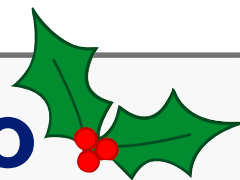




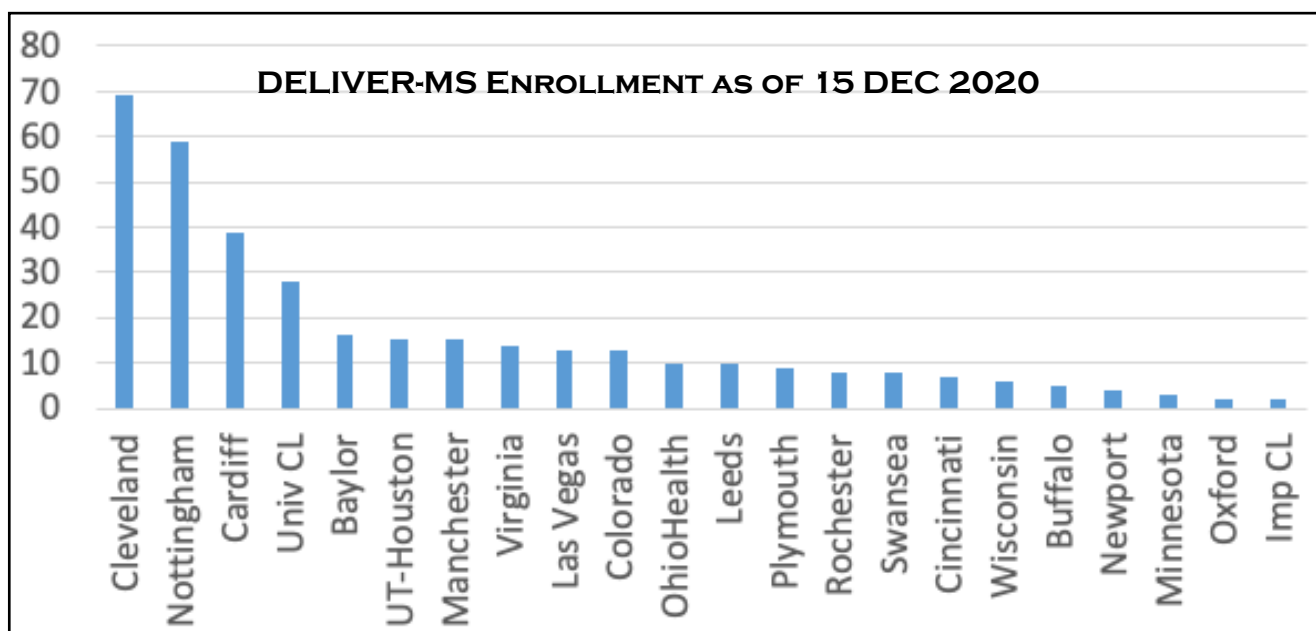
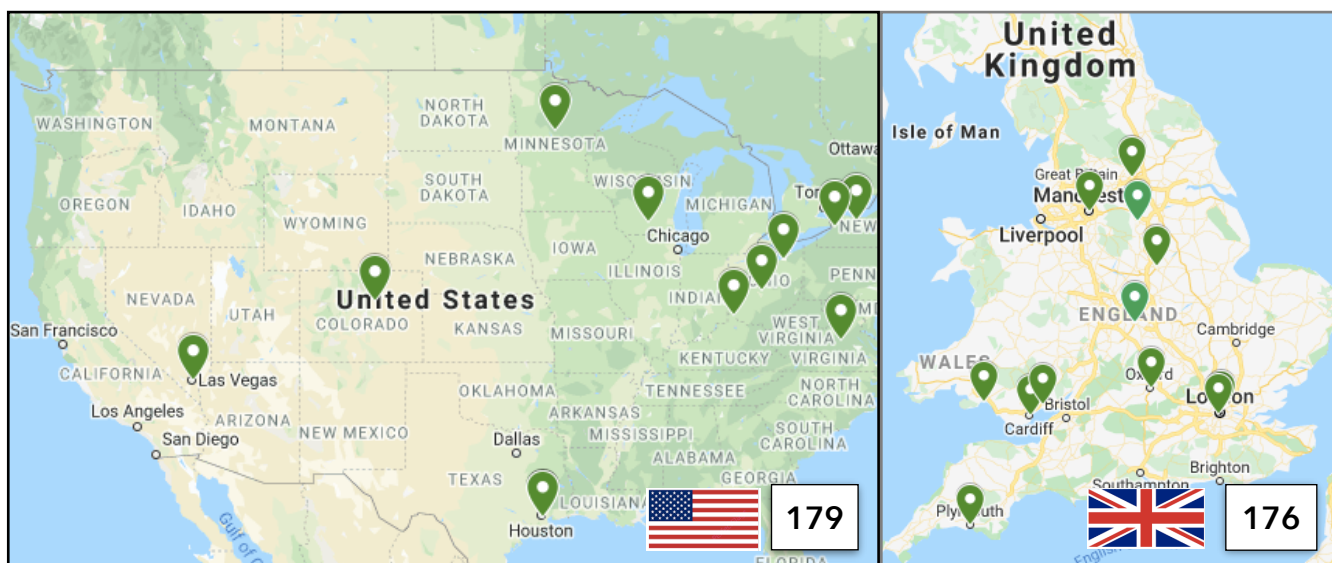
DECEMBER 2020



