



# Healing MS

*The IMSMP newsletter to address the needs of our patients and keep you informed of the latest research treatments and ways to heal*

## IMSMP and Tisch MSRCNY Undergoing Major Expansion in 2020

As a world leader in MS research, and the treatment for people with multiple sclerosis, Tisch MSRCNY and the IMSMP continue to improve and attain new heights of excellence in research and healthcare delivery. Over the next year, a planned expansion to enable the vision Dr. Saud A. Sadiq and his team crafted for patients will hopefully become a reality. Construction has already begun on the 3<sup>rd</sup> floor of the midtown west facility and will continue throughout early 2020.

“The opportunity to grow, enhance and offer the ultimate environment for MS research and clinical work is always a priority for the IMSMP and Tisch MSRCNY. We stay dedicated to our mission to discover the cause of MS as we strive to improve the quality of life of those already diagnosed,” said Dr. Saud A. Sadiq.

The IMSMP Infusion Suite on the 4<sup>th</sup> floor will undergo a major renovation and expansion to enhance privacy and comfort for our patients receiving various intravenous treatments. On the 3<sup>rd</sup> floor, a wellness center is being incorporated which will include a new state-of-the-art Rehabilitation Suite for enhanced physical and occupational therapy. A key component of the wellness program will be a Naturopathic Center which will provide patients with nutritional and holistic consultations and education, as well as meal preparation seminars under the direction of Dr. Deneb Bates.

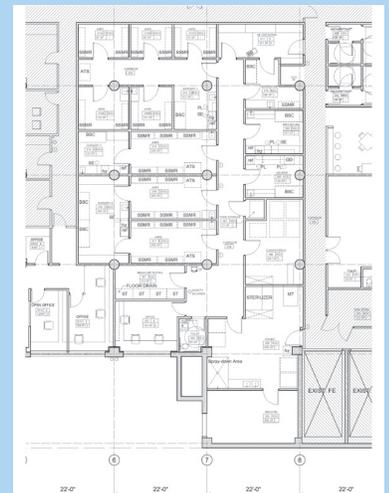
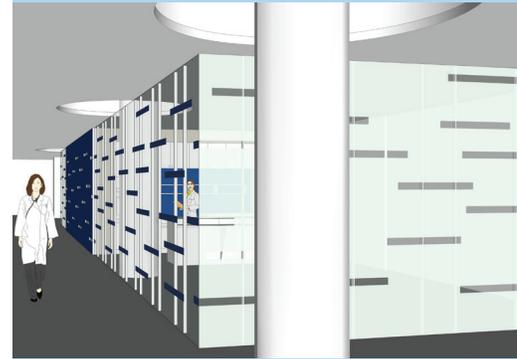
The Tisch MS Research Center will commence the second phase of the build-out of the Institute for Experimental and Stem Cell Research. Phase I constituting the Regenerative Medicine Laboratory housing the stem cell facilities opened in 2018. Construction is now ongoing to build the Experimental Research Center to enable disease modeling and organoid research. This will greatly facilitate the creation and development of new disease models of progressive MS and cerebellar dysfunction and will help us understand the underlying mechanisms of these specific disorders. The ultimate aim for this anticipated research is to lead to innovative therapeutic strategies for aspects of MS which are currently suboptimally treated.

**To learn more about the expansion and the cutting-edge research and treatment being done, register for the**

**Tisch MS Research Center 22<sup>nd</sup> Annual Patient Symposium!**

[www.tischms.org/events](http://www.tischms.org/events)

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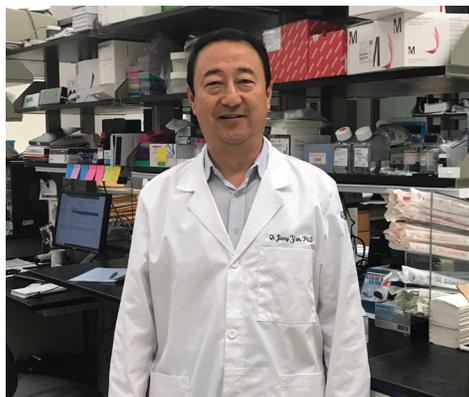
Plans for the Third Floor Expansion

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## TISCH MSRCNY NEWS

### Welcome Back, Dr. Qi Jiang Yan!



**Dr. Qi Jiang Yan**

Tisch MSRCNY would like to welcome back our former Research Scientist, Dr. Qi Jiang Yan. In the following interview, Dr. Yan discusses his research and what brought him back to the Center.

