

The association between antioxidant-rich vitamins and Multiple Sclerosis symptoms

Research aim:

Is there an association between people living with multiple sclerosis consuming antioxidant rich vitamins and their symptoms of multiple sclerosis (MS)?



Introduction:

MS is a lifelong disease that affects the brain and spinal cord, with no current cure. Over 130,000 people living with MS in the UK, 73% women². Symptoms include: fatigue, numbness, co-ordination issues, vision problems¹. Antioxidants can play a role in reducing symptoms.



Methods:

3,739 participants (Male:876, Female:2841) were used from the UKMS register.

The food frequency questionnaire (FFQ) focusses on the diets of participants and MSIS-29 scale is used to assess mental and physical symptoms associated with MS

The DRV requirements for each vitamin were assessed for associations with MS symptoms

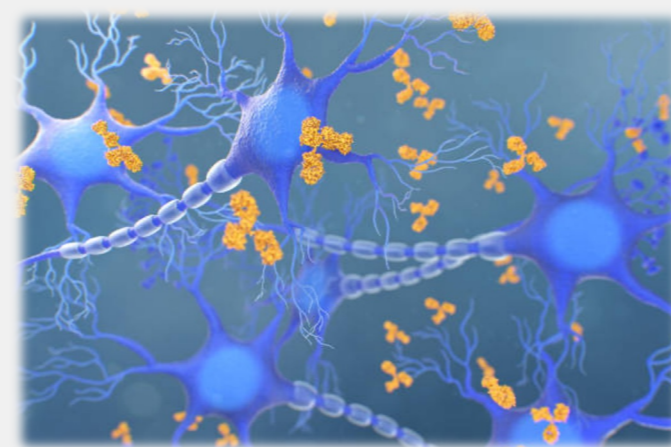


Figure 1



Figure 2

The UKMS register:

This is a database gathering data about lifestyle and disease progression, living with MS.

The database is collaborated with the MS society with the aim to improve research into MS disease progression.

Findings:

Vitamin B12 and vitamin E had an influence on physical symptoms. Vitamin E reduced physical symptoms and vitamin B12 caused a slight progression in symptoms.

Vitamin A, B12 and C had an influence on mental symptoms. Vitamins B12 and C reduced symptoms and vitamin A slightly increased symptoms.

