

Who to trust – learning from each other in MS



Aaron Boster
Meeting Co-chair
MS neurologist, USA



Stanca Potra
Meeting Co-chair
Advocate living with MS, Romania



Claire Fox
Life coach living with MS, UK



Sharmilee Gnanapavan
Consultant neurologist, UK



Damian Washington
Advocate living with MS
and YouTuber, USA

Finding trustworthy information about MS

Information sources



- Friends and family
- Neurologists
- MS nurses



- MS charities
- Social media
- Websites

“There are lots of great MS charities. Their websites are full of information and they often have confidential helplines.”

– Claire Fox, UK

MS societies



Useful sources of evidence-based information



Check out their websites for plain language summaries on the latest MS research

“No one knows what it’s like to have MS quite like someone who has MS.”

– Damian Washington, USA

Personal blogs and social media



Insights and support from other people with MS



Be wary of misinformation and lack of context

Top tips for identifying misinformation

1. Check other sources

Checking if information is supported by several reliable sources can help in identifying “fake news.” Many countries also have a fact-checking website, e.g. in the UK: <https://fullfact.org/health/>

2. Maintain a critical mindset

Ask yourself the following questions.

- Does it sound too good to be true?
- Why was it written?
- Is it promoting a particular agenda?

Understanding a source’s motivation for publishing or posting something can help you frame your opinion on the trustworthiness of that information

3. Ask your MS team

“Our MS nurses are incredible. They have so much knowledge and so much information. They are also a brilliant first point of call when things are not quite going right.”

– Claire Fox, UK

The role of trustworthy information in MS treatment decisions

“Staying well informed about different treatments and approaches is essential to actively participate in decisions together with your healthcare provider.”

– Stanca Potra, Romania



“It is important for MS teams to use a person-centred approach and to find out from individuals about their preferences and priorities. This leads to better care.”

– Sharmilee Gnanapavan, UK

Informed, shared decision-making is fundamental for managing MS successfully

Proportion of attendees who felt very confident at identifying misinformation about MS on social media



33% increase



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