



**FUTURE MS MEDS
A 2013 SYMPOSIUM
PRESENTATION REVIEW**

ISSUE 21 | VOLUME 3 | FALL 2013



**FUTURE WITHOUT MS GALA
RAISES APPROXIMATELY \$2.5
MILLION FOR MS RESEARCH!**

Healing MS



**WEIGHT LOSS & DISABILITY
A COMPREHENSIVE CARE
COLUMN INSIDE**

**THE IMSMP NEWSLETTER
ADDRESSING THE NEEDS OF
OUR PATIENTS AND KEEPING YOU
INFORMED OF THE LATEST RESEARCH
TREATMENT AND WAYS TO HEAL**

**The IMSMP & Tisch MSRCNY Would Like to Thank the
Attendees of the 2013 Patient Education Symposium
"It's the patients that make the event a success." Saud A. Sadiq, MD**

On Sunday, October 13th, 2013 nearly 1,000 patients, family members and caregivers attended the 16th Annual Patient Education Symposium. This year's event highlighted the different disciplines and services offered in our clinical area with presentations by nursing, social work, physical therapy and naturopathy. The IMSMP neurologists discussed the symptom management of MS followed by an overview of the current disease modifying agents and the treatments that we are anticipating to be available in the future. Our final session highlighted the FDA approved Phase I Clinical Stem Cell Trial. Dr. Violaine Harris presented a decade of research leading up to the groundbreaking approval. Dr. Saud A. Sadiq reviewed the trial protocol and gave a heartfelt dedication to all MS patients that inspire the research being done in the Tisch MS laboratory. Patient profiles were presented by Michelle Hires and Robert Bloom who openly discussed the challenges they have faced with symptoms of the disease, relapses and the importance of an individualized treatment plan that suits your needs. We are truly grateful to all who attended and made this year an outstanding success! Find answers to your questions from our Q&A sessions inside this issue of Healing MS or online at www.imsmp.org.



International Multiple Sclerosis Management Practice

**Saud A. Sadiq, MD
Director**

CLINICAL

Raheela Asifuddin, BS, R.T.
(N)(CT)(MR)(AART)
Deneb Bates, ND
Shirin Begum, RN
Douglas Cohen, MD
Lisa Dabney, MD
Merry Davidson, RN
Beth DiBiase, LCSW
Tracey Eaton, RN, BSN
Tamer Elbaz, MD
Caridad Famania
Joanne Festa, PhD
Mary Gleason, RN, OCN
Carole Johnson, RN, BS
Stephen Kanter, PT, DPT
Mary Klein, RN, CNS
Dorothy Kurdyla, RN

Yadira LaMazza, MSW
Marlon Lasa, RN, BSN
Beth Levine, RN, BSN
Rebecca Lizarraga, NP
James McKee, RN
Martha Nkansah, RN
Payal Pandya, MA
Annie Park, BS, A.A.S.
R.T. (R)(MR)
Gabriel Sara, MD
Evelyn Schroeder, RN, BSN
Rusudan Siriya-Gleyzer, BS,
R.T. (MR)(ARRT)(ARMRIT)
James Stark, MD
Andrew Sylvester, MD
Jamie Weinstein, RN, BSN
Shelly White, LMSW
Armistead Williams, III, MD
Elizabeth Woods, PT,
DPT, MSCS

Sarah Yarmosky-
Kemink, RN, BA, BSN
Allan Zapanta

ADMINISTRATION

Claudia Almodovar, RN, BA
Yelena Buryan
Margaret Calarco
Megan Conroy
Gina Curovic
Sophie Deprez
Barbara Goldberg, MBA
Carmen Gonzalez
Galina Gurevich
Nyika Hollis
Jill Hughes
Tammy Jordan
Pamela Levin, RN, BA
Mary Matthews
Draga Mickovic

Theresa Mizerak
Erica Peskin
Sharmilee Roy
Giacomina Ruggiero
Umar Sadiq
Sherry Sylvia
Jane Vogel
Theresa Waddy
Kimberly Woodward, MS

RESEARCH

Shivani Agarwal, BS
Marwan Alahiri, MD
Lena Bell, BA
Michael Boatwright
Sydney Chirls, BA
Massimiliano
Cristofanilli, PhD
Daniel E. Gratch, BA
Violaine Harris, PhD

Daniel Koffler, BA
Mark Landy, BS
Donald Lee, BA
Jerry Lin, BS
Xinhe Liu, MEd
Ying Liu, PhD
Indira Londono, MS
Fozia Mir, PhD
Andre Mueller, PhD
Benjamin Pagano, BA
Hetal Ray, BA
Christopher Sears, BS
Tamara Vyshkina, PhD
Boxun Xie, MS
Bo Hyung Yoon, BS

**Tisch MS Research Center of New York
BOARD OF DIRECTORS**

**Lee J. Seidler
Chairman**

Jordan S. Berlin
Meredith Berlin
Cynthia Brodsky
Roger V. Coleman
Joseph M. Davie, MD, Ph.D.
Bradley H. Friedrich
David G. Greenstein
David A. Goldberg
Peter J. Green
David G. Greenstein
Tobi Klar, MD
Paul Lattanzio
Bernadette Mariani
James Matriani
Elizabeth Maslow Montesano
Deven Parekh
Monika Parekh
Philip R. Peller
Gaye T. Pigott
James C. Pigott
Philip J. Purcell
Sharyl Reisman
Saud A. Sadiq, MD
Greta Rubin Schwartz
Richard Schwartz
Howard M. Siskind
Marcy Siskind
Bonnie Tisch
Daniel Tisch
Stanley Trotman
Brian Warner
Alla Weisberg
Phil Weisberg
Robert Youdelman

Highlights from Symposium 2013

For those of you who were unable to attend this year's Symposium, here is a brief overview of our research presentations on the FDA approved Phase I Clinical Stem Cell Trial

A Decade of Research: Violaine Harris, PhD

The research of Dr. Violaine Harris has focused on the therapeutic application of bone marrow stem cells to promote repair and regeneration in MS. Specifically, she found that bone marrow-derived mesenchymal stem cell neural progenitors (MSC-NPs) are a feasible source of autologous stem cells for use in MS. MSC-NPs injected intrathecally, or into the cerebrospinal fluid (CSF), into mice with the animal model of MS resulted in significant improvement of disease symptoms. Her team also showed that MSC-NPs migrate to lesion areas where they have a beneficial impact on disease pathology. In addition, data from the lab's human pilot study supports the safety and feasibility of autologous MSC-NP treatment. Based on these findings, the FDA has approved a Phase I clinical trial to test the safety and tolerability of intrathecal MSC-NP administration in 20 MS patients.



