

Dr. Penny Smyth



Brief Abstract and Title:

Pregnancy, Menopause, and Multiple Sclerosis

In this lecture, I will discuss the relative safety of pregnancy for women with multiple sclerosis. We will look at why pregnancy may settle MS relapses. We will then look at the hormonal changes during menopause and discuss how these hormonal changes may affect a woman's MS symptoms. I will then discuss studies looking at female hormone supplements and their effects on MS, both in animal models of MS and in women who have MS.

Objectives:

By the end of this lecture, participants will be able to:

1. Describe the effects of pregnancy on multiple sclerosis relapses and symptoms as well as what happens after pregnancy.
2. Discuss menopausal hormonal changes and how these changes may affect MS symptoms.

Discuss the possibility of using female hormone supplementation to affect the course of MS in the future.

I went to the University of Alberta for medical school and residency. I then returned to Vancouver (where I grew up) to complete 2 years of fellowship training in Multiple Sclerosis at the UBC MS Clinic.

Following completion of my fellowship, I stayed in Vancouver at Vancouver General Hospital and worked as an MS specialist at the UBC MS Clinic. I ran a private practice in Neurology in Vancouver and participated in stroke call. I also supported a small community hospital outside of Vancouver for Neurology consults. I was involved with the UBC medical school and Neurology residency program in Vancouver, teaching medical students and residents on a regular basis.

In August 2008, I moved to Edmonton to become Program Director of the Neurology Residency Program at the University of Alberta. I have joined the MS Clinic at the University of Alberta, and work as a clinical neurologist. I have continued to participate in multi-centre clinical trials for MS. I am involved in teaching at the University of Alberta, and in MS care across the province of Alberta, through seeing patients and sitting on MS committees.