Does early treatment with highly effective DMT improve prognosis for people with MS?

WELCOME TO THE DELIVER-MS NEWSLETTER

What a year 2020 has been for all of us. COVID-19 has posed challenges we could not have imagined last year, and the world of research was no exception. With so many competing concerns, it has been difficult for sites to focus on recruitment, and even those who were determined to continue had several obstacles to negotiate. Other unwelcome distractions included an uncertain BREXIT in the UK, and the election battle in the US. But as we reach the end of this trying year and hope for brighter times ahead, we reflect on the positives that lockdown brought (see below) and give thanks to you, our valued DELIVER-MS friends.



WHAT HAS BEEN YOUR LOCKDOWN PROJECT?



Lockdowns around the world forced many of us to look for fun in our own back yard. We share the lockdown highlights of the DELIVER team below, but *can you guess which achievement belongs to which researcher?**

RESEARCHERS



Dan Ontaneda



Enriquez Alvarez



Glamped in style



Made a home cinema



Grew a mini human



Aimee Hibbert



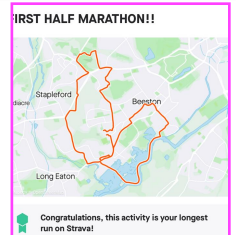
Harriet Howard



Sarah Planchon



Landscaped the garden



Ran a (first ever) half marathon



Steph Mitchell



Praneeta Raza



Wallace Brownlee



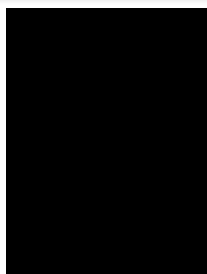
Dug a pond



Raised £800 for charity



Nikos Evangelou



Perfected Christmas baking



Built a basement wet bar



Mastered a sourdough (2 contenders!)



Aryn Giffi Scibona



John Mays



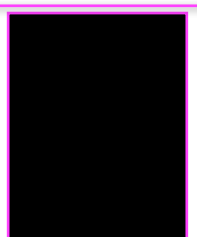
Emma Tallantyre

158

Did 158 DELIVER visits + earned a promotion!



