

Welcome

Nutrition facts and fallacies for someone living with MS

Your Presenter is Associate Professor Yasmine Probst

Your Facilitator is Peter Butler



Acknowledgment of Country



Introductions

Today's presenter



Yasmine Probst is an Associate Professor with the School of Medical, Indigenous and Health Sciences at the University of Wollongong and Research Fellow at the Illawarra Health and Medical Research Institute. She holds dual Masters degrees in Dietetics and Health Informatics and is recognised as an Advanced Accredited Practising Dietitian with Dietitians Australia and a Fellow of the Australasian Institute for Digital Health. Yasmine holds a current Senior Research fellowship with MS Australia. As a person living with MS, her research and teaching focuses on nutrition for people living with MS.

Nutrition facts and fallacies for someone living with MS

Associate Professor Yasmine Probst



UNIVERSITY
OF WOLLONGONG
AUSTRALIA

@Dr_Yasmine_Probst



@YasmineProbst



**“I have multiple sclerosis,
what should I eat?”**



Where do we start?

- Management of MS is changing
- We are turning to lifestyle self-management
- 94.3% make changes to diet
- 21.2% follow ≥ 1 specific 'diets'



Lifestyle management guidance

Exercise guidelines

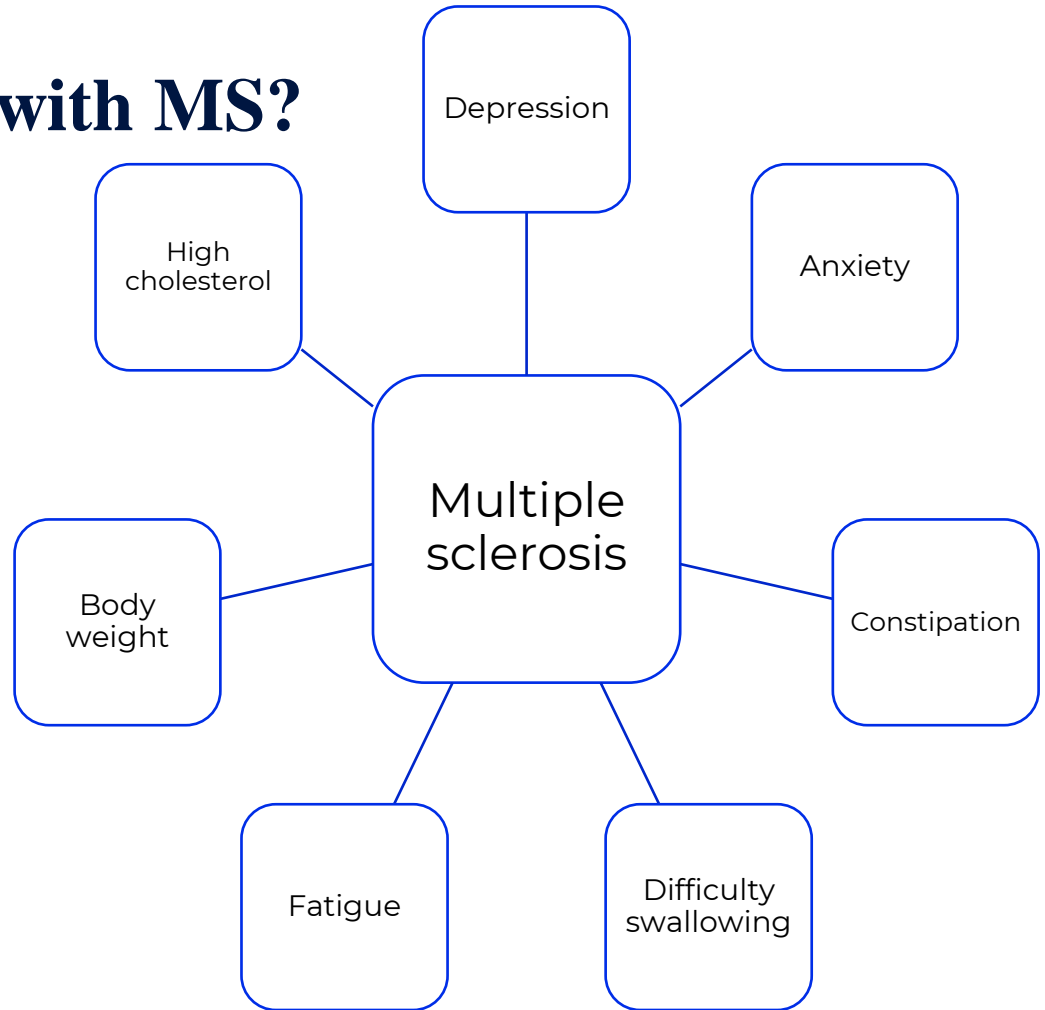
2–3 d/wk aerobic
(10–30 mins mod-intensity)
+
2–3 d/wk resistance
(1–3 sets of 8–15 reps max)



