



## Criteria

What are the requirements to be in the study?

- Must have Relapsing Remitting MS
- Documented fatigue
- BMI of at least 19
- Have not had a change of MS disease modifying drugs or a relapse in the last 3 months
- Not taking Insulin or Coumadin
- Between the ages of 18 and 65
- Willingness to collect stool samples



## Requirements

What will I be asked to do?

- Follow the study diet
- Fill out daily food logs
- Fill out questionnaires
- Provide 5 stool samples
- Have fasting blood drawn at each visit
- Complete physical motor assessments

Thank you for considering our study!

# MS and Fatigue Research Study



Dietary Approaches To Treat Multiple Sclerosis Related Fatigue



FOR IRB USE ONLY  
APPROVED BY: IRB-03  
IRB ID #: 201410776  
APPROVAL DATE: 10/02/15  
EXPIRATION DATE: 01/12/16



## FAQ

### How does the study work?

You are invited to participate in the Dietary Approaches to Treat Multiple Sclerosis Related Fatigue Study. At present drug and exercise treatments lead to only modest improvements in fatigue. We will be comparing two diets to determine if they lead to improvements in fatigue: **The Swank Diet and the Wahls Elimination Diet.** The Swank Diet is a low fat diet which eliminates red meat. The Wahls Elimination Diet eliminates all grains, dairy, legumes, and eggs. Both diets include fruits and vegetables daily.

Eligible patients are between ages 18 and 65. They must have relapsing-remitting multiple sclerosis and multiple sclerosis related fatigue. Patients will continue their current treatments in addition to using the study diet.

**To determine if you are eligible for this study** please visit this link: <https://redcap.icts.uiowa.edu/redcap/surveys/> and use **code: JMJPYEJHP.**

Contact the study coordinator, Cathy Chenard, MS, RD, LD at (319) 384-5053 or [catherine-chenard@uiowa.edu](mailto:catherine-chenard@uiowa.edu) if you have any questions about the study.

#### **Do I need to live in Iowa?**

No, you do not need to live in Iowa. However, you would have to make 6 trips to the University of Iowa Hospitals and Clinics in Iowa City, IA over a 12-month period. Visit length will range from approximately 2 to 8 hours with some visits lasting longer than others. Racial and ethnic minorities are encouraged to apply for this study.

#### **Do you provide compensation or travel reimbursement?**

We will provide reimbursement for study-related dietary supplements. No reimbursement is provided for meals, lodging, transportation, or parking.

#### **Can I be a part of the study if I am already on one of the study diets?**

Yes, it does not matter what diet you are on at the start of the study.