

NMSS-FUNDED RESEARCH STUDY

HEAL MS Study: Healthy Eating and Active Living for Multiple Sclerosis



Living with Multiple Sclerosis & based in the UAE?

New York University Abu Dhabi, in collaboration with Yas Clinic, is conducting a research study to better understand how lifestyle factors such as nutrition, exercise, sleep and stress management may influence the experiences of people living with MS.

WHAT DOES PARTICIPATION INVOLVE?

- A study lasting approximately 9–10 months
- A 12-week lifestyle program
- 4 in person assessments
- Health questionnaires and physical assessments
- Collection of blood, saliva, and stool samples

WHO CAN PARTICIPATE?

- MS Diagnosis
- Aged 18–50
- Can participate in light to moderate movement
- Can attend assessments at Yas Clinic, Abu Dhabi
- Are comfortable using a mobile app

CONSIDERING TAKING PART IN RESEARCH?

- Participation is voluntary
- You can ask questions before deciding
- All information will be kept confidential
- All requested assessments are covered at no cost to you
- You may withdraw from the study at any time

Interested in Learning More?

جامعة نيويورك أبوظبي

 NYU ABU DHABI

Contact Prof. Youssef Idaghdour, Principal Investigator and Natascha Enriquez, Study Coordinator at NYU Abu Dhabi.

[CONTACT THEM](#)

DISCLAIMER

This study is funded by the National Multiple Sclerosis Society (NMSS). NMSS' role is limited solely to providing financial support of the research and it has no role in the study design, participant recruitment, data collection, data analysis, interpretation of the findings, or the conduct of the research.