#### **When did you first start working at the Tisch MS Research Center of New York?**

I began working at the Tisch MS Research Center of New York in 2005.

#### **What does your research focus on?**

My research focuses on providing pathological expertise to our researchers.

#### **How is that accomplished?**

Almost all of our research involves the use of brain and spinal cord specimens. These tissues are obtained from patients with MS who have generously and selflessly donated their bodies for medical research. Such samples are difficult to obtain and at Tisch MSRCNY, we are fortunate to have well-preserved tissue specimens. My work has involved extensive cataloging of various sections of normal and MS affected brain, as well as categorizing MS lesions into active and inactive. We also have spinal cord sections from the cervical and thoracic spine at different levels. The availability of these specimens is especially critical to our work in finding the cause of MS and for a better understanding of progressive disease. Because of my past

experience with pathological specimens, staining, and categorization pathology, I collaborate with all of the researchers on their various projects.

#### **After some recent work in China, what brought you back to New York and our Center?**

True compassion, dedication, humility and the love of research that Dr. Sadiq exudes led to my return to Tisch MSRCNY. In addition, the Center's strong positive energy, world-leading Phase II stem cell clinical trial, and fruitful MS research confirmed this is where I should be.

#### **What do you enjoy most about working in the Tisch MS Laboratory?**

I truly feel our Center is a big, warm family. Everyone works hard to investigate the cause of MS and cure for MS. Most importantly, we have an inspiring leader and collaborator in our Chief Research Scientist, Dr. Saud A. Sadiq.

*Tisch MS Research Center of New York is delighted to welcome a new class of Research Assistants to work in our laboratory.*



**Joseph Beaty** (Vassar College) will join Dr. Jamie Wong's team.



**Derek Bishop** (Vassar College) will have Dr. Violaine Harris as his principal investigator.



**Setse Bush** (Vassar College) a clinical research assistant, will work with Dr. Saud A. Sadiq.



**Eric Chen** (Cornell University) will work with Dr. Nicolas Daviaud.



**Julia Granato** (Vassar College) will work with Dr. Anna Iacoangeli.



**Taylor Shue** (Wake Forest University) will work under the supervision of Dr. Jamie Wong.



**Jonah Vernejoul** (Princeton University) will join Jerry Lin's research team.

## A NOTE FROM THE NURSES

### Prescriptions Reminders

Getting your prescriptions filled can be a confusing process. Here at the IMSMP, we try to make it as easy as possible but we know there can still be a lot of questions. Here is a quick guide to how different types of prescriptions are processed:

- **Refills** — Refill requests can be called into the prescription line by the patient, electronically requested or faxed in by the pharmacy. The request will be filled the same day if submitted by 3 PM. The prescription is then processed through the pharmacy and through your insurance. Your insurance may require a prior authorization at this time. **Please note:** Prior authorizations can take up to 72 hours to receive a determination.
- **A note on refills** — Please confirm with your pharmacy a refill order is needed before calling the prescription line. Often, the pharmacy has refills on file for you. There are some restrictions on how many refills can be added to certain medications (controlled substances vs. standard prescriptions).
- **New medications or a change in dose** — If you feel you need a change in dosage or complete change in medication, please call the NURSING LINE. The nurse must confirm with the doctor a change is appropriate before filling the prescription. Once approved by your doctor, the medication will be prescribed to your pharmacy.
- **Disease modifying therapies** — These prescriptions usually have a few more steps involved. For most, there is a start form that the patient and doctor must sign. The form is processed by the drug manufacturer and sent to the appropriate mail order pharmacy after investigating the patient's insurance. A prior authorization is needed for the majority of these drugs. This process can take a few weeks or longer depending on the insurance plan.
- **Specialty medications** — These medications are generally filled by a mail-order pharmacy and require prior authorization. Make sure you request refills about two weeks prior to running out to allow time for shipping and prior authorizations if needed.
- **Infusions** — Beginning a new infusion medication can take some time. Certain medications are not initially covered by insurance and require not just a prior authorization but a number of appeals. With some medications, such as Rituxan, this process can take months. Please be patient. Authorizations for Rituxan can only be done by our office if you are infusing at the IMSMP. If you are infusing offsite, authorizations need to be handled by your offsite facility.