• Nutrition guidelines



How does food link with MS?



Nutrition goes beyond just food and drinks

- Food security
- Food literacy
- Food preparation skills
- Socio economic status
- Religious/cultural beliefs
- Level of education
- Level of disability
- Taste preferences/aversions
- Nutrient-medication interactions
- Dentition
- Dexterity
- Age

Many (many) things to consider

the list goes on....

HEALING Multiple Sclerosis

What do people with MS see?

Diet, Detox & Nutritional
Makeover for Total Recovery

ANN BOROCH

Foreword by New York Times bestselling author
Ann Louise Gittleman, Ph.D.
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osis
book

ipes

Take
Control
of Your
Health,
Change What You Eat, and
Live Symptom-Free

Ann D. Sawyer and Judith E. Bachr

#1 New

Managing
*Multiple
Sclerosis*
Naturally



A SELF-HELP GUIDE
TO LIVING WITH MS

REVISED AND EXPANDED EDITION
THE
MULTIPLE
SCLEROSIS
DIET BOOK

A LOW-FAT DIET
FOR THE
TREATMENT OF M.S.

ROY LAVER SWANK, M.D., Ph.D.
& BARBARA BREWER DUGAN

THE

Multiple
Sclerosis
Diet Book

NEW EDITION



TESSA BUCKLEY

Idy Graham

JOJO

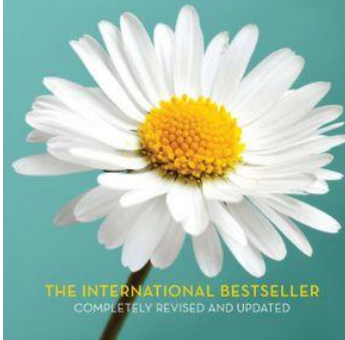


TREAT ALL CHRONIC
SING PALEO PRINCIPLES

WAHLS

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lamson

PROFESSOR GEORGE JELINEK MD
OVERCOMING
MULTIPLE
SCLEROSIS
The evidence-based 7 step recovery program



THE INTERNATIONAL BESTSELLER
COMPLETELY REVISED AND UPDATED

Making Everything Easier!

2nd Edition

Multiple Sclerosis
FOR
DUMMIES

Learn to:

- Make treatment and lifestyle choices that work for you
- Manage fatigue, walking problems, and visual changes
- Find stress management strategies that work for you
- Talk to your kids about MS

OVERCOMING
MULTIPLE SCLEROSIS
COOKBOOK

IPES for LIVING WELL on a LOW SATURATED FAT

INGRID ADELSBERGER
CONSULTING EDITOR: JACK MCNULTY



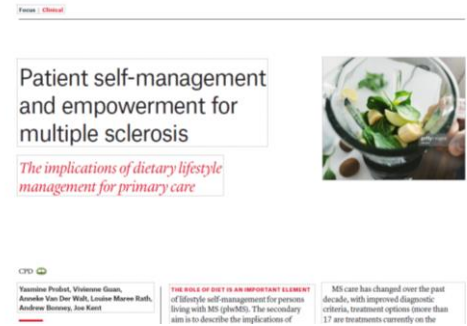
word by PROFESSOR GEORGE JELINEK

Information overload

82% gather medical information online before first appointment

- Analysis of 158 websites
 - Accuracy, Health literacy, Quality
- **ONLY 43.7%** websites contained accurate information
 - ↑quality, ↑accurate = general advice by dietitians, doctors or medical organisations
- **“Special diets” = 39% of all websites**
 - Highest proportion inaccuracy (71.4%)
 - Lowest quality

PROBLEM



**AJGP Vol 51, No 4, April 2022*

<https://www1.racgp.org.au/ajgp/2022/april/patient-self-management-and-empowerment>

