



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

Integrative Health Approaches for Patients with Multiple Sclerosis

April 21, 6-7:30pm

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Center for Integrative Health Mission and Vision

Mission:

“to transform the delivery of healthcare for all to include proactive, innovative, and restorative approaches to Integrative Health via internal (health system) and external (community/industry) collaborations.”

Vision:

“to become a national leader in creating a future in which people view and support health and well-being as inclusive of their body, mind, spirit, and community.”

Values: Strategic collaborations - Transformative systems thinking - Financial sustainability - Robust evaluation

Ohio State Integrative Medicine

- 4 physicians, 1 nurse practitioner
 - General integrative medicine & health
 - Osteopathic manipulative medicine
 - Lifestyle medicine
 - Ayurveda
 - Functional medicine
- 2 acupuncturists
- 1 chiropractor
- 2 dietitians
- 1 psychologist, 1 psychology fellow
- 10 massage therapists



Contact us!

Address: 2000 Kenny Road, Columbus, OH 43221

Phone: 614-293-9777

Website:
wexnermedical.osu.edu/integrative-complementary-medicine

Community Classes

- The Center for Integrative Health delivers community classes in sessions. The following were offered for the March-May 2022 session:

Group, Mindfulness, and Meditation Classes:

- Breaking the Isolation
- Thank you for Listening
- Mindfulness in Motion for Busy Adults

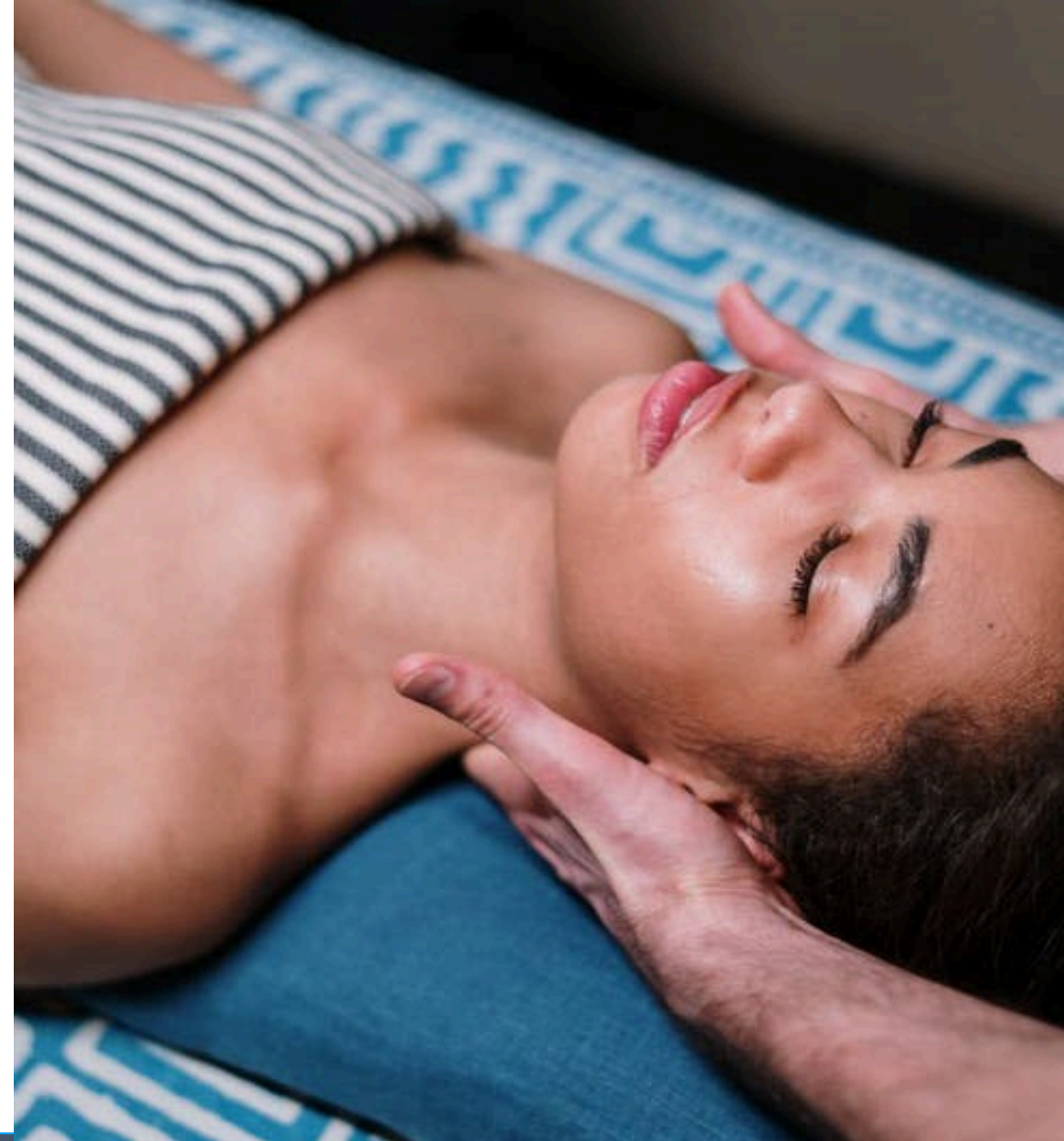
Mind-Body Movement Classes:

