

January 25, 2025 | KKL Luzern

MS

State of the Art

Symposium 2025

«Lifestyle in Multiple Sclerosis –
Modifiable Factors to enhance
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

Robert 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

14.15 – 15.00

Physiotherapy Update and Important Information for Prescribers

Regula Steinlin Egli, Basel
Nico Arie van der Maas, Brügg
Marion Huser, Zurich

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

14.15 – 15.00

Hypnosis in MS: for which Symptoms?

Chantal Berna Renella, Lausanne

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

15.15 – 16.00

Speech, Language and Swallowing Therapy

Bettina Arca-Tschudi, Zihlschlacht & Triesen LI

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

15.15 – 16.00

The Role of Nutrition in MS Management

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. 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 Luzern

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

The Swiss Neurological Society awards 6.0 credit points.

Registration fee

Regular: CHF 150.00

Students: free of charge

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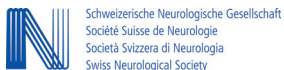
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Register here:



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