



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





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 at **319-354-5002** or MSDietStudy@healthcare.uiowa.edu if you have any questions about the study.

FAQ

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 \$288 per visit, parking, and study-related dietary supplements. Individuals traveling more than 280 miles round trip may be reimbursed for all or part of 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.