Dr. Violaine Harris and Dr. Saud A. Sadiq respond to questions from attendees at the 16th Annual Symposium

Answers to your questions submitted for the Q&A session can be found at: www.tischms.org

“What Does this Study Mean For Me?” Saud A. Sadiq, MD

The title of Dr. Sadiq's talk, “What Does This Study Mean For Me?” signified an opportunity to answer many questions about our recent FDA approval to begin a Phase I Clinical Stem Cell Trial using autologous stem cells.

First and foremost, if you would like to express interest in participation in this study, you must speak to your IMSMP neurologist.

Dr. Sadiq expressed that our annual patient symposium is in many ways a time of reflection. It is a chance to look at the previous year and ask ourselves “How far have we come? Why do we work? Are we making a difference? Can we end patient suffering?” As he stated in the last newsletter, this approval is just the beginning and much work and continued research needs to be done. As part of his presentation, Dr. Sadiq introduced the upcoming timeline for the stem cell trial. Our first patient treatment is expected to commence in January of 2014 and initial safety data on patients to be reported by July 2014. A Phase II Efficacy study shall be planned by the end of 2014. Dr. Sadiq expressed his gratitude to all of our generous patients and benefactors for their continued support in helping us achieve this goal.

Many patients have asked about the inclusion/exclusion criteria for this study. Please keep in mind that this is an overview and a thorough neurological exam and medical history must be documented by your IMSMP neurologist as well. As part of Dr. Sadiq's talk, he presented the following bullet points:

INCLUSION CRITERIA

- Definite diagnosis of MS
- 18-70 age group
- Stable disease preceding 12 months and EDSS score of at least 3.0
- Undergo all MRI and other testing for safety and efficacy determination
- Ability to easily come (upon request) to Tisch MSRCNY (multiple visits over study period)

EXCLUSION CRITERIA

- Pregnancy or nursing
- Any significant other medical condition (e.g. systemic, cancer, infectious illnesses)
- Patients with substance abuse problems
- Any patient enrolled in any other clinical study
- Patients who cannot have MRI scans (i.e. metals)
- If cognition dysfunction is severe enough to invalidate an “informed consent”

A thorough evaluation process and protocol will be implemented following treatment analyzing the safety and tolerability of stem cell injections both in the short and long term.

Dr. Sadiq concluded with the story of Linda Cardinale. Already disabled and in great pain from her multiple sclerosis, Linda came to the IMSMP as a patient in 2002. Over the years, various treatments failed as the course of Linda's disease grew worse. A strategy for repair and regeneration was needed, but not yet available and Linda passed away on October 7th, 2013. Unfortunately, the story of the Cardinales' battle with MS did not end with Linda. In 2011, Linda's daughter was diagnosed with MS and is currently a patient of Dr. Sadiq.

A 2013 Symposium Presentation Review



Dr. James Stark at the 2013 symposium

Future Treatments: James Stark, MD

In the last year, two new oral medications have become available to treat MS. While this is certainly progress, these two medications are not appropriate for all patients, especially those with highly aggressive MS or progressive disease. Despite uncertainty, I anticipate another two or three medications may actually become available in the next year, depending on the final outcome of the clinical studies and the opinion of the FDA. Here is a brief summary of some of the treatments for MS which may become available in the near future:

Intravenous

- Alemtuzumab (Lemtrada™) is a powerful immunosuppressant, recently approved in the European Union, which will likely be reserved for use in patients with highly aggressive MS. Infections and the development of other autoimmune conditions have been associated with this drug, including thyroid disease and a potentially life threatening condition of low platelets. Both of those conditions, however, can be monitored for and treated.
- Ocrelizumab/Ofatumumab are both drugs which affect B cells and are very similar to a currently used, non-FDA approved medication called Rituximab. The benefit of these medications should be a reduction in the frequency of infusion reactions and drug allergies.

Injections

- Daclizumab is currently used as an immunosuppressant to prevent the rejection of donor organs after a transplant. It will be administered under the skin (subcutaneously) once a month. Phase III trials are completed or almost at completion.
- Pegylated Interferon (Pledigry™) is essentially Avonex™, but administered every two weeks. Studies have shown similar efficacy to Avonex™.
- Tovaxin is a vaccine against one's own T cells to prevent them from attacking the brain. It is administered subcutaneously every 4 weeks. A large trial has been planned but not yet started.

Orals

- Laquinimod, which was scheduled to be released in 2012, is currently undergoing further trials in order to determine its efficacy.
- Cladribine was rejected by the European version of the FDA in 2011, citing various safety concerns. The company is currently continuing clinical trials. The primary concerns with this drug are risk of cancer and infection.
- Siponimod is in final stages of trials at this time. It is similar to fingolimod (Gilenya™) but should be more selective in the particular receptor that it affects. This will hopefully reduce side effects and adverse events. This trial is recruiting Phase III subjects with either RRMS and SPMS.
- Masitinib belongs to a class of drugs that inhibit mast cells, which are involved in the immune response. This is a new target of treatment in MS and this drug is only being studied in progressive disease.

