

How can we help you as a healthcare professional?

Overcoming MS is the world's leading healthy lifestyle charity for people with MS. We provide clear, practical support as well as a like-minded community to help people living with MS. The Overcoming MS Program is based on scientific evidence to show how lifestyle choices, alongside medication, impact both physical and mental health as well as reducing long-term disease progression.

The Overcoming MS Program consists of seven pillars: including the adoption of a wholefood, plant-based diet,^[1] stress management, medication, vitamin D, physical activity and family health.



To access further information on our support to healthcare professionals visit overcomingms.org/healthcare or scan the QR code:

Email us at: healthcareprofessionals@overcomingms.org



How does this help you as a healthcare professional?

You are the person that a newly-diagnosed patient is looking to for information and advice. You might be the person first sharing a diagnosis, helping someone manage symptoms or disease progression, or building a long-term relationship for treatment.

You know how important you are, and that people are looking to you to provide positivity and hope for the future – we can help you with that.

[1] A high-quality diet (i.e. that of the Overcoming MS Program) has been shown to reduce disability progression in people with MS by as much as 50% over 7 ½ years.

[Eur J Neurol 2023, 30:3200–3211]

Our support to you includes:

- **Reducing isolation through our Overcoming MS Circles**

Our Circles^[2] managed by volunteers, provide peer support to people living with MS who share the same desire to make positive lifestyle choices. They join via our Live Well Hub and get involved both online and in person.

- **Signposting patients to our information and services**

We know time is both short and precious in any given appointment. We also know how important it is to equip individuals with MS with the tools and encouragement they need to take control of their MS. Our website and other services provide information, support and resources to people living with MS, wherever they are on their journey.

- **Joining our private online group for 'Healthcare Professionals Supporting MS Lifestyle Medicine'**

We want to facilitate the bringing together of professionals who are working towards an integrated and collaborative approach to a holistic and life-long management of MS. Share ideas, ask questions, and find out about the latest research findings.

Download the Live Well Hub app for free by scanning the QR code:

Once in the Hub, search for 'HCPs Supporting MS Lifestyle Medicine' to join the Circle.



[2] Two-thirds of our community agree or strongly agree that Overcoming MS has improved their, a family member's or friend's quality of life.

[Overcoming MS Community Survey 2023]

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