

## **Participating in Research**

### **Rhona Ford**

My name's Rhona Ford and I'm coming up to ten years in January having, diagnosed with MS.

I am on the biotin research study, and so that's taking biotin, quite a high dosage, three times a day and I've been on that since January.

It was really my MS nurse Nicola who informed me of it and gave me all the information about it and really just put me forward for it.

OK, so the study just entails.., so I take the tablets, I've got to.. there's a time where you've got to take one, not eat for an hour, take one and then not eat for two hours, and so you try and do that and then I come to the Clinic every three months to get regular exercise assessments.

I have a Fitbit so, I wear a Fitbit just so that it records how much sleep I'm getting but also it records how many steps I'm taking and what days are good and what days aren't so good and so that gets recorded, and I get MRI scans, ECG scans, stuff like that on a regular basis.

Absolutely, the Clinic here is fantastic, it's got a lot of information, and it's got a lot of friendly faces and you definitely feel at home when you come up, and come in and you just see a lot of the same people and they get to know you by your first name, and when you're coming in you feel sort of like a celebrity because you're helping them with the research but you feel like you're getting helped as well, so it is really good.