Dr. James Stark has been an IMSMP neurologist for 4 years. He has been presenting on medications to treat MS for the past 3 years at our symposia.

Symposium 2013 Q&A: Your Questions Answered

Are any of the patients at IMSMP on oral meds? Are they having any of the major side effects that I have read about?

We utilize all of the approved and many non-FDA approved medications to treat multiple sclerosis at our center. Recently with the approval of Tecfidera, many patients have transitioned to oral medications. Clinical studies with Tecfidera showed about a 30% rate of gastrointestinal side effects, which is the most common symptom.

Is it recommended for a woman with MS to go for genetic counseling prior to getting pregnant?

No, the risk of MS in families is extremely low. The risk is often quoted as 2-4%, but a recent study reported even lower rates. In addition, there are no genetic susceptibility markers that can be used in MS, therefore, no reliable genetic test exists.

On average, how many methotrexate treatments does it take before most people notice a difference?

Generally, we recommend having three treatments with intrathecal methotrexate over six months to determine the efficacy of the treatment.

For more answers to your questions from the 2013 Symposium, visit "Ask the Expert" at www.imsmp.org



Clinical Research

Stem Cell Trial Update

As many patients have already learned, Tisch MS Research Center of New York received approval from the FDA in August 2013 to move forward with a Phase I safety and tolerability clinical trial of intrathecal administration of Mesenchymal Stem Cell-Derived Neural Progenitor Cells for twenty patients with a confirmed diagnosis of primary or secondary progressive MS. We have submitted applications for funding to the NIH and for regulatory approval to an Institutional Review Board (IRB). Patient enrollment will only take place after these processes are completed. There is no formal application or pre-enrollment process and patients are advised to consult their neurologists about their possible candidacy for enrollment. Further updates to the status of the trial will be promptly reported on www.tischms.org.

Arbaclofen Study for the Treatment of Spasticity in MS Patients Officially Underway

Tisch MSRCNY has received IRB, CRO, and sponsor approval to enroll patients in a new clinical trial of Arbaclofen, an investigational new drug for the treatment of spasticity in patients with MS. Arbaclofen is an extended release tablet that may provide efficacy with improved tolerability at lower doses than the previously approved oral baclofen. The study will compare the effects of Arbaclofen to both Baclofen and placebos, and will involve a maximum of 23 weeks of participation. Patients interested in additional information about the trial can contact the Clinical

Research Assistants at the numbers listed on this page.

Control Volunteers Needed!

Tisch MSRCNY is hard at work on several important research projects requiring donation of biological materials from both MS patients and non-MS patients (control subjects). MS patients have already generously provided most of the material necessary for research, but we need the help of our patients' friends and family members:

- Control Cerebrospinal Fluid Collection:** The Tisch MSRCNY team investigating the cause of MS, headed by Jerry Lin and Dr. Sadiq, is analyzing samples of cerebrospinal fluid from MS patients and may be on the verge of a breakthrough in the search for the cause of MS. To continue their work, however, they will need to analyze cerebrospinal fluid from non-MS control subjects, with which the CSF of MS patients can be compared. Control CSF is hard to come by in general, and control CSF extracted freshly enough to allow important proteins to be analyzed prior to degradation is almost impossible to acquire at present. For friends and family of MS patients, a donation of cerebrospinal fluid may be the most important step to take to advance MS research. CSF samples will be obtained by a lumbar puncture (also known as a spinal tap) performed by an IMSMP neurologist. Lumbar punctures routinely occur at the center; each IMSMP neurologist has performed the procedure a minimum of one thousand times, and when doing so uses needles significantly smaller than the default

standard. Because of these factors, we believe that the risks associated with undergoing a lumbar puncture at our center are minimal.

- Skin Biopsies for the Generation of MS-Specific Stem Cells/Skin Biopsies for the Study of Dermatopathology in MS:** Tisch MSRCNY is continuing work on two studies involving the collection of skin biopsies. One is a collaborative effort with the New York Stem Cell Foundation to generate induced pluripotent stem cells (iPS) from adult skin cells in order to study the genetic underpinnings of MS. The other is Dr. Williams' investigation of microscopic immune changes in the skin of patients with typical MS, atypical demyelinating disease, and healthy controls. The study aims to improve methods of differentiating MS from diseases that mimic it, and to determine whether MS is associated with microscopic immune changes in the skin. Healthy control subjects, as well as additional MS patients, are needed for both studies. Participation involves the collection of a single skin biopsy and completion of a health questionnaire in the case of the NYSCF study, and two small skin biopsies and a blood draw in the case of Dr. Williams' study. Risks in both cases include formation of a scar smaller than a pencil eraser at the biopsy site, and a very small chance of infection. Any infection, while unlikely, would be treatable.

If you are interested in any of our clinical research studies, contact our Clinical Research Assistants Daniel Koffler or Sydney Chirls at (646) 557-3852 and (646) 557-3860, respectively.



A Note from the Nurses

Nursing phone lines

The IMSMP nurses staff a phone line from 9am to 5pm daily that is dedicated to addressing patients' medical concerns. One of our MS trained RNs is assigned to the nurses' line every day Monday through Friday to field calls from patients. Throughout the day, the nurse consults with physicians and returns the patients' calls by the end of the day. Please note, nurses do not reply via text or e-mail.

The prescription line is a dedicated message service which allows patients to call in their request for refills to the nurses in an efficient, streamlined process. Patients requesting a change in medication or requests for new prescriptions not previously or routinely prescribed should be addressed with the IMSMP phone nurse. All prescription requests phoned in before 3pm on weekdays are processed the same day; calls made after 3pm are processed the following business day.

When leaving a message, please be sure to:

- State and spell your name clearly and provide your date of birth.
- Leave a working phone number where you can be reached that day before 5pm.
- Make sure that we are able to leave you a message if needed (i.e. your voice mailbox is not full).
- Let us know if it is alright to leave a detailed message in the event that you are not able to answer.

