouldn't have happened, and the understanding of MS would be less than it is now. Thank you.



Please help to build and expand MS Wellbeing Centres, so that researchers and clinicians like Dr Phu can help people to improve their MS symptoms and gain wellbeing and connection.

Join Project Wellbeing with a gift today.

