**SUMS study has finished collecting data!**

The SUMS study has been investigating whether regular use of a standing frame at home is beneficial to people with progressive MS.

It has recruited participants from all of the Healthcare Trusts in Devon, Cornwall and Norfolk and Suffolk. This study has provided therapists and people with MS the opportunity to find out how standing frames might impact on a range of issues that are known to be important to people with progressive MS, such as movement, function, bladder and bowel control, and quality of life. Understanding this is important so that people with MS can make informed judgements as to whether they wish to participate in a standing programme, and so that therapists, commissioners, and policy makers can understand the benefits that this may bring to patients.

As we move into analysis of the data we look forward to continuing to keep you updated via our website, twitter and future newsletters.

There is lots of information about the SUMS study on the website below which is regularly updated:

[https://www.plymouth.ac.uk/research/sums](https://www.plymouth.ac.uk/research/sums)

Also, have a look at our twitter account @SUMSstudy
How do we share data with participants?

People with multiple sclerosis involved in the SUMS study, have asked us whether it is possible to see the results of their assessments at the end of the study. This isn’t something we routinely do, but it has made us think about whether we should. We hope to work with a group of people with MS to hear their views. This will be an informal discussion group that will be held at the MS therapy centre in Exeter, although we are happy to organise this at a second venue (South West or East Anglia) if there are lots of volunteers. The group will meet in February or March for approximately 90 minutes. Travel expenses will be paid and we will make sure we bring some nice refreshments!

If you would like to share your views, please contact us by email at neuroresearch@plymouth.ac.uk or leave a message on our answerphone 01752 587599.

What would you like to see on our website?

We want to ensure our website is as helpful as possible. Help us do this by letting us know what information or advice you would like to see on it.

Email us at: neuroresearch@plymouth.ac.uk or leave a message on our answerphone 01752 587599.
Brain health: time matters in multiple sclerosis presents recommendations on diagnosis, therapeutic strategies and improving access to treatment in MS. Its core recommendation is that the goal of treating MS should be to preserve tissue in the central nervous system and maximize lifelong brain health by reducing disease activity. The report calls for major policy changes aimed at achieving the best possible outcomes for people with MS and those who care for them.

Find out more at: www.msbrainhealth.org/report

Meet the Team
If you would like any further information about the study, please get in contact with us.

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