

# Webinar

Date: Tuesday 11th October 2022

Time: 6pm – 7.30pm (NZST)

Location: On Zoom



New Zealand  
Multiple Sclerosis  
Research Trust

*Knowledge brings hope*

## Looking after our bodies inside and out



Many factors influence disease progression and disability such as diet, nutrition, gut health and exercise. Studies have shown exercise can slow disability progression and reduce relapses. Exercise can also help improve movement, fatigue, balance, sleep quality, cognition, depression and mood changes. By looking after our bodies inside, modifying lifestyle risk factors can have the potential to control and potentially minimise the impact of MS and its symptoms. Equally important is to understand the research and proven evidence.



## **Our first speaker**

### **Gilly Davy**

Gilly is a renowned neuro physiotherapist based in Auckland. She has worked in the UK, Australia and New Zealand, and is passionate about helping clients with a neurological condition to achieve their goals. She works closely with all her clients to achieve their goals. She is also the founder and director of the MS Get a Head Start, a game changer in MS rehabilitation.

In her session “The latest research evidence around exercise and Multiple Sclerosis - how much of what?” Gilly will cover the details of what type of exercise as well as the most important question of what intensity level, for how long and how often. There have been some significant research articles published in the last couple of years to really support the direction of exercise prescription in MS.

## **Our second speaker**

### **Dr Wolfgang Marx**

Dr Wolfgang Marx is undertaking Research out of the Deakin University in Melbourne. Dr Marx’s research explores the axis between diet, mood and the gut microbiome in people with MS.

A primary objective is to explore the role of diet in influencing the gut microbiome and if so, if this influences the effectiveness of interventions that target fatigue and depression and MS progression. This presentation will be a pre-recorded session due to overseas presentation commitments.



## Panel discussion

This will follow both presentations and the webinar will be recorded for viewing at a later date. Zoom details will be sent with your confirmation email.

## Please support our work

Our webinars are free of charge, however a donation to assist in covering our costs and funding MS Research in NZ would be greatly appreciated.

### Please support the work of the Trust by either:

- Donating via our website at <https://msresearch.org.nz> or
- Donating directly to our Account at the BNZ: 02-0214-0186752-00. Please indicate your Name in the Code and **MS Webinar** as the Reference. To confirm receipt of your donation please email us at [info@msresearch.org.nz](mailto:info@msresearch.org.nz) so we can send you our receipt for tax purposes.

New Zealand  
Multiple Sclerosis  
Research Trust

*Knowledge brings hope*

## FOLLOW US



 [www.msresearch.org.nz](http://www.msresearch.org.nz)

 [info@msresearch.org.nz](mailto:info@msresearch.org.nz)