This issue of the *International Journal of MS Care* (IJMSC) offers contributions from virtually every type of clinician involved in multiple sclerosis (MS) care—nurses, neurologists, occupational therapists, and physical therapists—as well as researchers in exercise physiology, quality of life, and psychology. Aspects of care in MS that are covered in this issue include tremor, cognition, physical activity and exercise, and general rehabilitation, as well as overall quality of life and slowing of the disease process with disease-modifying agents.

In order to make progress in any area, we need tools to measure difficulties, and Ms. Daudrich and colleagues (University of British Columbia, Vancouver, Canada) have described a new method of measuring tremor, which is one of the most troublesome symptoms in MS. Tremor in MS can be caused by many mechanisms and, as the authors point out, can have psychosocial as well as functional effects. The new assessment instrument elicits a description of tremor and measures its severity and its effects on activities of daily living and emotional status. Another contribution to the measurement of aspects of MS comes from Dr. Bandari (Multiple Sclerosis Center of Southern California and Research Group, Newport Beach) and colleagues, who examine the current status of health-related quality of life (HRQOL) instruments with a view toward how best to refine them and increase their routine use. Their article discusses the advantages and disadvantages of various generic and MS-specific measures of HRQOL.

Bridging the gap between research and clinical practice, Ms. Halper and Ms. Perrin Ross report on a panel of nursing experts that met under the auspices of the International Organization of Multiple Sclerosis Nurses (IOMSN) to review standards of care in the treatment of mobility loss in MS. They identify specific actions that patients, care partners, and health-care professionals can take to improve the assessment and treatment of mobility loss and walking impairment in MS.

Dr. Prakash (Ohio State University, Columbus), Dr. Motl (University of Illinois at Urbana-Champaign), and colleagues have applied work done in geriatrics to the MS field to examine how physical activity correlates with perceived cognitive deficits in relapsing-remitting MS. Their results suggest that physical activity is a modifiable behavior with a potential positive impact on cognitive impairment, yet another worrisome and troubling symptom in our patients.

Dr. Filipi (University of Nebraska Medical Center, Omaha) and colleagues present preliminary data from a larger study of the impact of resistance training on balance and gait in MS. Their data also demonstrate improvement in cognition as well as fatigue and gait with their structured weight resistance program.

The issue is rounded out with two articles on slowing down the process of MS using disease-modifying agents, both present and future. Drs. Kremenchutzky and Kinkel of the University of Western Ontario, London (Canada), and Harvard Medical School, Boston, MA, respectively, discuss the efficacy of varying preparations of interferon beta in delaying conversion to clinically definite MS. They review the data from the major clinical trials in this area, discussing both the benefits and risks to patients. Finally, Ms. Syc and Dr. Schiess (Johns Hopkins University, Baltimore, MD) provide an update on new medications that may be coming on the market in the next few years for slowing disease progression and lessening disease activity in MS, based on the recent flurry of trial results that have been released. Hopefully, at least some of these medications will continue to show promise and also allow us to add effective oral agents to our current armamentarium.

We look forward to seeing y’all in San Antonio, Texas, at the 2010 Annual Meeting of the Consortium of Multiple Sclerosis Centers (CMSC), to be held jointly with the Americas Committee for Treatment and Research in Multiple Sclerosis (ACTRIMS) from June 2 to 5. We remind you that IJMSC is now using an online submission and peer review system, located at http://ijmsc.msubmit.net and also accessible from the CMSC website at www.mscare.org. All articles published in IJMSC are eligible for the annual Robert M. Herndon IJMSC Award, given for the best article published in the journal in a calendar year, with preference given to those based on data presented at an annual CMSC meeting. Also, we are always looking for good reviewers for submitted manuscripts, so if you are interested in participating in this process, please take a moment to register in the online system.

—Lael A. Stone, MD

*Editor in Chief*