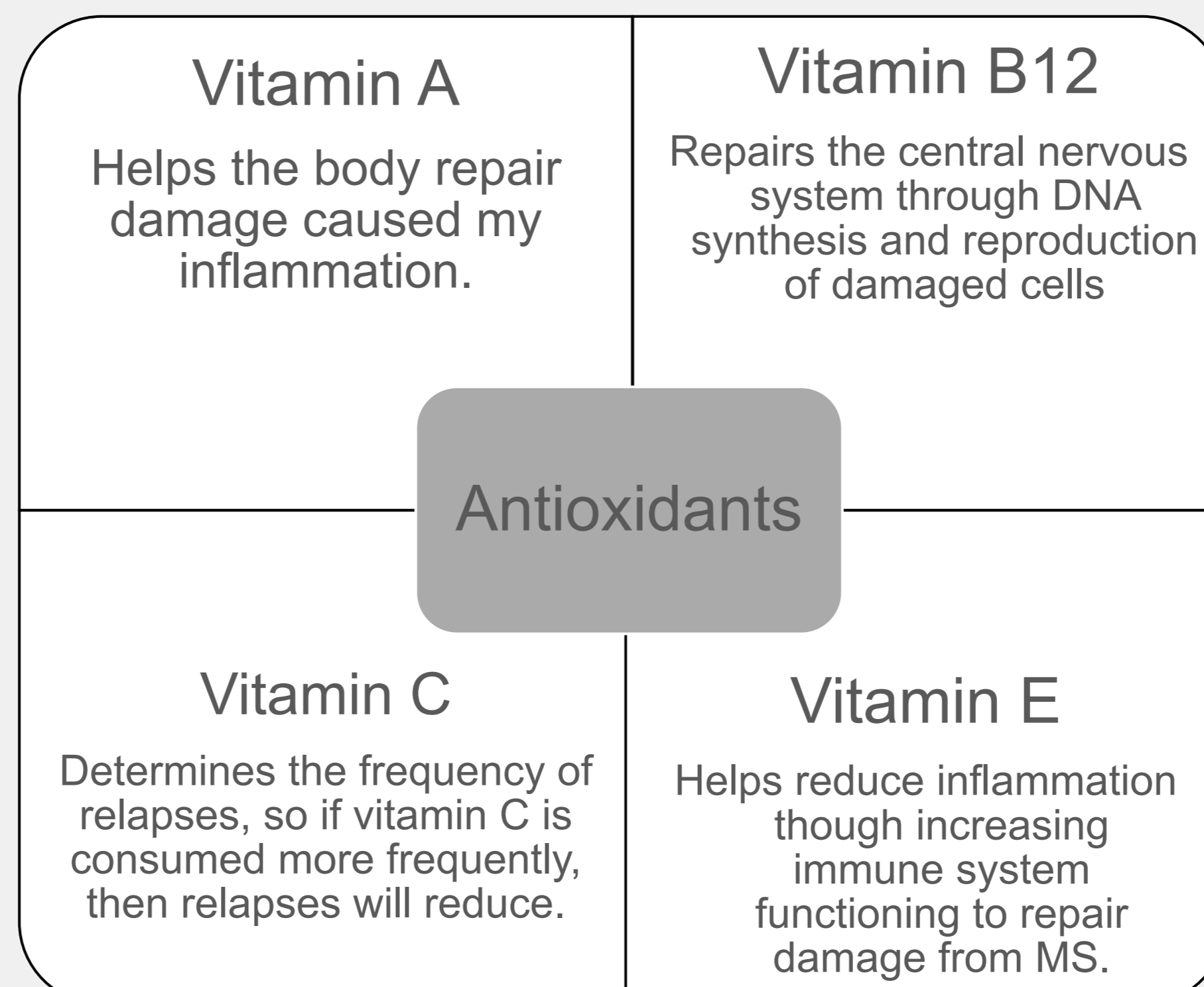
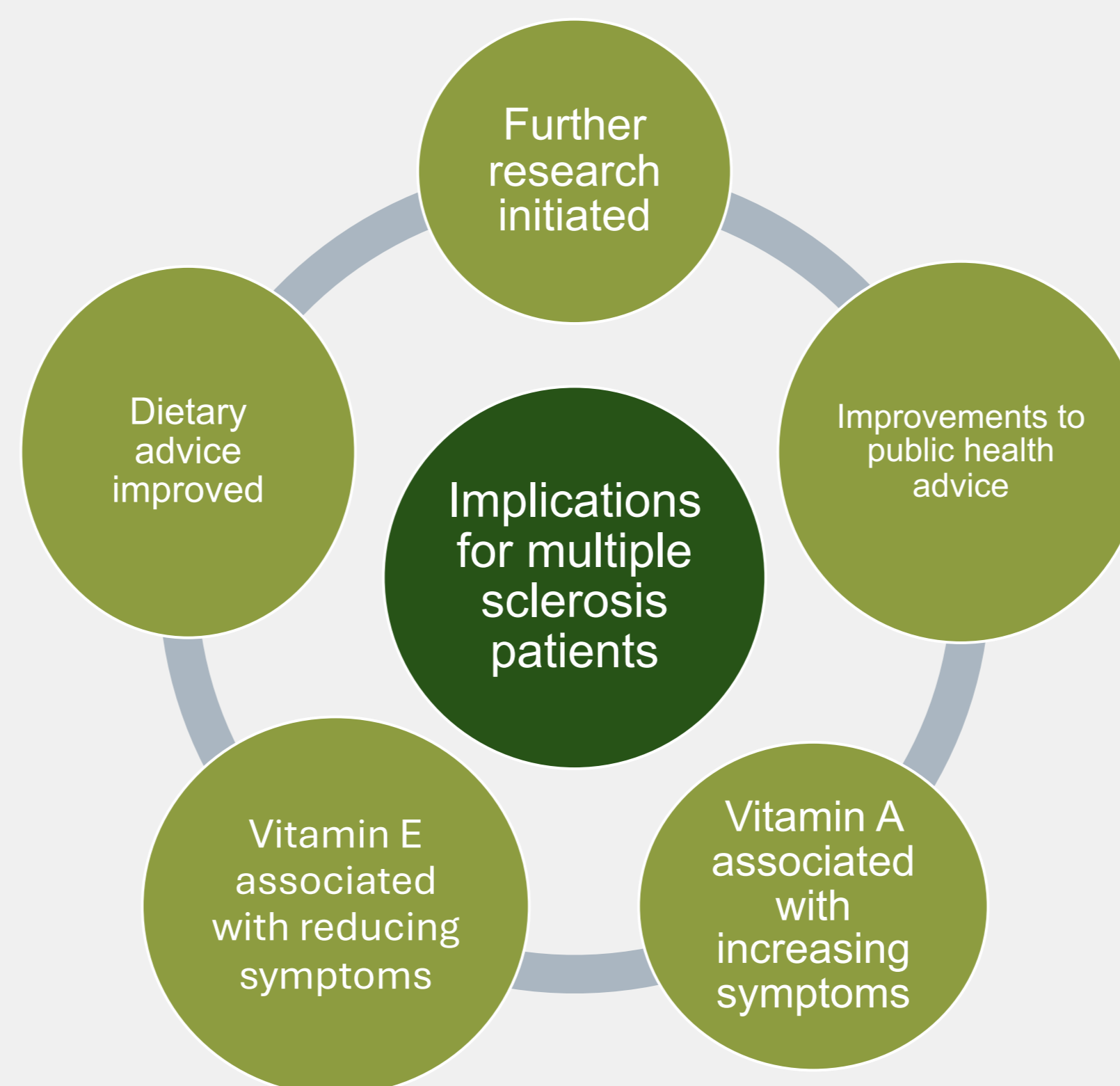


Figure 3

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