

Online international study on lifestyle factors in MS

The Neuroepidemiology Unit of the University of Melbourne is committed to determining what lifestyle factors contribute to the progression of MS. In 2012 they commenced a major international research project to examine this, recruiting approximately 2,500 people with MS (PwMS). The study is approved by the University of Melbourne's Human Research Ethics Committee in Australia. Many scientific articles have been published from the 2012 survey, showing interesting associations between lifestyle interventions and health outcomes. You can find more information about these publications and the study on their Facebook page: facebook.com/HOLISMresearch.

They intend to follow this group every 2.5 years to see if there is a relationship between changes in these lifestyle factors and the health of the group. The information will be analysed to determine which factors best predict the health of PwMS and shared with the scientific and MS communities. In addition, they are seeking to enrol more PwMS to expand their group size.

If you have completed the survey in 2012, you are encouraged to do so again (unless you have already completed your 2014/15 follow up). If you have not completed the survey before and have been diagnosed with MS, and are over 18 years of age, you are invited to participate in this important research.

To complete the survey please head to the following link: surveymonkey.com/r/HOLISM2NEW

For questions, or to check if you have already completed your 2014/15 follow up, please email research@overcomingms.org



Taking care of your emotional and physical wellbeing

Lidia Macri has been in and out of hospitals more times than she cares to count. A lawyer by training, she felt frustrated at not being able to access wellness and beauty services while she was in recovery.

Furthermore, Lidia's father Joe was diagnosed with MS over 15 years ago and today has very little mobility. She witnessed firsthand the difficulty he faced in going out to get everyday services such as a haircut or a massage.

Her experiences led her to launch her business Bedside Beauty & Wellness, an Adelaide based mobile service specifically tailored to suit the needs of people who are too sick, or unable, to attend a salon or spa.

Trained therapists visit clients in their homes, hospitals and aged care facilities to provide services including manicures, massage, facials, hairdressing and reflexology.

Lidia's father now receives treatments to help relieve symptoms of pain and improve circulation. The therapist massages him in his wheelchair as he is unable to get up without the assistance of his carers.

Ms Macri said services were tailored to suit the needs of the client to ensure maximum comfort and benefit.

"I now employ five therapists and one hairdresser who were carefully selected and all have a background in either the health care sector or have worked in aged care," she said.

"They are people who have real empathy and appreciation for people in all sorts of situations and each of our treatments is really tailored to suit the specific needs of the client."

Bedside Beauty & Wellness offer a wide range of treatments including massage, manicures, facials, waxing and hairdressing. For more information head to bedsidebeauty.com.au



Lidia with a client.