**Didn't you know,
everyone who eats
food is an expert**



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Dairy and MS inflammation

- Cutting out foods that encourage inflammation is good, or is it?
- Review shows milk or dairy products did not show an effect in healthy people or people with chronic conditions
- Most studies showed an anti-inflammatory effect



Dairy and risk of MS

- Risk of MS was tested to see if dairy had an effect
- Healthy people vs people with signs of demyelination
- No result for total dairy consumption
- Possible protective effect for yoghurt
- Study to be repeated to see effect in MS progression



Meat and MS symptoms



- 1,346 people with better quality food intake had lower frequencies of severe disability, fatigue, and depression risk.
- Meat consumption at start of study was associated with 76% higher risk of increasing disability
 - Consumption was only yes vs no
 - Study could not look at meat types
 - Bias toward OMS program participants
- More studies are needed to confirm the findings

Quick poll

Eating for MS means you have to cut out meat and dairy foods?

FALLACY

Some people prefer or need to
remove whole food groups but
not everyone

Impact of eating patterns on MS

1490 people with MS

- 94.3% make effort to eat healthily, 21.2% follow diet (not strictly)
- Healthier diet score =
 - ↑ QoL
 - ↓ depression
 - ↓ pain scores
 - ↓ cognitive, vision and bowel symptoms



Positive health outcomes

But what's the problem?



Evaluating the Effects of Dietary Interventions on Disease Progression and Symptoms of Adults with Multiple Sclerosis: An Umbrella Review

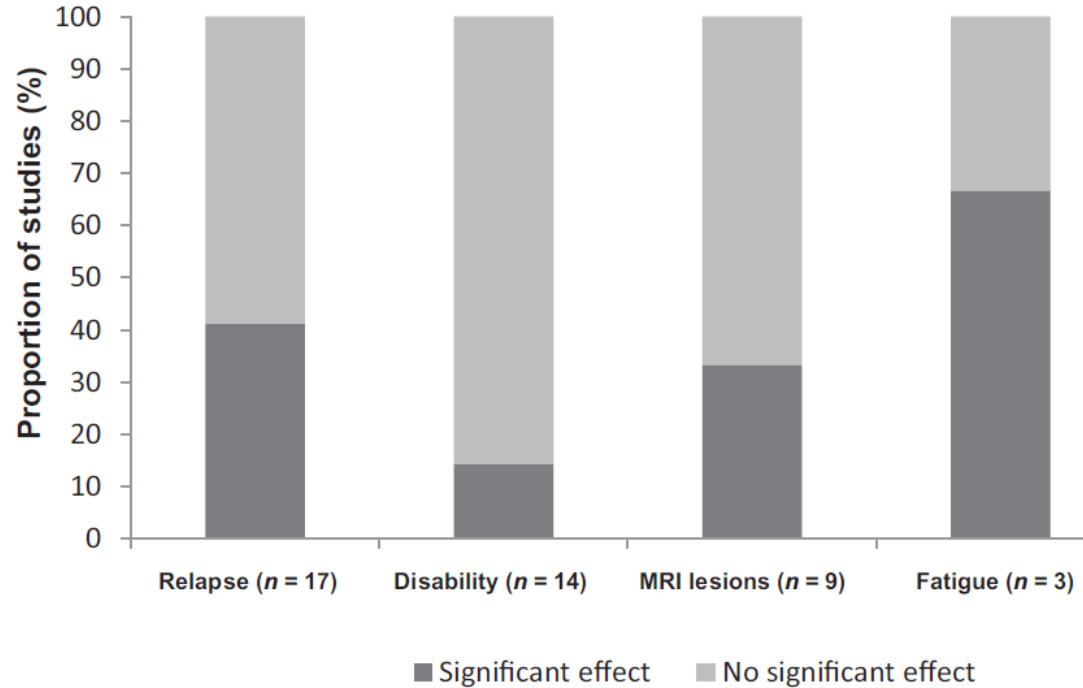
Abbey R Tredinnick¹ and Yasmine C Probst^{1,2}

¹School of Medicine, Faculty of Science Medicine and Health, University of Wollongong, Wollongong, New South Wales, Australia; and ²Illawarra Health and Medical Research Institute, University of Wollongong, Wollongong, New South Wales, Australia

What did we do?