- Tai Chi
- Qigong
- Tai Chi for Balance
- Urban-Zen Yoga
- Gentle Hatha Yoga Class Pass
- Yoga Props: Who, What, when, Where, Why, and HOW

New classes are constantly being created for every session!

Use of Complementary Therapies for Patients with Multiple Sclerosis

- Many patients with multiple sclerosis (MS) are treated with disease modifying agents (DMA)
- These patients are seeking complementary and alternative approaches to supplement their traditional treatment
- Health care professionals may use these alternative modalities among these patients to improve outcomes



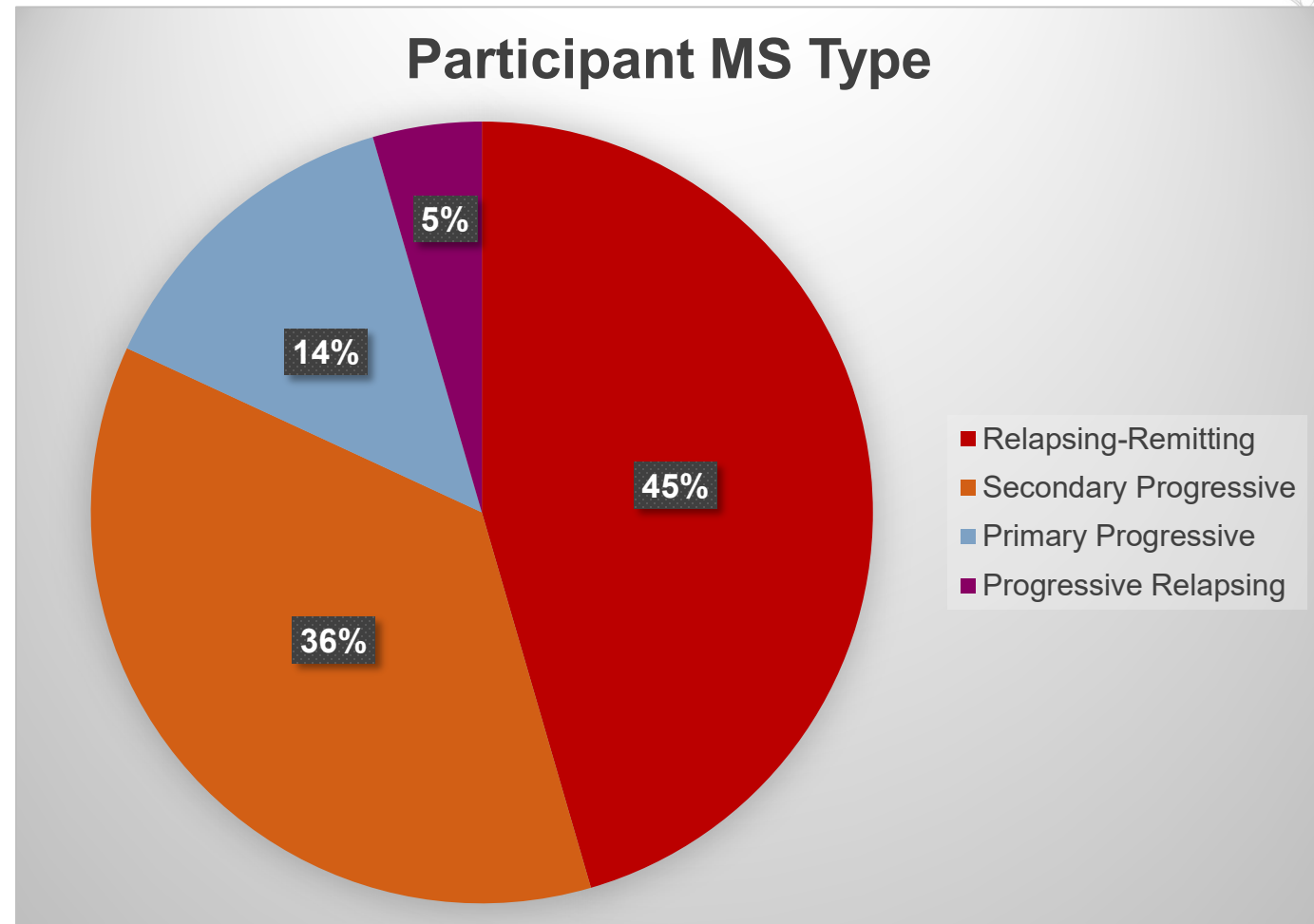
Patients with MS may benefit from complementary and alternative medicine approaches