The nurses at the IMSMP work on prescriptions Monday-Friday. Please remember, if we receive the request by 3 PM, it will be taken care of the same day. If it is received after 3 PM it will be taken care of the next business day. If you are running low on a medication, please call at least one week before you run out to allow time for the prescription to be submitted and the pharmacy and insurance to authorize it.

## Major Renovation Resulting in Temporary Closure of the 521 West 57<sup>th</sup> Street Entrance

As of September 15, 2019, the 521 West 57<sup>th</sup> Street entrance will be closed due to construction of the main lobby. Please note the following:

- Patients coming for an MRI should now enter at 533 West 57<sup>th</sup> Street.
- All other patients should enter at 518 West 58<sup>th</sup> Street.



Please allow for extra travel time before your appointment. We apologize for the inconvenience.

If you have any questions, please call the front desk at 212-265-8070.

## NEWS ON NATUROPATHY

### Stress and Resilience

Stress. It's a part of life. For some, severe stress can cause a change that doesn't go away when the stressor resolves. These are called stress-related disorders and include post-traumatic stress disorder (PTSD), where our bodies maintain an ongoing stress response, even though the original stress trigger is in the past. People who develop stress-related disorders are more likely to be diagnosed with an autoimmune disease in the decade following the stressful event. However, those who seek treatment within the first year don't have elevated autoimmune risk.[1] This research helps us understand that finding healthy ways to cope with stressful events shortly after they occur is essential to long-term health.

Emotional resilience is a key factor in living well with chronic illness and allows all of us to cope more gracefully with stressors. Finding strength through hardship and embracing opportunities for post-traumatic growth are examples of using resilience to not only recover from setbacks but even to benefit from life's challenges.

Resiliency often doesn't come naturally or easily. Sometimes it's only through great adversity that

people, out of necessity, come to find their own strengths. Being diagnosed and dealing with a chronic disease, like MS, can be a setback that requires people to dig deep and find their inner and outer resources. Strong internal traits for resiliency include being adaptable and keeping a sense of hopeful curiosity about your own life's journey. External resources to help with resiliency include a healthy lifestyle, family support, cultural connectedness and a sense of belonging, and good medical care.

At this year's Tisch MSRCNY Annual Patient Symposium, Deneb Bates, ND will present naturopathic strategies to cope with stress and "Do Better with MS," and Yadira LaMazza, MSW will discuss "Making Meaning with MS."

**To learn more, join us on Sunday, October 6<sup>th</sup> at the New York Hilton Midtown from 9:30 AM - 1:00 PM**  
[www.tischms.org/events](http://www.tischms.org/events)

1. Song, H., et al., *Association of Stress-Related Disorders With Subsequent Autoimmune Disease*. JAMA, 2018. 319(23): p. 2388-2400.

## SOCIAL WORK NEWS

### Support Groups at the IMSMP

The social work department continues to provide several support groups at the center for our patients. The main purpose of a support group is for patients to feel heard, understood, cared for, have their feelings validated, and to share valuable resources with one another. While everyone's MS is unique, experiences and feelings can be very similar.

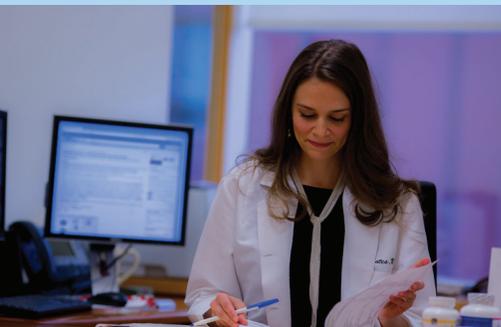
Currently, the social work department is offering the following support groups:

#### Weekly Groups

- Women Coping with MS Group on Wednesdays from 11:30 AM-1:00 PM
- Co-Ed Groups on Thursdays from 11:30 AM-1:00 PM

#### Monthly Groups

- Telephone Coping with MS Group on the first Wednesday of the month from 2:00 PM-3:00 PM
- Caregiver Group on the last Thursday of the month from 6:00 PM-7:30 PM
- Newly Diagnosed Group on the first Thursday of the month 6:00 PM-7:30 PM



Join Dr. Deneb Bates at the 22<sup>nd</sup> Annual MS Patient Education Symposium on Sunday, October 6<sup>th</sup>!



