



## Criteria

### Who can participate?

- Relapsing Remitting MS
- Documented fatigue
- Between ages 18 and 70
- BMI of at least 19
- Not taking Insulin or Coumadin
- Not pregnant or planning to become pregnant
- No kidney stones, heart failure, angina or liver cirrhosis
- No eating disorders
- Willingness to follow either study diet
- Ability to walk 25 feet without support or with only unilateral support (i.e., cane in one hand)



## Requirements

### What will I be asked to do?

- Attend 4 study visits in Iowa City, Iowa
- Follow your usual diet for 12 weeks
- Follow the study diet for 24 weeks
- Fill out daily diet checklists
- Keep weighed food records
- Wear a watch-like device on your wrist to measure physical activity
- Fill out questionnaires
- Have fasting blood drawn
- Complete physical motor assessments

# MS and Fatigue Research Study



## Dietary Approaches To Treat Multiple Sclerosis Related Fatigue



FOR IRB USE ONLY  
APPROVED BY: IRB-01  
IRB ID #: 201604705  
APPROVAL DATE: 08/12/16  
EXPIRATION DATE: 06/20/17



## FAQ

### How does the study work?

You are invited to participate in the **Dietary Approaches to Treat Multiple Sclerosis Related Fatigue Study**. At the present time drug and exercise treatments lead to only modest improvements in fatigue. This study will compare 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 saturated fat diet that eliminates red meat and high fat foods and includes whole grains and fat free dairy products. The **Wahls Elimination Diet** eliminates all grains,

dairy, legumes, eggs, and nightshade vegetables/spices. Both diets include fruits and vegetables and dietary supplements. Individuals will continue their current treatments in addition to following 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 [MSDietStudy@healthcare.uiowa.edu](mailto:MSDietStudy@healthcare.uiowa.edu) if you have any questions about the study.

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

No, however, you would have to make 4 trips to the University of Iowa Hospitals and Clinics in Iowa City, IA every 12 weeks over 36-weeks. Visit length will range from 4 to 6 hours with some visits lasting longer than others.

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

We will provide reimbursement for mileage up to \$120 per visit, parking, and study-related dietary supplements. Individuals traveling more than 280 miles round trip may be reimbursed for one night of lodging. No other reimbursement or compensation is provided.

#### **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. However, you must be willing to follow either diet.