Had a carpal tunnel release



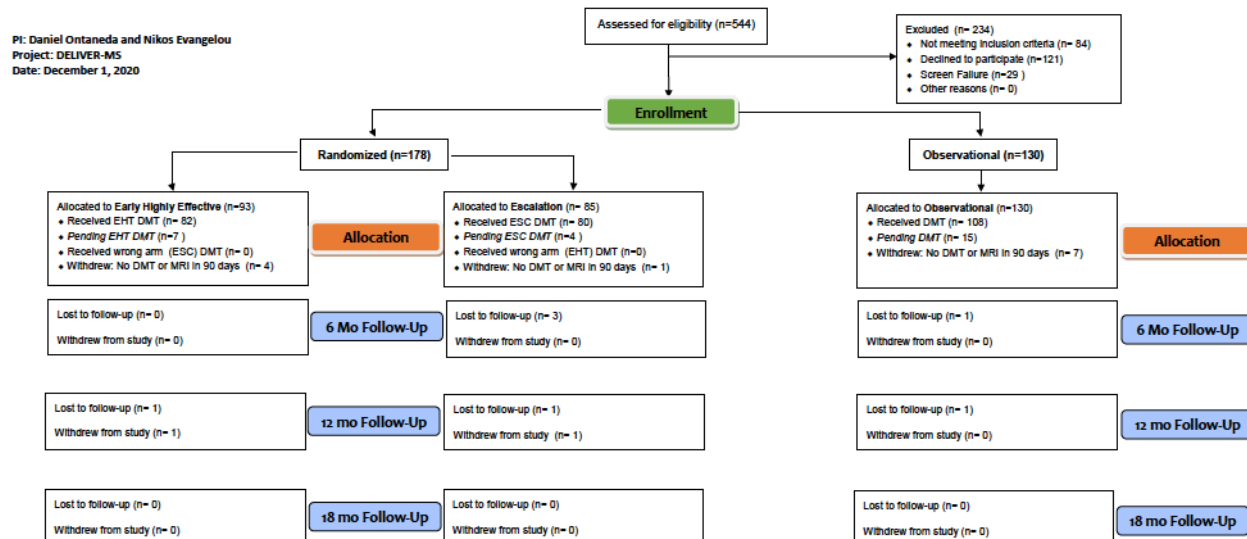
Watched her beautiful daughter grow

* answers in Jan 2021 newsletter!

NEWS AND UPDATES



A huge thank you to all of the sites that cooperated with us to get data for our consort diagram - see screenshot below (*ok I know you can't read any text but just appreciate that it is a thing of beauty and makes PCORI very happy*). We will continue to need this data from sites routinely.



A important reminder to fill in DMT summary forms:

Please ensure you upload and update Form 16 as soon as a patient commences DMT and/or changes their DMT. This form should first be seen on the database at participant's baseline or month 3 visits.

