

Example of the popularised summary of a doctoral dissertation:

Multiple sclerosis (MS) has become more common in Finland in the last few decades. There are significant regional differences in the prevalence and incidence of MS, and the prevalence is particularly high in Southwest Finland and South Ostrobothnia. Even though MS has become more common, the hospital admission rates of MS patients have decreased in Finland.

Multiple sclerosis is the most common neurological disease that causes disability in younger adults. The prevalence of MS is on the rise globally and increases when moving further north from the equator. Finland is a high-risk region for MS.

The dissertation research shows that the prevalence of MS in Finland has increased steadily in the past 50 years. The patients' longer life expectancy partly explains the growing numbers in prevalence, but also the incidence of the disease has increased since the 1990s. This, on the other hand, can be partly explained by the earlier and improved diagnostics of the disease.

The dissertation research confirmed that there are significant regional differences in the prevalence of MS in Finland. Prevalence is particularly high in the western and southwestern parts of the country and the highest prevalence was observed in South Ostrobothnia. In eastern Finland, the prevalence and incidence of MS were a third lower than in the western regions. The regional variation in the epidemiology of MS is most likely related to differences in demographics and environmental factors, and the genetic differences between the population in eastern and western Finland.