

DR. ROY SWANK PAPER 1953. The clinical study had lasted only few years at this point, and Dr. Swank noticed very clear relapse reduction in patients. He was very convinced that vascular system is the root of MS.

COMMENT

Evidence is accumulating to suggest that a diet low in fat is beneficial to patients with multiple sclerosis. It is of interest to consider some of the means by which the fat intake might influence the course of this disease.

First, there is reason to suspect a vascular component in the pathogenesis of the disease. Some of the clinical features which suggest this have been outlined by Putnam¹⁰ and Brickner.¹¹ The observations of tortuous and irregular blood vessels in the nail beds,¹² and of these and other peripheral vascular phenomena described and discussed by Grain and Jahsman,¹³ indicate that the vascular system sustains damage in this disease. The fact that many other conditions exhibit similar vascular phenomena is indicative of the complexity of the situation rather than of the lack of significance of the changes. The observation of Franklin and Brickner¹⁴ that spasms of the retinal arteries were present during transient episodes of scotoma in patients with multiple sclerosis, and that of Rucker¹⁵ of sheathing of the retinal veins emphasize the importance of the vascular system in this disease. The increase in capillary fragility reported by Shulman, Alexander, Ehrentheil, and Gross¹⁶ may be further indication that the vascular system is defective in multiple sclerosis.

Swank, Roy L. "Treatment Of Multiple Sclerosis With Low-Fat Diet." *Archives of Neurology And Psychiatry* 69, no. 1 (1953): 91. doi:10.1001/archneurpsyc.1953.02320250097011.