Catheterization supplies

A number of patients have brought to our attention their frustration with the way in which their catheters are supplied. Patients are receiving their box of catheters along with multiple other boxes containing sterile insertion trays.

From the Front Desk

Friendly Reminders:

At the IMSMP we pride ourselves in always striving to improve how we deliver quality care to our patients. We make sure you always speak to someone when calling who transfers you to the correct department. To assist us with this task, we ask for your patience as the secretary asks a few questions to assure you will only get transferred once.

If you are running late for an appointment, we ask that you please call (212) 265-8070 and let us know how far you are from the center, so we can inform your doctor.

Our front staff has gone through some changes. If you have been to our center recently you may have noticed some new, friendly faces. We are happy they have joined our IMSMP family. They are eager to assist you with answering your questions, booking appointments and making your visit as stress free as possible.

They are then faced with the burden of dealing with boxes of unneeded supplies. For certain types of catheters, insurance requires that a complete package including trays be sent. If the supplier does not send the entire contents then they do not get reimbursed properly. So what to do with all those boxes? You can drop them off at our office. For those patients that are unable to transport the supplies, there are a number of charities that will arrange for pick up. Here are a few options in the New York City metro-area:

American Medical Resource Foundation The AMRF is a nationwide organization with drop-off locations found in Manhattan. AMRF can arrange for pick-up and transportation of donated materials that have been accepted. Call (508) 580-3301 or email victor@amrf.com with a list of equipment to be donated.

American Red Cross in Greater New York The Red Cross uses donated medical supplies throughout all five boroughs of New York City. To find out what specific donations they are looking for, please call them at 1-877-RED-CROSS.

The Afya Foundation Afya is a medical supply recovery organization collecting still usable but no longer needed medical and humanitarian supplies to send them to developing nations. You can either mail supplies to *Afya Foundation, 140 Saw Mill River Road, Yonkers, NY 10701*, call (914) 920-5081 or e-mail ress@afyafoundation.org to arrange for pick-up.

Medical Angels Medical Angels is a non-profit organization that donates durable medical equipment to individuals who are underserved by the health care system. They have multiple drop-off locations and can also arrange pick-ups on a case-by-case basis. You can reach them via telephone at (201) 461-9595.

From the Billing Department:

As of January 1st, 2014, the fee for an office visit with Dr. Sadiq will be \$250. This is the first increase in this fee in over 5 years. All fees for procedures will remain unchanged.

Also, as of January 1st, 2014, the fee for visits to the Physical Therapists will be \$140. This is the first increase in fees since the inception of this service at the center.

Since we are getting close to the New Year, please remember that it is your responsibility to notify the office of any changes to your insurance. If you have any questions, please contact the billing department at (212) 265-8070.

Congratulations Pam!

We're happy to announce that our Marketing Coordinator and former Nurse, Pamela Levin gave birth to a beautiful baby daughter on November 6th. Both Raquel Sierra Levin and her mother are doing well.



A Comprehensive Care Column

Weight Management & Decreased Mobility

By Deneb Bates, ND, Tracey Eaton, RN and Stephen Kanter, PT, NPT

Weight management is an issue for many people and can be even more complicated for those living with MS. Symptoms such as fatigue, pain, decreased balance and strength, and spasticity can interfere with efforts to keep the weight off. In addition, MS symptoms can worsen as the body begins to overheat. These problems can be increasingly amplified when mobility is impaired.

Weight gain can be detrimental to your MS and hinder improvement, make transfers more difficult, worsen spasticity, and/or create a situation where you are more prone to infection. If you are obese, losing 10% of your body weight can have big pay-offs for your health. Lowering body weight not only helps your MS, it can also reverse or prevent diabetes, lower blood pressure, cholesterol, and triglyceride levels and improve sleep apnea and other sleep problems.

Regular exercise is of course important in helping you to keep your weight under control and/or to lose weight. It's also essential when trying to build muscle that in turn can promote improved circulation and metabolism. Additional benefits of exercising regularly are amelioration of constipation, sleep issues, and even depression. When designing your exercise program make sure to include stretches which can help increase mobility, reduce pain, improve posture and generally increase one's sense of well-being.

While it is ideal to exercise when you feel as though you have more energy, it is imperative that you keep up with your regular exercise program. Exercises can always be modified to incorporate days when you may feel like you're running on empty. Another important consideration in developing a consistent exercise routine is to remember to take breaks while working out and to stay hydrated. Patients whose mobility may be very restricted are encouraged to speak to an IMSMP provider to have a specific program created for their environment and ability. Without regular exercise, it can be very difficult to manage weight in a safe and effective manner.

Weight management is not just about getting moving, it is also about what you put into your body. With everything else you have going on in your life it may be difficult to plan and make healthy meals. Even though they may have some appeal, fad diets are not the answer; slow and steady healthy changes to your diet are the most effective and ideal in the long term. Take in fewer calories and make those calories count. The best way to achieve this is to focus your choices on nutrient dense foods, and to avoid high calorie/low nutrient foods. Some great choices for high quality nutrient dense foods include vegetables, beans and lentils, nuts and seeds, whole grains, fruit, lean meats and fish. Low quality foods, such as refined grains (white flour products), sweets and added sugars,

fatty meats and fried foods should be avoided. Starchy foods, like pasta, potatoes, breads and rice, provide few essential nutrients, but are dense sources of carbohydrates that are meant to be burned with movement. People with decreased mobility have lower need for starchy foods, and can get most of the carbohydrates they need through vegetables, beans, and fruits. Green tea contains less caffeine than coffee, is a great source of antioxidants and helps to stimulate metabolism. Adding green tea to your daily routine can help with your weight management goals.

Even minor changes in your diet and activity level can help you feel better, have fewer cravings, and achieve sustained healthy weight management.