The Women Coping with MS Group



## NEW PERSONNEL

### Welcome to the Team!

Please join us in welcoming these three great additions to the Center.



**Natoya Corbette, Cell Culture Specialist**

Natoya Corbette joined the Tisch MSRCNY team as a Cell Culture Specialist in April 2019. She was born in Dominica and moved to the United States when she was 11 years old. She went on to receive her bachelor's degree in Biology from Morgan University. Previously, she worked at Hitachi Chemical Advanced Therapeutics Solutions. She is thrilled to be part of the Tisch MSRCNY team and hopes to make a difference in the lives of people with MS!



**Kavina Sarju, Administrator**

Prior to joining the IMSMP team, Kavina was working at a private school and the Office for People with Developmental Disabilities. Kavina graduated from John Jay College of Criminal Justice in May 2018, where she majored in Linguistic Anthropology and minored in Forensic Psychology. As someone who has taken a supportive role in previous jobs, she is amazed to see the stable support system here at the IMSMP. Kavina is excited to be working with the team here, to learn more about multiple sclerosis and assist our patients the best way she can.



**Masooda Sultani, Cell Culture Specialist**

Masooda Sultani received her undergraduate degree in Biotechnology from Rutgers University in 2015. Prior to joining Tisch MSRCNY in April 2019, Masooda worked as a Cell Processing Specialist at Novartis in Morris Plains, New Jersey, where she produced the life-saving CAR-T therapy for patients with leukemia. She is incredibly excited to be a part of the team and is very eager to continue learning about MS and improve the lives of as many patients as possible.

# Tisch MS Research Center of New York 22<sup>nd</sup> Annual MS Patient Education Symposium *REGISTRATION IS NOW OPEN!*



**Sunday, October 6, 2019  
9:30 AM – 1:00 PM**

New York Hilton Midtown  
1335 Avenue of the Americas  
New York, NY 10019

**For more information, or to register, please visit:  
[www.tischms.org/events](http://www.tischms.org/events) or call (646) 557-3919**

## PHYSICAL THERAPY AND REHABILITATION

### The IMSMP Now Offers Occupational Therapy Services



**Dr. Jaelyn Spechler**

Jaelyn Spechler is a licensed occupational therapist in the state of New York practicing for over four years with experience in mental health and geriatrics. Jaelyn earned her bachelor's degree in Psychology from Bucknell University and her Masters of Occupational Therapy degree from Nova Southeastern University. Jaelyn is looking forward to working with patients at the IMSMP to help keep independence and function a priority.

#### What is Occupational Therapy?

Occupational therapy (OT) is the rehabilitative discipline that focuses on the patients' every day and most meaningful activities. OT asks, "How can we continue to keep someone as independent and safe as possible performing those daily activities?" An occupational therapist provides treatments and recommendations to restore lost function as well as to adapt daily tasks to make activities safe and accomplishable. If you are feeling like everyday tasks are becoming increasingly difficult or if you want to be a more active participant in your everyday care, schedule an appointment with OT!

#### What is the Difference Between Occupational Therapy and Physical Therapy (PT)?

One way to answer this question is physical therapy focuses on a person being able to move from "Point A" to "Point B" and occupational therapy focuses on the performance of a task when the person reaches "Point B."

## TEAM TISCH MS NEWS

### Crushing Fundraising Goals: One Event at a Time!

Team Tisch MS members are not just gifted athletically – they also have a knack for fundraising.

IMSMP patient Laura Cariello combined her love of Crossfit and her support of Tisch MSRCNY with a fundraiser on July 13<sup>th</sup>, at 150 Bay Crossfit in Jersey City, NJ. "I joined Team Tisch MS to inspire others to overcome their obstacles and live their healthiest, fullest life despite challenges," said Laura. She organized this fundraiser to do just that. The panel event, entitled "Beyond Your Limits: Overcoming Injury and Limitations," focused on working through injuries and overcoming pre-existing conditions to become the strongest athlete possible. The discussion was followed by an intense workout class, and the chance to win great raffles prizes from items donated by different vendors in the community. Thanks 150 Bay Crossfit for raising over \$700, and helping Laura support Tisch MSRCNY.