Mindfulness in Motion (MIM) for People with Multiple Sclerosis: A Feasibility Study

*8-week mindfulness-based intervention

*Examined the effects of MIM on stress, anxiety, depression, fatigue, and quality of life

*22 participants with all types of MS



MIM showed statistically significant changes specifically in:

- physical functioning, role-physical, vitality, and mental health. (SF-36)
- Overall Mental Health inventory and in the subscales of anxiety, depression, and positive affect.(MHI)
- cognitive and psychosocial subscales and the total MFIS score.(MFIS)
- observing, acting with awareness, nonjudgment, and nonreactivity. (FFMQ)

Results of Mindfulness in Motion- Next offering January 2023

Gilbertson, R, Klatt, M. 2017. “Mindfulness in Motion” for People with Multiple Sclerosis: A Feasibility Study”. Int J MS Care. 2017; 19:225-231.



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Exercise for MS

- Pilates can significantly improve balance, mobility and strength
- A prior study on aerobic exercise found that it increases hippocampal volume by 16.5% and improves memory by 53.7% in patients with significant memory impairment
- Yoga decreases physical pain and stress levels, while increasing quality of life, relaxation, lung capacity and bladder functions



Physical activity holds numerous benefits in the management of MS symptoms

Tai Chi for MS

- Research on Tai Chi (TC) demonstrates that it can improve:
 - Social function
 - Pain and health distress
 - Emotional well-being
 - Energy
 - Physical and mental health scores
- Patients enrolled in a TC course had a 21% faster walking speed and a 28% greater flexibility as compared to baseline scores



Tai Chi is beneficial for functional balance and quality of life improvements

Osteopathic Manipulative Therapy (OMM) for MS

- 22 MS patients at a neurology clinic in Italy enrolled in a month-long study to measure the effectiveness of OMM on managing their chronic symptoms
- 1 week after their final session, the OMM group had a significant decrease in fatigue and depression, with an increase in quality of life
- Therapy needs to occur on an ongoing basis in order to be effective



OMM is effective in managing chronic symptoms of MS

Osteopathic Manipulative Treatment (OMT)

- Patients with MS often struggle with decreased mobility and limited range of motion
- Two OMT techniques that can be used to increase motion
 - [Thoracic inlet myofascial release](#)
 - Sacral wobble



There are many techniques available to safely increase range of motion

Ayurveda for MS

- According to the principles of Ayurveda, the root cause of MS is a body energy disorder
- Dr Sharma would do an initial assessment and then decide on which modality within Ayurveda to use (herbs, breathing exercises, Spontaneous Meditation, whole-body daily self-massage with specialized oil)
- Anti-inflammatory diet is also beneficial to tone down immune activity



Ayurveda is a safe, effective treatment for MS patients

To research on your own:

Navigate to <https://naturalmedicines.therapeuticresearch.com/> ,
click on "effectiveness checker" on the left side



The screenshot shows a navigation menu on the left with the following items: Search, Interaction Checker, Effectiveness Checker (highlighted in blue with a right-pointing arrow), Nutrient Depletion, and Pregnancy & Lactation. The main content area features a background image of white capsules in a basket. The text reads: "Effectiveness Checker tells you which natural medicines and integrative therapies work and which do not for specific medical conditions." Below this, it says: "Enter any medical condition or symptom and get a report showing the Effectiveness Rating for natural medicines and integrative therapies that have been scientifically studied." At the bottom of the content area are two buttons: "SUBSCRIBE" (in blue) and "LOGIN" (in white with a blue border). A small blue 'x' icon is visible in the top right corner of the content area.

Additional Resource

naturalmedicines.therapeuticresearch.com