



## Welcome Grace, the latest addition to our ACP team & more!

We know how important research is to you, so this month we're featuring new data on three popular complementary treatments for MS. Meet Grace, the newest member of the ACP team, and more!



## NEWSLETTER SNAPSHOT

Not enough time to read an entire newsletter? Our February newsletter snapshot contains the highlights in a quick, easy to read format.

[Read More](#)



Researchers are looking into the benefits and risks of alternative treatments for MS. Here are three recent studies with promising results! [Read more...](#)

Our ACP team is on the rise! This month, we are thrilled to welcome Grace Okafor. Spend a moment getting to know her! [Read more...](#)





Your generosity helps [iConquerMS](#) to bring together **all** affected by MS to understand the disease and search for solutions. [Read more...](#)

Our work with Jon Strum to develop a Care Partner Protocol is highlighted in the International Journal of MS Care! [Read more...](#)



Participate in research aimed at learning more about the relationship between exercise and anxiety in people with MS, or exploring how women with MS may want to learn about sexual health related to their diagnosis. [Read more...](#)

Our newsletter is written with our readers in mind. Please [let us know](#) if there are topics you would like to learn more about. We'll keep them in mind for future issues!



*Jan and Lindsey, the ACP newsletter team*

P.S. Discover and enjoy the improvements on [ACP's new website](#) as we strive to make your online experience even better!

