

# Do you have multiple sclerosis?

Are you interested in....

...learning how to manage your fatigue?

...engaging in physical activity on a regular basis?

*Do you often wish you could get advice from experts,  
but you don't know where to start?*

If **YES**, participate in a research study and receive advice from experts about how to manage your MS symptoms and engage in physical activity.

★ **You are invited** to participate in a study examining whether an over-the-phone teleconference program can be used as a strategy to promote physical activity and reduce fatigue in people with multiple sclerosis.

★ **Participating** in this study will involve filling out questionnaires and engaging in several group and one-to-one phone calls over 24-weeks. Depending on the group to which you are assigned, you may also be asked to engage in a walking program.

#### **Initial Eligibility Criteria:**

★ You must be between the age of **18 - 65**, not regularly physically active, able to walk 25ft with or without a cane and have no severe cardiopulmonary conditions.

**This study is being offered by Dr. Matthew Plow at Case Western Reserve University and University Hospitals with funding from National Multiple Sclerosis Society.**

**For more information, please call our research office at (216) 368-0643**



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