



## OBSERVATION STUDY FOR STANDARD OF CARE

Longitudinal Study of Clinically Isolated Syndrome  
and Relapsing Remitting Multiple Sclerosis

You are invited to participate in a research study to follow you and your disease for one year. We will record the changes in your medication usage and symptoms. We want to understand how the disease and your lifestyle choices evolve over time. Our goal is to learn more about the relationship between diet and health behaviors and multiple sclerosis and clinically related syndromes.

The study will be conducted by the research team at the University of Iowa Hospitals and Clinics over one year.

If you are interested or have any questions, please contact us at

[MSStudy@healthcare.uiowa.edu](mailto:MSStudy@healthcare.uiowa.edu) or  
319-384-5002

Thank you for your interest

### Eligibility Criteria

- Diagnosis of Clinically Isolate Syndrome (CIS) or Relapsing Remitting Multiple Sclerosis (RRMS) within 12 months of first visit
- 18-55 years old
- Reside in lower 48 states of the U.S.
- Taking disease-modifying drugs (DMARDs) for treatment of multiple sclerosis (not including Plavixone or SoluMedrol)
- A smart phone to download a free app
- Share medical records for duration of study (12 months)

### What You'll Be Asked To Do

- Complete online surveys
- Report changes in health and medications for the duration of the study
- Tell the study team when you go to a doctor's appointment