

Mayo Clinic Minute

Can lifestyle changes help with MS?

VIDEO	AUDIO
Graphic: Multiple sclerosis Damages nerves Brain Spinal cord	In multiple sclerosis, a person's immune system turns on itself and damages nerves within the brain and spinal cord.
Dean Wingerchuk, M.D.	"It inadvertently thinks that something in the nervous system is the enemy."
Graphic: No cure for MS Approved medications	Neurologist Dr. Dean Wingerchuk says, although there is no cure for MS, there are medications.
Title: Dean Wingerchuk, M.D. Neurology Mayo Clinic	"There are more than a dozen of these so-called disease-modifying therapies – all of which have been shown to reduce the chances of people having these attacks."
	Dr. Wingerchuk says lifestyle changes can also play a role in MS treatment.
Dean Wingerchuk, M.D.	"There's growing evidence general health has a big impact."
Graphic: Smokers more likely to have repeat symptoms	Doctors already know smokers who experience a bout with an MS symptom are more likely than nonsmokers to develop a second MS event.
	And research continues into how a healthy Mediterranean-style diet and regular low-impact exercise may help with MS.
Dean Wingerchuk, M.D.	"I think what people can do is recognize that there's very likely benefit in the long run from making healthy lifestyle choices."
	For the Mayo Clinic News Network, I'm Jeff Olsen.