For help getting started on an individualized movement program that is tailored specifically to your needs, schedule an appointment to see Dr. Kanter or Dr. Woods in the Physical Therapy Department. Dr. Bates, the IMSMP's Naturopathic Doctor can create a nutritional plan that meets your specific metabolic needs and works to achieve your wellness goals. If your MS symptoms are interfering with your ability to increase your activity level, contact the IMSMP nurses to discuss an improved symptom management plan.

All appointments can be made by calling the front staff at (212) 265-8070.

Social Work News

Health Insurance Exchanges

The Health Insurance Exchanges of the Affordable Care Act (ACA) or Obamacare went into effect on October 1st. These exchanges allow individuals, families and small businesses to purchase health insurance through a government portal without being turned down if they have pre-existing conditions, like MS. Unfortunately, none of the NY plans have out of network benefits, which would hinder your IMSMP doctor from being able to treat you optimally. Before making any changes, speak to an IMSMP social worker about your options.

New York's health exchange can be found at: <https://nystateofhealth.ny.gov/>

Connecticut's exchange can be found at: <https://www.accesshealthct.com/AHCT/LandingPageCTHIX>

New Jersey and Pennsylvania have not set up their own exchange, but people in these states can use the national website at: <https://www.healthcare.gov/>

Medicare Open Enrollment

Medicare's open enrollment period runs from **January 1st—February 14th**

If you're in a Medicare Advantage Plan, you can leave your plan and switch to Original Medicare. Your Original Medicare coverage will begin the first day of the following month. If you switch to Original Medicare during this period you will have until February 14th to also join a Medicare Prescription Drug Plan to add drug coverage. Your prescription drug coverage will begin the first day of the month after the plan gets your enrollment form.

As with all insurance modifications, please remember to speak to an IMSMP social worker before making any changes, which could impact your MS care.

Bloggers Among Us

The IMSMP would like to acknowledge two patients who have taken to their keyboards to share their thoughts, lives and magnificent writing skills with us in the form of a blog.

"What is a blog?"

Blog (n): a website on which someone writes about personal opinions, activities, and experiences.



Richard M. Cohen is an award winning journalist and television producer. He has created and recently launched, Journey Man. "The shortest distance between points may be a straight line, but that map may not make for the most interesting journey. As I have danced my way across the years on three legs, the third with splinters and a rubber tip, I abandoned the linear path. Now limbs grow weak, but my spirit stays strong. I squint with damaged eyes, peering through fog covering the winding highway ahead. And I see more clearly. Please join me on the road."

Richard depicts life with a chronic illness, how laughter can be the best medicine, his experience at the stem cell conference held at the Vatican this past April and how he dealt with an additional diagnosis of colon cancer. We look forward to continue to follow Richard's journey at: www.richardmcohen.com

Wheelchair Kamikaze

The Rants, Ruminations and Reflections of a Mad MStery Patient

Many of you may already be familiar with Marc Stecker, aka Wheelchair Kamikaze. Marc launched his blog in 2008 and since then has won numerous blogging awards such as the Medical Blog Awards in 2009. He was also recognized as the 2010 recipient of the "Best Patient's Blog" and in Healthline's 2013 "Best Blogs Multiple Sclerosis." He is known for his entries and experiences with CCSVI and offers us a videographer's perspective from his wheelchair. Drawing from his experience as a DVD producer, Marc has a wheelchair mounted camera and has many videos and amazing photographs he has shot from all over NYC. Wheelchair Kamikaze currently receives 30,000 page hits per month and has been viewed by almost 1,000,000 people worldwide. Marc's blog can be found at: www.wheelchairkamikaze.com

2013 Future without MS Gala an Incredible Success



Board Member David Greenstein (center) with Pam and Vince Pagano



Gala Co-chairs Bernadette and James Mariani with their daughter Julia, Dr. Sadiq and Rizwana Sadiq



Chairman of the Board, Lee Seidler

The FDA approval of the Center's Phase I Stem Cell Clinical Trial brings immeasurable hope to MS patients. This remarkable accomplishment by Tisch MSRCNY was the focal point for celebration and raising funds at the Pierre Hotel on the evening of November 6th. A jubilant crowd of the Center's Board Members and patients, along with their family, loved ones, and colleagues gathered to participate in the annual event that provides a major source of funds for our research. A record-breaking \$2.5 million was raised, with only 5% going toward expenses.

For the second year in a row, Tisch MSRCNY Board Members Bernadette and James Mariani graciously served as co-chairs along with Dr. Sadiq, and committed themselves to executing a most enjoyable and successful event.

The Young People's Chorus of New York City set a warm tone to the evening by opening the event with a deeply touching and beautifully performed song, "Give Us Hope," echoing the event's theme. Auctioneer Lydia Fenet from Christie's charmed and humored the audience while raising \$359,000 during the live auction and \$1,015,000 afterwards to support stem cell research, which included a \$500,000 matching grant from a generous anonymous couple. Up-and-coming piano player and vocalist Eric Hayes, and his band, closed the evening with Junior Mac.

The support of every person who contributed funds, underwriting, auction prizes, and in-kind donations to the Gala is deeply appreciated by Dr. Sadiq and the research staff. Without it, a future without MS would not be possible.



