Invitation to the 19th State of the Art Symposium
Dear colleagues,

On behalf of the Swiss Multiple Sclerosis Society and its Scientific Advisory Board it is our pleasure to invite you to the 19\textsuperscript{th} State of the Art Symposium.

Multiple Sclerosis (MS) presents as a very heterogeneous disease considering its underlying mechanisms and therefore its clinical presentation and its response to treatment.

The plenary morning session of the 19\textsuperscript{th} State of the Art Symposium entitled «Symptomatic Treatment in Multiple Sclerosis – From Drugs to Rehabilitation» is dedicated to the discussion of state of the art treatment options for the respective clinical symptoms associated with MS.

Five experts in the field have accepted our invitation and will address individual topics in symptomatic treatments in MS. Jürg Kesselring will discuss 30 years of theory versus practical experience in neurorehabilitation in MS. Jürgen Pannek will introduce current treatment and rehabilitation options for neuro-urological symptoms while Pasquale Calabrese will provide an update on options available for the treatment and rehabilitation of cognitive impairments. Next, Claude Vaney will summarize current knowledge on the efficacy of cannabinoids for the treatment of pain and spasticity in MS. Regula Steinlin Egli will then discuss if rehabilitation should preferably start before the onset of visible impairments. The morning session will conclude with our traditional update on current treatment options for MS by Ludwig Kappos.

The afternoon session, with two sets of two parallel workshops, will address specific topics relevant to the daily practice. The speakers will introduce «New Topics in Neurorehabilitation» (Workshop A), discuss treatment options in the context of «Fatigue» (Workshop B), debate «New Treatment Options for Lower Urinary Tract Symptoms» (Workshop C) and explain how to assess and improve «Gait Disorders in MS» (Workshop D).

Updated information about the Symposium can be found on www.ms-state-of-the-art.ch where you may also register for the event.

In the name of the organisers and speakers, we sincerely hope that the programme meets your interest. We cordially invite you to attend the 19\textsuperscript{th} State of the Art Symposium and to actively take part in the discussions.

We look forward to seeing you in Lucerne.

Prof. Dr. Britta Engelhardt
President of the Scientific Advisory Board

Patricia Monin
Director of the Swiss MS-Society
Programme
Saturday, January 28th, 2017

| Chairpersons | Session 1: Prof. Britta Engelhardt, Bern | Dr. Christian Kamm, Lucerne |
| Session 2: Dr. Chiara Zecca, Lugano | Prof. Jürgen Pannek, Nottwil |

09.30-10.00 Welcome with Coffee and Gipfeli
10.00-10.10 Patricia Monin, Zurich
Welcome from the Swiss MS-Society
10.10-10.40 Prof. Jürg Kesselring, Valens
Neurorehabilitation in MS – Trying to melt & shape Theory & Practice over 30 Years
10.40-11.10 Prof. Jürgen Pannek, Nottwil
Neuro-urology – Summary of current Treatment & Rehab Options for PwMS
11.10-11.40 Prof. Pasquale Calabrese, Basel
Cognitive Impairments – Update & Treatment, Rehab
11.40-12.10 Coffee Break
12.10-12.35 Dr. Claude Vaney, Crans Montana
Cannabinoids for Pain and Spasticity in MS
12.35-12.50 Regula Steinlin Egli, Basel
Rehabilitation – Does it only start with visible Impairment?
12.50-13.15 Prof. Ludwig Kappos, Basel
Update on New Treatments
13.15-14.15 Lunch
14.15-15.00 Workshops A and B
15.00-15.20 Coffee Break
15.20-16.05 Workshops C and D
16.05 Farewell Apero
Clinical Case Management
These workshops focus on aspects relevant to the daily management of MS patients. Attendees are encouraged to submit questions or own cases by January 16th, 2017 to symposium@multiplesklerose.ch or to the workshop speakers.

14.15-15.00 Workshop A: «New Topics in Neurorehabilitation»
Dr. Jens Bansi, Valens and Dr. Tim Vanbellingen, Lucerne
– Getting the dosage right - the relevance of adequate training intensities during neurorehabilitation in PwMS
– Impacts of cardio-respiratory fitness on cognition, fatigue and immune functions in PwMS
– Upper limb standardized assessments and evidence based interventions
– Effects of upper limb training on cortical and sub-cortical networks

Workshop B: «Fatigue»
Dr. Lutz Achtnichts, Aarau and Dr. Gianna Riccitelli, Lugano
– Definition of Fatigue in MS
– Assessment of Fatigue in MS
– Treatment options for Fatigue in MS

15.00-15.20 Coffee Break

15.20-16.05 Workshop C: «New Treatment Options for Lower Urinary Tract Symptoms»
Dr. Alex Digesu, London and Prof. Brigitte Schurch, Lausanne
– Review of the current treatment options for MS patients who suffer from LUTS
– Exploration the new treatments options
– Discussion of new research ideas

Workshop D: «Gait Disorders in MS»
Dr. Gilles Allali, Geneva and Dr. Ulrik Dalgas, Aarhus
– Early walking impairments in MS
– Walking and cognition
– Walking measures and predictors in MS
– How to improve walking in MS

16.05 Farewell Apero
General Information

Venue
KKL Luzern, Europaplatz 1, CH-6005 Lucerne
www.kkl-luzern.ch

Date
Saturday, January 28th, 2017, 10 am – 4 pm

Programme committee
Britta Engelhardt, Bern; Adam Czaplinski, Zurich; Tobias Derfuss, Basel; Christian Kamm, Lucerne; Patrice Lalive, Geneva; Nadja Münzel, Nottwil; Jürgen Pannek, Nottwil; Myriam Schluep, Lausanne; Chiara Zecca, Lugano

Organisation
Swiss MS-Society and its Scientific Advisory Board

Registration
www.ms-state-of-the-art.ch
symposium@multiplesklerose.ch
Fax +41 43 444 43 44

Credits
Credits will be published on www.ms-state-of-the-art.ch

Swiss Multiple Sclerosis Society
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Information: www.multiplesklerose.ch / 043 444 43 43
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Public transport

The Symposium venue is only a few steps from the SBB Mainstation.