This fact sheet provides an overview of recent evidence relevant to Nutrition and Multiple Sclerosis and information on how the “Outreach Librarian Service” can support you to keep up-to-date.

Selected Evidence

Articles

Asherio, A; Kassandra, LM and Simon, KC (2010)
Vitamin D in multiple sclerosis
The Lancet Neurology June 2010: 9(6) 599-612

Bailey, J (2008)
MS Essentials: Diet and Nutrition: For people living with MS
MS Society 11: May 2008

Farinotti, M; Simi, S; Di Pietranton, C and Filippini, G (2009)
Dietary interventions for multiple sclerosis
Cochrane Collaboration Systematic Review 2009

Grant, WB (2010)
Peer reviewed: The prevalence of multiple sclerosis in 3 US communities: The role of vitamin D
Preventing Chronic Disease 2010: July; 7 (4) A89

Habek, M; Hojsak, I and Brinar, V (2010)
Nutrition in multiple sclerosis
Clinical Neurology and Neurosurgery September 2010: 112(7) 616-620

Kjell-Morton, M (2009)
Vitamin D treatment in multiple sclerosis
Journal of Neurological Sciences November 2009: 286(1-2) 104-108

Leong, EM; Semple, SJ; Angley, W and McKinnon, RA (2009)
Complementary and alternative medicines and dietary interventions in MS
Complementary Therapies in Medicine August 2009: 17(4) 216-223

Vitamin D supplementation in adults—guidelines
Endokrynologia Polska November 2010: 61(6) 723-729

Orton, SM; Morris, AP; Herrera, BM; Ramagopalan, SV and Lincoln, MR (2008)
Evidence for genetic regulation of vitamin D status in twins with multiple sclerosis
American Journal Clinical Nutrition 2008 August: 88 (2) 441-447
Pamppliega, O; Domarq, M; Villoslada, P and Matute, C (2008)
Association of EAAT2 polymorphism with higher glutamate concentration in relapsing multiple sclerosis
Journal of Neuroimmunology March 2008: 195(1-2) 194-198

Penberthy, WT and Tsunoda, I (2009)
The importance of NAD in Multiple Sclerosis
Current Pharmaceutical Design 2009: 15 (1) 64-99

Pittas, AG; Laskowski, U; Kos, L and Saltzman, E (2010)
The role of Vitamin D in adults requiring nutrition therapy
Journal of Parenteral and Enteral Nutrition 2010: Jan-Feb; 34 (1) 70-78

Potera, C (2009)
Diet and nutrition
Environmental Health Perspectives 2009: May; 117 (5) A196

Ramsaransing, GSM; Mellema, SA and Keyser, JD (2009)
Dietary patterns in clinical subtypes of multiple sclerosis: an exploratory study
Nutrition Journal 2009: 8(36) 1-6

Riccio, P; Rossano, R and Liuzzi, GM (2010)
May diet and dietary supplements improve the wellness of multiple sclerosis patients?
A molecular approach
Autoimmune Diseases 2010; 1-12

Sands, DC; Morris, CE; Dratz, EA and Pilgeram, A (2009)
Elevating optimal human nutrition to a central goal of plant breeding and plant-based foods
Plant Science 2009: November 1: 117(5) 377-389

Shinto, L; Marracci, G; Baldauf-Wagner, S and Bourdette, D (2009)
Omega-3 fatty acid supplementation decreases matrix metalloproteinase-9 production in relapsing-remitting multiple sclerosis
Prostaglandins, Leukotrienes and Fatty Acids February-March 2009: Pages 131-136

Smolders, J and Damoiseaux, J (2011)
Vitamin D as a T-cell modulator in multiple sclerosis
Vitamins & Hormones 2011: 86(18) 401-428

Tyska, AC and Farber, RS (2010)
Exploring the relation of health-promoting behaviors to role participation and health-related quality of life in women with multiple sclerosis: a pilot study
American Journal of Occupational Therapy July 2010: 64(4) 650-659

Wan, Y (2010)
Review: Vitamin D and multiple sclerosis
Lancet Neurology 2010: 9(6) 555; 599-612

Yadav, V; Shinto, L and Bourdette, D (2010)
Complementary and alternative medicine for the treatment of multiple sclerosis
Expert Reviews Clinical Immunology 2010:May: 6:(3)381-395
How can I help you?

**Literature search service**
I can offer an expert, in-depth literature search service to help you locate the evidence on any health related topic.

**Training**
If you want to learn to navigate the wealth of available online healthcare information and how to search databases more effectively, the ‘Trust trainer’ can offer timetabled hands-on training sessions or can provide customised one-to-one support. Telephone: 0121 424 0583 or email: laura.lewis2@heartofengland.nhs.uk

**Current awareness services**
If you need to keep up-to-date on a particular topic I can advise on suitable RSS feeds and help you set up article alerts from the major healthcare databases.

**Online resources**
Whilst many good quality resources are freely available, most full-text journals and the main bibliographic databases (e.g. Medline and CINAHL) require an Athens username and password. To register for an Athens login go to [www.athens.nhs.uk](http://www.athens.nhs.uk)

The Library web pages contain detailed information about library services and training opportunities, online request and registration forms and several guides on key online resources and evidence-based websites at [www.heftlibrary.nhs.uk](http://www.heftlibrary.nhs.uk)

**Contact**
The Outreach Librarian is located in the education centre at Heartlands Hospital, on the first floor, next to the Library. Telephone 0121 424 2503 (42503) or email: ann.button@heartofengland.nhs.uk