

## Programme

|       |   |                            |
|-------|---|----------------------------|
| 9:30  | Registration  |                            |
| 10:00 | Welcome   | Barbara Babcock, TMS Chair |
| 10:05 | Introduction to John Radcliffe Centre                               | Dr M Isabel Leite          |
|       | - TM, NMO, ADEM and MS treatment at JR                              |                            |
|       | - NMO and its relation to TM ('NMO-spectrum disease')               |                            |
|       | - Neuroscience research at Oxford                                   |                            |
| 10:20 | Overview of research and clinical trials at Johns Hopkins TM Center | Dr Adam Kaplin             |
| 10:40 | Coffee  |                            |
| 11:00 | Living with TM – What TMers Can Do for Themselves                   | Dr Allison Graham          |
|       | - Access to rehabilitation for TMers                                |                            |
|       | - Neuro-physiotherapy, FES and importance of exercise               |                            |
|       | - Coping with fatigue and neuropathic pain                          |                            |
| 11:45 | Questions and Discussion  |                            |
| 12:30 | Lunch in Tingewick Hall Foyer                                       |                            |
| 1:30  | Psychological and Cognitive Aspects of TM                           | Dr Adam Kaplin             |
| 2:00  | Questions and Discussion  |                            |
| 2:30  | Research – How to Prevent TM and Repair Damage to Spinal Cord       | Denise Fitzgerald PhD      |
|       | - Introduction to immunology and inflammation                       |                            |
|       | - Why do NMO and MS recur? Are TM and ADEM always monophasic?       |                            |
|       | - Mysteries of remyelination  |                            |
|       | - Stem cells, their potential and challenges                        |                            |
|       | - Relevance of MS research to TM, ADEM and NMO                      |                            |
|       | - What is the most promising research being done?                   |                            |
| 3:15  | Questions and Discussion  |                            |
| 3:30  | Tea   |                            |
| 3:45  | Final Questions and Discussion                                      |                            |
| 4:20  | Closing Words   | Barbara Babcock, TMS Chair |
| 4:30  | Close   |                            |