John Lowth, bidding on and winning a luxury vacation prize



Lorraine and Frank DeCongelio (center) with their family members



Noel Foley and Susan Putman

In Kind Donors

Banfi Vintners
 BedHead Pajamas
 Castello Banfi
 Condé Nast
 Conroy Construction
 The Estée Lauder Companies, Inc.
 Evoke Style
 Exclusive Resorts
 The Flower Shoppe at Garden World
 Fiji Water
 David Fuhrer/ Production Central

Jim Furyk
 HBO
 Inspirato
 IT'SUGAR
 Kenneth Cole
 Hillary Mandel & David Greenstein
 Bernadette & James Mariani
 Eric Nederlander
 Nordic Naturals, Inc.
 Paramount Farms
 POM Wonderful
 Premium Bag

R&J Graphics, Inc.
 Kammi Reiss/Present Food
 Alexa and Thomas Rice
 Roll Global
 Toni Ross/Nick & Toni's
 Saud A. Sadiq, MD
 Greta Rubin Schwartz &
 Richard Schwartz
 Lizzie & Jonathan Tisch
 Alla & Phil Weisberg
 Stuart Weitzman

A Special Thanks to our 2013 *Future without MS* Gala Supporters

Platinum (\$100,000 +)

David Greenstein &
Hillary Mandel/ Town Fair
Tire Foundation
Anne & Harry Mariani
Neil Mellen/
Mellen Foundation, Inc.
Jim & Gaye Pigott
Dr. Saud A. Sadiq
Gene & Lee Seidler
Bonnie & Dan Tisch

Diamond (\$75,000 +)

Margo & Roger Coleman
Edward & Noel Foley
Bernadette & James Mariani

Gold (\$50,000 +)

Kari Gronberg & John Koerber
Alla & Phil Weisberg

Silver (\$25,000 +)

Arnone, Lowth, Wilson,
Leibowitz, Adriano & Greco
Banfi Vintners Foundation
Judith L. Biggs
Kathy & David Ferguson
Barbara & Joseph Fratamico
Eric Hadar/ Allied Partners
Kathy & Richard Leventhal/
Fedway Associates, Inc.
John Lowth
Carol & Arthur Maslow
Monika & Deven Parekh
Michael & Kathryn Rafferty
Srini Ramiah
Republic National
Distributing Company
The Shubert Organization, Inc.
Susan & Stanley Trotman

Bronze (\$10,000.00 +)

Alvarez & Marsal
Capital Partners
Biogen Idec
Cynthia Brodsky
Citi
Curtis, Mallet-Prevost, Colt &
Mosle, LLP
Lorraine & Frank DeCongelio
Susan & Jay Goffman
David Goldberg/
Atlantic City Linen Supply, Inc.
Sharon & Peter Green
Kimberly Griffiths & Paul Broder
Anne Hutchins & James Orsi
Edward & Caroline Hyman
Inserra Supermarkets, Inc.

Karen Jones &
Erik Rasmussen/ Microsoft
Lynn & Paul Lattanzio
Mark Lessing
The Patricia and Edward Gutman
Family Foundation
Linda & Phil Peller
Mr. & Mrs. Sanford B. Prater
Anne & Philip Purcell
Sharyl & Gregg Reisman
Doraine Schwartz
Greta Rubin Schwartz &
Richard Schwartz
Cheryl & Steven Schwartz
Shirley & Charlie Shamel
Southern Wine & Spirits
Joe Sprung
Corinne Steensma &
Richard Prins
Barry & Carol Swidler
Teva Neuroscience, Inc.
Judith & William Turner
Bic & Brian Warner
WebMD Health
Robert Youdelman
Cooki & Joel Yunis

Benefactors (\$5,000 +)

Debbie & Glenn August
Irina & Frank Blancato
Brahman Capital Corp.
Mary & Marshall Carter
The Charmer Sunbelt Group
Betsy & John Crosby
Daryl & Alan Eisenberg
Tama Elish
Ernst & Young
The Estée Lauder Companies, Inc.
Elaine & Marty Fawer
FineMark National Bank & Trust
Howard & Margaret Goldberg
The High Rocks Charitable Trust
Linda Hirschberg
Katten Muchin Rosenman LLP
Tamara & Dan Kilmurray
Virginia & Errol Kitt
William & Mary Lee Lisecky
Jennifer & Jay Mantz
Martin & Selinger
Amitabha & Shibani Mazumder
Danesh Modi
Michael Odrich
Pam & Vince Pagano
Premium Building Maintenance
Maxine & Jerrold Rauchwerger
Alexa & Thomas Rice
Cindi & David Samson and Family
Nancy & Arthur Seter
Mary & Farrell Virga
Allison & Lou Wallach

Patron (\$2,500 +)

Drs. Barbara & Terry Bachow
Christina & Nicholas Benevento
Copeland & Andree Bertsche
Lisa & Stan Brettschneider
Case Pearlman Corporate Benefits
Conroy Construction, Inc.
Edwards Wildman Palmer LLP
Lori & Gary Gertzog
Betty and Aaron Gilman Foundation
Susan & Jonathon Held
Lenore Laupheimer
Legg Mason Investment Counsel
Randy & Kathy MacDonald
Emily & Kevin Mandel
Jennifer Monness
Ellen & Robert Murray
Tracy & Michael Nathanson
Ken Novick
Deborah Perelmuter &
James Jarosik
Susan & James Putman
Questcor Pharmaceuticals
Dennis J. Selinger
Helena & Steve Sokoloff
George & Jennifer Stone
Tisch Foundation, Inc.
Mr. and Mrs. Kenneth Weiner
Joyce-Marie Weinstein
William E. Simon Foundation/
Leigh & Randy Porges

Friends (\$600 +)

Anonymous
Paul Benziger
Roni Blanshah
Norma & David Blecker
Inge & Lester Brafman
Jane Eisner Bram, Ph.D.
Karen & Bill Brodsky
Leslie & Peter Brodsky
Tone & Bruce Burrows
Margaret Calarco
Toni Carlo
Patricia & Patrick Cawley
Sarah T. Chase/ Greenleaf Trust
Charles and Jane Klein Family Fund
Chernoff Diamond & Co., Inc
The Chipman Family
Bonnie L. Chodosh
Susan & Bruce Cohen
Sandy & Jeff Cohen
John Cooley
Cooper Levenson April
Niedelman & Wagenheim, P.A.
Donna & Michael Corbat
Krish Daftary
Nancy & Steve Daley
Daniel Gale Sotheby's International
Denmar Electric Corporation
Ned & Ellen Dorman
Jennifer & Alan Fournier
Bradley H. Friedrich
Hollis & Dennis Galgano
Susan & David Getz
William & Mitzi Gilman
Lynn & Stephen Glasser
Dr. & Mrs. David L. Globus
Daniela & Andrew Gorenstein
Beth & Evan Greenberg
Valerie & Michael Greenberg