Form 16: Disease Modifying Therapy Summary Participant ID: _____ Initials: _____

	If stopped, reason	Disease Modifying Therapy	Alternate dosing (if any)
Start Date ddmmmyyy 8 JUN 2020	<input type="checkbox"/> Breakthrough disease activity—clinical (relapse or other) <input checked="" type="checkbox"/> Breakthrough disease activity—MRI only <input type="checkbox"/> Tolerability issues <input type="checkbox"/> Safety concerns of previous DMT	<input type="checkbox"/> glatiramer acetate (20 mg daily) <input checked="" type="checkbox"/> glatiramer acetate (40mg 3x/week) <input type="checkbox"/> interferon beta 1a IM (30 mcg/ week) <input type="checkbox"/> interferon beta 1a SC (22 or 44 mcg, 3x/week) <input type="checkbox"/> interferon beta 1b SC (0.3mg every other day) <input type="checkbox"/> pegylated interferon beta 1a (125 mg every 14days) <input type="checkbox"/> fingolimod (0.5 mg/day) <input type="checkbox"/> teriflunomide (7 mg once daily) <input type="checkbox"/> teriflunomide (14 mg once daily) <input type="checkbox"/> dimethyl fumarate (240 mg twice daily) <input type="checkbox"/> cladribine (1.75mg/kg per year, orally) <input type="checkbox"/> natalizumab (300 mg every 4 weeks) <input type="checkbox"/> ocrelizumab (600 mg every 6 months) <input type="checkbox"/> alemtuzumab (12mg/day for 5 days followed by 12mg/day for 3 days 12 months after first dose) <input type="checkbox"/> rituximab (500 mg every 6 months) <input type="checkbox"/> other MS disease modifying treatment: _____	<input type="checkbox"/> N/A DMT: _____ Route: <input type="checkbox"/> PO <input type="checkbox"/> SC <input type="checkbox"/> IM <input type="checkbox"/> IV <input type="checkbox"/> Other Dose: _____ []mg []mcg Frequency: _____ time/s every _____ [] day [] Week [] Month <input type="checkbox"/> Single dose <input type="checkbox"/> Every other day <input type="checkbox"/> Other (specify) _____
End Date ddmmmyyy 12 NOV 2020	<input type="checkbox"/> Convenience—negatives of previous DMT <input type="checkbox"/> Convenience—positives of new DM <input type="checkbox"/> Family planning <input type="checkbox"/> Other: _____ ** Be certain to record ANY DMT discontinuation-related AEs on the DMT Disco AE Summary sheet (Form #17)	<input type="checkbox"/> glatiramer acetate (20 mg daily) <input type="checkbox"/> glatiramer acetate (40mg 3x/week) <input type="checkbox"/> interferon beta 1a IM (30 mcg/ week) <input type="checkbox"/> interferon beta 1a SC (22 or 44 mcg, 3x/week) <input type="checkbox"/> interferon beta 1b SC (0.3mg every other day) <input type="checkbox"/> pegylated interferon beta 1a (125 mg every 14days) <input type="checkbox"/> fingolimod (0.5 mg/day) <input type="checkbox"/> teriflunomide (7 mg once daily) <input type="checkbox"/> teriflunomide (14 mg once daily) <input type="checkbox"/> dimethyl fumarate (240 mg twice daily) <input type="checkbox"/> cladribine (1.75mg/kg per year, orally) <input checked="" type="checkbox"/> natalizumab (300 mg every 4 weeks) <input type="checkbox"/> ocrelizumab (600 mg every 6 months)	<input type="checkbox"/> N/A DMT: _____ Route: <input type="checkbox"/> PO <input type="checkbox"/> SC <input type="checkbox"/> IM <input type="checkbox"/> IV <input type="checkbox"/> Other Dose: _____ []mg []mcg Frequency: _____
Start Date ddmmmyyy 5 DEC 2020	<input type="checkbox"/> Breakthrough disease activity—clinical (relapse or other) <input type="checkbox"/> Breakthrough disease activity—MRI only <input type="checkbox"/> Tolerability issues <input type="checkbox"/> Safety concerns of previous DMT	<input type="checkbox"/> glatiramer acetate (20 mg daily) <input type="checkbox"/> glatiramer acetate (40mg 3x/week) <input type="checkbox"/> interferon beta 1a IM (30 mcg/ week) <input type="checkbox"/> interferon beta 1a SC (22 or 44 mcg, 3x/week) <input type="checkbox"/> interferon beta 1b SC (0.3mg every other day) <input type="checkbox"/> pegylated interferon beta 1a (125 mg every 14days) <input type="checkbox"/> fingolimod (0.5 mg/day) <input type="checkbox"/> teriflunomide (7 mg once daily) <input type="checkbox"/> teriflunomide (14 mg once daily) <input type="checkbox"/> dimethyl fumarate (240 mg twice daily) <input type="checkbox"/> cladribine (1.75mg/kg per year, orally) <input checked="" type="checkbox"/> natalizumab (300 mg every 4 weeks) <input type="checkbox"/> ocrelizumab (600 mg every 6 months)	<input type="checkbox"/> N/A DMT: _____ Route: <input type="checkbox"/> PO <input type="checkbox"/> SC <input type="checkbox"/> IM <input type="checkbox"/> IV <input type="checkbox"/> Other Dose: _____ []mg []mcg Frequency: _____
End Date ddmmmyyy	<input type="checkbox"/> Convenience—negatives of previous DMT <input type="checkbox"/> Convenience—positives of new DM <input type="checkbox"/> Family planning	<input type="checkbox"/> glatiramer acetate (20 mg daily) <input type="checkbox"/> glatiramer acetate (40mg 3x/week) <input type="checkbox"/> interferon beta 1a IM (30 mcg/ week) <input type="checkbox"/> interferon beta 1a SC (22 or 44 mcg, 3x/week) <input type="checkbox"/> interferon beta 1b SC (0.3mg every other day) <input type="checkbox"/> pegylated interferon beta 1a (125 mg every 14days) <input type="checkbox"/> fingolimod (0.5 mg/day) <input type="checkbox"/> teriflunomide (7 mg once daily) <input type="checkbox"/> teriflunomide (14 mg once daily) <input type="checkbox"/> dimethyl fumarate (240 mg twice daily) <input type="checkbox"/> cladribine (1.75mg/kg per year, orally) <input checked="" type="checkbox"/> natalizumab (300 mg every 4 weeks) <input type="checkbox"/> ocrelizumab (600 mg every 6 months)	<input type="checkbox"/> N/A DMT: _____ Route: <input type="checkbox"/> PO <input type="checkbox"/> SC <input type="checkbox"/> IM <input type="checkbox"/> IV <input type="checkbox"/> Other Dose: _____ []mg []mcg Frequency: _____



FINAL THOUGHTS

Thanks for all your hard work and keeping our study going through this most difficult year. We have all been struggling to keep clinical, teaching, and research activities normal with the pressures imposed by the pandemic. We are happy and proud our study continued to enrol patients without interruption, thanks to your hard work and perseverance. We look forward to vaccines, 2021, and completing enrollment for DELIVER-MS. I hope everyone gets some time-off and enjoys friends and family during the holidays.

Best wishes to all.

From Nikos, Dan and the rest of the DELIVER-MS team



Relevant Links

Our website is:

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