

## Multiple sclerosis and nutrition: An extensive overview

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**Introduction:** Adults with MS have many health problems that can interfere with healthy nutritional behaviors. Studies on MS and nutritional behaviors are sparse and have mainly focused on whether dietary intake is a risk factor for developing MS. This review study aimed to review the content of articles in the field of MS and nutrition in these patients.

**Methods:** Searching performed in some databases and 48 english articles from 2011 until 2015 were found with similar topic to our work.

**Results:** Some studies showed that vitamin D insufficiency has to be associated with increased susceptibility to MS. On the other hand, some articles found different association between them. it is not clear whether iron deposition is an epiphenomenon or a mediator of disease processes. Vitamin A may be involved in the development of disease. The risk of developing MS is associated with increased dietary intake of saturated fatty acids. Omega-3 fatty acids may be beneficial in MS.

Caffeine seems to suppress inflammation. In some studies we found that coffee was inversely associated with progression of disability in relapsing onset MS, but not in progressive onset MS. Green tea reduced the severity of disease by limiting inflammation and reducing neuronal damage.

Adequate intakes of B2 and B6 could prevent MS. Diet high in protein, vitamin D, thiamine, riboflavin, cobalamin, vitamin C, vitamin E, calcium, beta-carotene, zinc and magnesium tends to reduce the risk of MS. Serum albumin levels and Serum Se concentration, were significantly lower in MS patients compared with healthy volunteers.

high salt intake and Excessive alcohol consumption has been linked to MS.

**Conclusion:** Dietary factors may exacerbate or ameliorate MS symptoms. Intake of some macro- and micro-nutrients might be associated with reduced risk of MS. searching showed that co-supplemented oils with Hot nature dietary intervention may decrease the risk of developing MS.

**Keywords:** multiple sclerosis, nutrition, diet