

John A. Schafer, MD
**Multiple Sclerosis
Achievement Center**



MALNUTRITION AND MS

Tyler Titcomb, PhD, RDN is an assistant professor in the Department of Dietetics and Nutrition and registered dietitian in the Department of Neurology at the University of Kansas Medical Center. His research and faculty practice focus on improving nutritional status for people living with multiple sclerosis to maintain muscle mass and function. He advocates for the inclusion of registered dietitians in MS care.

Malnutrition happens when your body isn't getting enough of the protein or energy it needs to stay healthy. This can affect strength, thinking, immune system, and overall well-being. Because multiple sclerosis (MS) is an inflammatory condition, people with MS may be at higher risk for malnutrition. Several challenges that are common in MS, like high medical costs, taking many medications, trouble swallowing, physical limitations, or difficulty accessing or preparing nutritious food can increase that risk even more. This presentation will explain what malnutrition looks like, how common it is in MS, the signs and symptoms to watch for, and how it can be identified and treated.

Monday, January 12, 2026

11:00am – 12:00pm PST

Registration is required and a ZOOM link will be emailed to registrants.

Space is limited.

Please register by January 5th.



To register, contact: 916.453.7966 or
Melissa.Watkins901@commonspirit.org

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