Caroline & Richard Gundeck
Vicki & Ross Haberman
The Halpin Foundation
Trina Hidalgo
Deborah Hirsch
Richard & Fran Hofstetter
Joseph & Adrienne Holtzman
Hudson Wealth Management
Ana-Maria Hurtado
Terry & Jeff Hurwitz
Kathryn & Otis Jackboice
Rosalie & Ralph Joel
Margaret Ann & Thomas Johnson
Andra B. Jurist & Bruce B. Stewart
Lora & Daniel Katsikas
Frances Katz
Carol & Ira Kay
Allison & Gerwin Kooij
David R. Kornreich
Meredith & James Kornreich
Lynn & Michael Lax
Barry Leibowitz
Jerry Lin
Cheryl & Ira Lutsky
Carol Madwatkins
Pat & Lawrence Mann
Linda & Jerry Marsden
Helene & Joseph Massimino
Lucy & Robert McBride
Kathleen McGrath
Betty & Ron Meslow
Elizabeth Maslow Montesano &
Gerry Montesano
John David Moriarty
Betty Murphy
Stacey & Donald Novick
Claire & Tony Pace
Palm Bay International
Tasha & Brian Pannuzzo
Nayna & Harish Parekh
Vasanti & Jawahar Parekh
Barbara & Steven Perskie
Megan Quinn Reicherz &
Phil Reicherz
Adam Rahn
Jody & Rob Rawdin
Deborah & Keith Richman
Elizabeth & Craig Richter
Howard Rosencrans
Toni Lynn Ross
Debra & William Russell
Robert & Melissa Saperstein
Ellen R. Sarnoff
Stanley Schulman
Adrian & Ed Shelby
Michelle & Steve Strzelecki
David Swidler
Dr. Andrew Sylvester
Jody Tracey
Peter & Diane Tryhane
Douglas Kosar
Catherine Verrelli
Donna Vitale
Robert & Patricia Weber
Dr. Armistead Williams
Evan R. Williams
Laura & Jim Woodland
Seymour Zises/
Family Management Corporation

Due to space limitations this list includes donors of \$600 or more, as of November 15, 2013. We sincerely appreciate support from all contributors at every level who make our research possible.

Thank You

To our generous donors, thank you for making an impact on our progress toward a future without MS. *

\$1,000,000 +

Damial Foundation

\$250,000 +

Moccasin Lake Foundation
Jim & Gaye Pigott

\$50,000 +

Morgan Stanley

\$25,000 +

Biogen Idec
Lynn & Paul Lattanzio
Bic & Brian Warner

\$10,000 +

Carol & Sam Crimaldi
Helga Eckner Gowin
Carol & Eugene Klein
Regina Kreisler &
Andrew Tobias Wyles
Helene & Joseph Massimino
Joe Renda, his Family & Friends
Elena Shpiniova & Igor Shpiniov
Marianne Sufrin CLAT
Beth & Charles Thoele
Anne & Troy Wagner
Erwin Poliakoff & Anne Zoeller

\$5,000 +

Anonymous (2)
Roberta Helfant
MS Hope for a Cure
Teva Neuroscience, Inc.

\$2,500 +

Anonymous (2)
Barbara & Jeffrey Goldberg
Old Westbury Golf & Country Club
Questcor Pharmaceuticals Inc.
Joseph & Ann Rehs/
Rehs Galleries, Inc.
Wodecroft Foundation
Steve Zatz & Deborah Shaw

\$1,000 +

Anonymous
Harriet Alpert
Merri & Ned Braunstein
Catherine E. Brown Fund, in
care of the Kalamazoo
Community Foundation; and
Catherine Brown Webb &
Kevin Webb
Laurie & Mark Cohen
David Cohernour
Rosanna Delia & Tiffany Lopes
Dr. and Mrs. Michael DiPietro
Kristen L. Gudewicz &
Joan Gudewicz
Mr. and Mrs. Robert Lipsig
Thomas Lynch & Patricia Lynch

Anne & John Mahaney
Carly Maitlin/ Laurie Meisner
Sanela & Senad Nikocecic
Barbara Parrish
Peter R. & Cynthia K. Kellogg
Foundation/
Charles D. Loughran, Sr.
Scott Richter
Nicole & Jack Rubin
Dana R. Schwartz & Joel Sauber
Clare & Jeffrey Sucoff
Kyle Warendorf

\$500 +

Anonymous (2)
Gillian & Michael Bucerri
Richard & Meredith Canter
Domenick E. Delia
The Ruth & Bernie Epstein Family
Jane & Ray Gizzi
Arleen Goldman
Annette & Arthur Imperati
Janis & Paul Kaiser
Holly Kulka
George Levien
Caroline Lippert-Johnson &
Robert Johnson
Stacy, Steve, & Alexis Mandel
Emily Mann
Nancy Perks
Linda & Stanley Pesotski
Balquis Qureshi
Dr. Anatoly Rossinsky &
Zoya Rossinsky
Dana L. Schwartz
Scott Singer
William & Gerri Westdyk
Robert Wilmers
Justin Taejun Yoon

\$250 +

Anonymous
Estelle M. Abraham
Doreen Bevilacqua
Blogads/Pressflex
Bruce W. Campbell
Jocelyn & André Deprez
Joanne & Antonio Enea
Mimi & Greg Grabovenko
Bill & Mary Grace
Betsy Jocher
Mitch Kitay
Judith Kohn
Akasha Lawrence-Spence
& Friends
Jill & Neil Manis
Margaret McCarthy-Alaimo &
Dennis McCarthy
Mary & Joseph Piacente
Olga & Paul Proctor
Joel Rauch
Carol Schmidt

