

Dr. Mary Lou Myles



Brief Abstract and Title:

Shining a Light on Vitamin D and MS

The main objective of this presentation is to outline the impact of vitamin D deficiency in the development of MS and the potential role of vitamin D supplementation in the prevention and treatment of MS. The sources of vitamin D and the physiologic role of vitamin D in the human body will first be outlined. The evidence for the impact of vitamin D deficiency in influencing the risk of MS will be summarized.

Finally, the evidence suggesting a potential benefit of vitamin D supplements for the prevention and treatment of MS will be explored. Other potential health benefits of vitamin D will also be summarized.

Learning Objectives:

At the end of this presentation participants will:

1. Understand the role of vitamin D in altering the risk of MS
2. Be aware of the rationale for Vitamin D supplementation as a primary prevention strategy in MS
3. Be familiar with the evidence suggesting a role for vitamin D in the treatment of MS

Dr. Mary Lou Myles is an Associate Clinical Professor of Neurology at the University of Alberta and has a busy community clinical practice with a special interest in multiple sclerosis. She is involved in continuing medical education initiatives to help educate physicians about MS and has been a presenter for many national patient oriented education series for the MS Society of Canada. She participates as one of the experts for the MS Answers program for the MS Society of Canada website. She is currently national Chair of Client Services and a member of the national board for the MS Society of Canada. She is a member of the MS Special Therapies Panel for Alberta. She has been involved in MS clinical research. She has been active in ongoing efforts to bring access to comprehensive nursing services to all individuals with MS in northern Alberta.