

January 25, 2025 | KKL Luzern

MS

State of the Art

Symposium 2025

«Lifestyle in Multiple Sclerosis –
Sports, Nutrition and Brain-Health»

Plenary Sessions

9.30 - 10.00 Coffee and Gipfeli

Session 1

Chairpersons

Britta Engelhardt, Bern
Iris-Katharina Penner, Bern

10.00 - 10.15 **News from the Swiss Multiple Sclerosis Society**
Jürg H. Beer, Baden & Zurich
Christoph Lotter, Zurich

10.15 - 10.45 **Microbiota-Dependent Effect of Diet on Host-Microbiome Interaction in the Gut-Brain Axis**
Francesca Ronchi, Berlin DE

10.45 - 11.15 **Exercise and Multiple Sclerosis: State of the Science**
Rob Motl, Chicago USA

11.15 - 11.30 **Poster Flash**
Brief introductions to selected exhibited posters

11.30 - 12.00 Coffee Break
MS Researcher Poster Presentation

Session 2

Chairperson

Cristina Granziera, Basel

12.00 - 12.30 **MS Treatment Update**
Andrew Chan, Bern

12.30 - 13.00 **Swiss Multiple Sclerosis Society Research Prize Award Ceremony**

13.00 - 14.15 Lunch Break
MS Researcher Poster Presentation

Workshops

In these workshops the participants are invited to ask questions and discuss actively.

Workshop A Physiotherapy Update and Important Information for Prescribers

14.15 - 15.00 Regula Steinlin Egli, Basel
Nanco Vandermaas, Biel
Marion Huser, Baden

The assessment and treatment of physiotherapy for persons with MS has to reflect the complexity of the disease. Did you know that there is a list of specialized MS physiotherapists? Are you familiar with the modified strength test for MS? This workshop provides an update on MS physiotherapy, including important information for prescribers.

Workshop B Hypnosis in MS: for which Symptoms?

14.15 - 15.00 Chantal Berna Renella, Geneva

Medical hypnosis can be helpful to treat a number of symptoms, some of which are relevant to patients with MS. We will briefly clarify what medical hypnosis is, and describe its evidence-based applications. Finally, practical advice on referring patients for medical hypnosis will be provided.

15.00 - 15.15 Coffee Break

Workshop C Speech, Language and Swallowing Therapy

15.15 - 16.00 Bettina Arca-Tschudi, Valens

Many MS patients experience speech, language, or swallowing deficits. We will explore the range of logopaedic therapies designed for MS, discover key diagnostic and therapeutic approaches and discuss the latest scientific findings on treatment methods.

Workshop D The Role of Nutrition in MS Management

15.15 - 16.00 Nina Steinemann Zurich

Nutrition is key to the quality of life and self-management of those with MS. Numerous studies show a link between a healthy, anti-inflammatory diet and the occurrence or severity of symptoms such as fatigue. In this workshop, we will discuss current evidence and dietary recommendations and illustrate this with concrete case studies from practice.

16.00

Farewell Apéro

MS Researcher Poster Presentation

During the coffee and lunch breaks you will have the opportunity to view selected posters from MS research projects that have been financially supported by the Swiss MS Society.

Date

Saturday, January 25, 2025, 09.30 - 16.00

Venue

KKL Luzern, Europaplatz 1, CH-6005 Lucerne

Programme Committee

Sandra Bigi, Luzern; Adam Czaplinski, Zurich; Britta Engelhardt, Bern; Jens Kuhle, Basel;
Iris-Katharina Penner, Bern; Caroline Pot, Lausanne

Organisation

Swiss Multiple Sclerosis Society and its Medico Scientific Advisory Board

Credits

Credits for this symposium will be published on www.ms-state-of-the-art.ch

Registration Fee

Regular: CHF 150.00
Students: free of charge

Safety Measures

Any safety measures will be communicated on the symposium website. Due to official orders or other urgent reasons, the symposium may be carried out virtually.

Swiss Multiple Sclerosis Society

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