\$100 +

Natella Ambramova
Bruce Augello
Leonard Augello
Priscilla Basante
Martin Berkowitz
Bruce Beyor &
Hildegarde Gutman-Beyor
Rosalie Bloom
Michael & Dorothy Bolnik
The Bradley Family
Laura & Marty Brodsky
Nicola Buccolieri
Cheryl Cassese
Marianne & Peter Chletsos
Lara Constable
Sunita & Sunil Daftary
Matthew Danowski
Thea & Herb Ehrlich
Gloria & Raniero Farneti
Greg Fidlon
Pasquale Forino
Elizabeth & Daniel Gallagher
Renee Gargano
Bridgid Garrison
Caroline & Theodore Giannitti
Arlene & Richard Gondiosa
Jessica Gonzalez, Bessie Bates
& Family
Arnie Gruskin
Fran Gurowitz
Linda Hirschberg
Joseph Hohm
Nina Humphrey
Sandra Humphrey
Marie D. Imperati
Hector Irizarry
Aaron Kopolowitz
Michael Kosar
Rosemary & Edward Kozacek
Joelle & Mark Kuron
Miriam Lasker
Donna Levison
Michael Levy
Robert Lowinger
Nancy Magee
Janet Marzano
Michael McLaughlin
Danesh Modi
Frances & Ivan Moradoff
Philippa Muir
Ruth Najjar
Angela Padormo
Esther Parks & Stephen Desisto
Bernadette & Ray Petit
Timothy Preston
Diane Ramik
Mary-Jo & Louis Re
Joan Rothman
Rosalyn Rueff
Nelson Sardinias

Greta Rubin Schwartz &
Richard Schwartz
Janie Schwartz
Joseph Schwartz
Wayne Steinman
Scott Sucoff
Sweet Sensations Social Club/
Kim Andrade
Leslie & Adrienne Szolosi
Alicja & Jerzy Tyszka
Eileen & Michael Volpe
Donald Wachenheimer
Steven Wachenheimer
Rita Waingarten
Harry Wasserstein
Janis & Craig Welsh
Denise Yazdanfar
Ralph Zager

Matching Gifts

The Tisch MS Research Center received Corporate Matching Gift Funds from:
AllianceBernstein Foundation
American Express Foundation
Microsoft
Regeneron
Shell Gives
Zenithmedia

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

** This list includes donors of \$100 or more between August 1 and November 15, 2013, not including donations supporting the 2013 Future without MS Gala. While every contribution is deeply appreciated, we are unable to list gifts below \$100 due to space limitations.*

Questions? Want to get involved?

The Development Department is available to answer your fundraising questions and provide support and resources to help you contribute or raise money for the Center. Contact Kimberly Woodward, Development Manager, at (646) 557-3863 or kwoodward@tischms.org.

Tisch MS Development Department News

Patients Making an Impact

Joe Renda's Family and Friends Do it Again!

The second annual Cards for a Cure Texas Hold'em Tournament held by Friends of Joe Renda was another successful fundraiser for the Center. Family members and friends from all over the country and Canada came to the American Legion Hall in Whitehouse Station, NJ to show their support of Joe and raise \$16,000. The evening featured poker tables, a silent auction, dinner buffet and an open bar. As Joe says, "Gambling, eating, drinking, watching sports at the bar and having fun with family and friends while raising money is a blast!" Thank you, Joe, for inspiring a great event organized by a wonderful group of generous people.

Pictured right:
Dr. Andrew Sylvester and Joe Renda at the "Cards for a Cure" event, October 12th.



Friends, Dear Friends

Phyllis Wagner has been a patient of Dr. Sadiq for almost two decades. She visited New York from Florida over the weekend of October 13th to attend the Symposium and spend time with her dear friend, Trina Hidalgo. Trina recently named Exam Room #7 in honor of Phyllis.

Pictured left to right:
Phyllis Wagner and Trina Hidalgo at the 2013 Annual Patient Symposium.



Show Your Support!

Consider making a year end gift to the Tisch MS Research Center of NY and reap the benefits! Your tax-deductible contribution makes a difference in the lives of MS patients, helping to advance our research, develop effective therapies and take steps toward finding the cause and a cure.



Give Online Safely and securely at www.tischms.org.

By Check or Money Order Payable to Tisch MSRCNY, please send to: Tisch MS Research Center of New York, 521 W. 57th Street, 4th Floor, New York, NY 10019.

Gifts of Stock Can be a tax-advantaged way to support us. Your broker can assist you in making a direct transfer of stock as a charitable gift.

Wall of Hope For \$2,500, \$5,000 or \$10,000, you can add an inscribed plaque with your personal message to the Wall of Hope, centrally located at our facility and visible to over 11,000 patients and visitors annually.

Tribute Gifts A donation in honor or in memory of someone special or a momentous occasion is a meaningful way to support the Center.

Employee Matching Gifts Double or triple the impact of your contribution by taking advantage of your employer's matching gift program. Your human resources department can generally provide this information.

Patient Fundraisers From tag sales and golf tournaments, to special events and weddings, to letter writing and online appeals, patients develop numerous creative methods every year to support the Center and its life-changing research.

Planned Gifts Play an important role in sustaining Tisch MSRCNY by planning ahead. Planned gifts enable charitable donations at a level you might not have thought possible.





TISCH MS
RESEARCH CENTER OF NEW YORK



INTERNATIONAL MULTIPLE SCLEROSIS
Management Practice

521 West 57th Street, 4th Floor, New York, NY 10019



Tisch MS Research Center of New York is on Twitter and Facebook

Social media tools are all around us and Tisch MS Research Center of New York is trying to become your online resource for MS information. For fast-breaking updates to research, including stem cell research and media coverage of our discoveries, investigations, and clinical trials, please follow us at:

@Tisch_MS at www.twitter.com.

"Like Us" on Facebook at:

www.facebook.com/pages/Tisch-MS-Research-Center-of-New-York/237020273060207