- 231 review studies
- Studies focus on supplements and single nutrients
- Patterns of eating = limited

Source: doi: 10.1093/advances/nmaa063



Quick poll

Eating well can reduce vision and bowel symptoms for MS?

FACT

We need to focus on
patterns of eating not single food
items

Quality food choices



‘Eating a range of nutrient rich foods everyday can ensure a balanced diet, to improve your overall health and wellbeing and may improve symptoms of MS.’

- **Vegetables** in a variety of different colours
- **Fruits** are a great source of vitamins and antioxidants and can be enjoyed as a snack or added to meals
- **Wholegrain** and whole-wheat breads, cereals, pasta, noodles, rice, quinoa, barley and buckwheat are a great source of vitamins to add to your meals.
- **Dairy** or non-dairy alternatives keep your bones healthy and strong
- Cooked **beans and lentils** are a great source of vitamins, minerals and dietary fibre and can be used in place of meat

Vitamin D is the most studied nutrient for MS

- Vitamin D supplementation:
 - 8 studies found no effect, 4 studies found an effect on MS progression or relapse
- Vitamin D status:
 - 12 studies observed an effect and 4 studies observed no effect
- Suggestions of therapeutic effect but we aren't sure how much is best and outcomes aren't clearly defined
- Excess vitamin D can be toxic



Vitamin D

From foods + UV exposure



‘Fish, eggs, meats and mushrooms are good sources of vitamin D, adding more vitamin D to your diet may help to reduce your risk of relapses’.

Ways to add more vitamin D are:

- Try vitamin D enhanced mushrooms
- Add canned or fresh fish to your meals
 - Canned salmon, tuna, sardines or anchovies
 - Fresh barramundi, salmon, snapper, bass or trout
- Eggs can be enjoyed with meals or as a snack, poached, scrambled, boiled or fried
- Eating red meat e.g. beef and lamb as well as chicken, turkey and duck

Quick poll

Vitamin D can only be obtained from supplements?

FALLACY

So, what should we do?

1. There is no 'magic bullet' food – like MS, eating patterns are unique
 - A balanced healthy pattern of eating is the best evidence we have right now
2. Be wary of nutrition information that you come across
 - if it doesn't sound right you are best seeking a second opinion
3. Nutrition is just one part of looking after yourself with MS
 - Being active, managing your stress and considering the right medications are also important
4. Create positive relationships with your healthcare team
 - They are here to help
5. If you don't know what to eat, find a dietitian who can help
 - <https://member.dietitiansaustralia.org.au/Portal/Portal/Search-Directories/Find-a-Dietitian.aspx>

Want to read more?

- <https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>
- <https://msra.org.au/modifiable-lifestyle-guide-2020/for-people-with-ms/guide/>

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.



Use small amounts



Only sometimes and in small amounts



Thank you to my team, funding bodies and support networks!



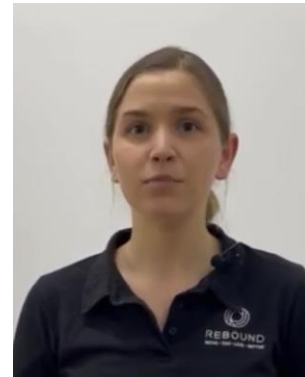
Dr Vivienne Guan



Dr Lauren Houston



Ms Olivia Wills



Ms Abbey Tredinnick



Ms Maddie Luscombe



Mrs Marta Hilfischer



Ms Emiliana Saffioti



Ms Megan Sharp



Ms Rebecca Heins Ms Tahlia Claringbold

Services

Supporting Australians to live well with multiple sclerosis



We are here so nobody faces MS alone

Multiple Sclerosis Limited (MS) provides a range of services to support people with multiple sclerosis to live the best lives they can. We service people in ACT, NSW, TAS and VIC.



Allied Health
(NDIS, My Aged Care)



NDIS Plan and
Support Coordination



Free MS Helpline Service
(Specialist Advice and
Information)



Employment Support



Residential Care



Wellbeing and
Peer Support



Education for Community
and Health Professionals



Respite and Carer Support

Resources

Free to access



- MS Podcast Series
- Intouch E-Newsletter
- Webinar library
- Interactive and personalised online tools
- Online 'live' events such as Facebook Live

Contact us for more

We are here so no-one has to face MS alone



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Monday – Friday, 8am – 6pm



Thank You!