Lindsay and Morgan Appel, sisters who are competing in the 2019 TCS New York City Marathon for Team Tisch MS, had a similar idea to raise money. On July 21<sup>st</sup>, they held an Orange Theory Marathon Kick-off Class to jumpstart their fundraising and get their friends and family involved. The event, held in Baltimore, MD,

raised over \$500 for Tisch MSRCNY and put the sisters on their way to reaching their fundraising goals. So far, the pair has raised nearly \$9,000.

To reach her goals, Melissa Kanter, a Team Tisch MS runner participating in the Philadelphia Marathon, held a fabulous wine and cheese night with her husband, Dr. Stephen Kanter, at their home on July 18<sup>th</sup>. Attendees came out to enter raffles, take photos and support Melissa as she prepares for the race on November 24<sup>th</sup>. The event raised thousands of dollars for Tisch MSRCNY, just as training season is beginning.

Thank you to Laura, Lindsay, Morgan, and Melissa for hosting these wonderful events, and thank you to all of our Team Tisch MS racers for their support!

Team Tisch has 23 members, participating in 32 events this year. Combined, they've raised \$50,000 so far in 2019. Are you planning to run in any Thanksgiving Day race (or similar event around the holiday season)? **We're looking for racers to join our team!**

To become a TTMS racer, send an email to [TTMS@tischms.org](mailto:TTMS@tischms.org).



**Laura Cariello (center) at her fundraising panel event**



**Lindsay and Morgan Appel's Orange Theory Marathon Kick-Off Class**



**Melissa Kanter (center) and friends at her wine and cheese event**

## DEVELOPMENT DEPARTMENT NEWS

### Crawl for a Cause



When the Miranda family wanted to support Tisch MSRCNY, they knew where to turn. The Jeep community came together on May 4, 2019, in support of the Miranda Family, and Tisch MS Research Center of New York. Anthony Miranda, an avid off-roader, along with other “Jeepers” spent a beautiful day trailing around Rausch Creek Off in Pennsylvania. A group of 80 Jeeps took guided rides around the park, “wheeling” over rocks, bowls, hills and through the mud. After the excitement was over, Jeepers entered raffles sponsored by numerous members of the Jeep community. All in all, Crawl for a Cause raised about \$7,000 for Tisch MSRCNY. Thank you, Anthony and Christine Miranda, for organizing such an exciting event, and thanks to all of the event sponsors for their support!

### Supporting MS Research Through Many Talents

Since 2014, Patrick Grace has been participating in athletic races to support various charities, in memory of his father. However, for 2019, inspired by his cousin, Kevin Grace (a patient of Dr. Sadiq’s), Patrick chose Tisch MSRCNY as the recipient of these efforts. In 2019 he has raised nearly \$6,000 (and counting)! Patrick’s Spartan Team, “Mudd, Sweat, and Beers” completed the Tri-State New York Sprint Spartan Race at Tuxedo Ridge Ski Center on Sunday, June 16<sup>th</sup>. They ran trails, crawled through the mud, and completed 20 challenging obstacles in honor of Kevin. To keep the fundraising going, Patrick also donated a portion of the proceeds from his band, Shameless Moves’, July 21<sup>st</sup> performance. Thank you, Patrick, for using all your talents in support of your cousin and Tisch MSRCNY!



Patrick and Kevin Grace with Dr. Saud A. Sadiq and Sarah MacCrae (Development Coordinator)

## With Sincere Appreciation, We Honor & Recognize Our Donors\*

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The Tisch MS Research Center receives workplace giving funds from the United Way of New York City, United Way of Bergen County & the United Way Granite of New Hampshire. Inquire with your employer to participate.

The Tisch MS Research Center gratefully acknowledges corporate matching gifts from the following companies:

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\*This list includes donors of \$500 or more received between May 1, 2019 – July 31, 2019. While every contribution is deeply appreciated, we regret that we are unable to list gifts below \$500 due to space limitations. In addition, this list does not reflect grants that have been awarded (i.e. from the National MS Society, featured in the winter newsletter).

Every effort has been made to ensure the accuracy of this list. Please email Sarah MacCrae smaccrae@tischms.org or call (646) 557-3863 to report any errors or omissions, or if you would like to have your name removed from future listings.

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