

# RMMSC Quarterly MS Newsletter



December 2025

## Stay Connected with RMMSC ❤️

Dear RMMSC Community,

Welcome to the second edition of our patient newsletter - we're so glad you're here.

Our commitment to supporting you through every stage of your neurological health journey remains at the heart of everything we do. Over the last quarter, we have continued to invest in growing our new Lehi practice. We hosted an in-person strength training event and we launched a virtual webinar series - NeuroWellness Talks - intended to deliver practical guidance for people living with MS and their family members.

This newsletter continues to be a space where we share practical wellness insights, clinic updates, and resources designed to support your day-to-day life. Whether you're navigating care with us now or staying connected as part of our broader RMMSC community, we hope these pages offer encouragement, education, and a sense of partnership.

Thank you for allowing us to be part of your journey. We look forward to staying connected and growing together.

Happy Holidays!

*the RMMSC team*

### In this issue, you'll find:

Clinical Corner: Tips for Managing MS

Introducing our Wellness Program

NeuroWellness Talks: Virtual Webinar Series

Employee Spotlight: Welcome Back, Maurice Limon!

## Clinical Corner: Tips for Managing MS from the RMMSC Team

We asked members of the Rocky Mountain MS Clinic team to share their top tips for patients. Be sure to talk to your provider to create the right plan for you!



Sleep is far more than rest — it is the brain's essential maintenance system. During adequate, restorative sleep, the brain clears toxins, restores energy, strengthens neural connections, and regulates mood and cognition. In neurological conditions, quality sleep supports recovery, enhances neuroplasticity, and protects against further degeneration, making it a cornerstone of brain health and healing.



**Cortnee Román, FNP-BC**

Board-certified Family Nurse Practitioner, Certified Multiple Sclerosis Nurse  
RMMSC, SLC



It's important to incorporate healthy practices into your daily routine for overall wellness with multiple sclerosis. We encourage you to eat a well balanced diet, exercise regularly, avoid smoking and complete ongoing preventative care.



**Katrina Bawden, FNP-C**

Board-certified Family Nurse Practitioner, Certified Multiple Sclerosis Nurse  
RMMSC, SLC

# Wellness Program Overview

Rocky Mountain MS Clinic launched a **pilot wellness program in July 2025** at our new Lehi clinic, led by our very own Jennifer Urch. The program is designed to explore new ways to support patients with MS in managing their overall health and well-being. Kara Menning also started running her own wellness visits in October. The program is currently being offered at both our **Salt Lake & Lehi clinic locations**.

This Pilot Program Includes:

- Screening tools for **sleep, anxiety, depression, social life & fatigue**
- **Lab work** to help uncover causes of common symptoms (including anemia, thyroid, liver, kidney, and blood glucose)
- **Exercise and nutrition assessments** (created by Jennifer Urch) using a point system to measure progress (mild, moderate, severe)
- **Fatigue and diet screening** with testing at both the beginning and end of the program

What to Expect During a Wellness Program Visit:

- **Initial screening visit:** Review of symptoms, health history, and baseline lab work (completed at beginning and end of program)
- **Wellness assessment:** Sleep, mood, nutrition, exercise, fatigue, and diet screenings
- **Personalized recommendations:** Guidance based on screening results and labs
- **Follow-up visit:** Repeat testing at the end of the program to measure progress and adjust recommendations

Wellness program visits are in addition to the normal cadence of appointments patients may already have with their MS doctor and nurse practitioner — they do not replace routine MS care.

As a pilot, this program helps us learn how best to integrate wellness into MS care, with the goal of expanding offerings in the future. Program appointments are covered by insurance and provide a new way for patients to better understand their health & improve quality of life.

For patients living with MS interested in learning more about this program, **please give us a call at (801)-331-9660**.



**Jennifer Urch, FNP-C**  
Lehi Clinic

*"Many MS patients have been able to slow or halt progression of their disease with disease-modifying therapies (DMTs), and the wellness program is not meant to replace DMTs. But there are many other symptoms — like fatigue, weight changes, bladder dysfunction, and more — that can often be addressed through lifestyle changes. Right now, many patients are taking a mix of additional medications to manage these symptoms that we hope to help them reduce the need for over time."*

*"The wellness program is designed to help uncover and address the underlying reasons for these issues, so we're not just putting a 'band aid' on them with more prescriptions. This program can play a valuable role in helping patients feel better and improve their day-to-day quality of life."*



**Kara Menning, FNP-BC, MSN, MSCN**  
SLC Clinic



**Salt Lake City - MS Clinic & Infusion Center**  
370 East 9th Avenue, Suite 106, 111, 208 (Clinic)  
359 East 8th Avenue, Suite 205 (Infusion Center)  
Salt Lake City, UT 84103



**NEW!**

**Lehi - MS Clinic & Infusion Center**  
3300 N. 1200 West, Suite 350  
Lehi, UT 84043

[www.rockymountainmsclinic.com](http://www.rockymountainmsclinic.com)  
Tel: 801-331-9660  
Hours: M-F 8am-5pm

# NeuroWellness Talks: Virtual Webinar Series

NeuroWellness Talks is a webinar series dedicated to empowering patients, caregivers and families with practical strategies to support brain and neurological health. Each session features experts in neurology, rehabilitation, nutrition, exercise, and mental health, highlighting evidence-based approaches to living well with MS and other neurological conditions.

**Our first event focused on wellness & nutrition** for individuals with MS & autoimmune conditions, a **recording of which can be found if you [CLICK HERE](#).**

**Our second event**, hosted in November, **focused on managing foot drop in MS**, a **recording of which can be found if you [CLICK HERE](#).**

**Key insights** from this most recent webinar include:

- Foot drop in MS can result from central demyelination or disease progression, but may also have non-MS causes
- Other MS symptoms - such as fatigue and altered sensation - can worsen walking difficulties
- Early recognition, rehab & multidisciplinary care are essential to preserve mobility & improve quality of life
- Several treatment options exist to manage foot drop - from orthotics and electrical stimulation to physical therapy and fall prevention strategies

The graphic for the webinar "THE SCIENCE OF BRAIN RESILIENCE" features a brain illustration in the background. It includes a QR code for registration, a text box stating "Learn what neuroplasticity means for MS and neurodegeneration, how the brain repairs and reorganizes itself, and practical steps patients can take to strengthen resilience.", and portraits of the speakers: Dr. Joy DeJong-Logo (Clinical Neuropsychologist, UCHHealth Neurology) and Dr. Elijah Lackey (Board-Certified Neurologist, Advanced Neurology of Colorado). The event is scheduled for Wednesday, January 28, 2026, at 5PM MT / 7PM ET. Hosted by Rocky Mountain Multiple Sclerosis Clinic, Advanced Neurology, CTNC Central Texas Neurology Consultants, and MS&Neuromuscular Center of Excellence.

To register for the next virtual webinar on Wed, Jan 28, 2026 at 5pm MT, focused on brain resilience and neuroplasticity, scan the QR code above or [CLICK HERE](#).



## Employee Spotlight: Welcome Back, Maurice!

We're excited to welcome back our Practice Manager, Maurice Limon, who just recently returned from paternity leave. He and his family welcomed a baby girl, Novi, his 3<sup>rd</sup> child. Maurice joined the team in December, 2024 and has played an integral role, supporting the launch of our Lehi clinic in the summer and managing operations across both practices as we continue to grow & improve.

During his time away, Maurice enjoyed precious moments with his growing family, and we're thrilled to have him back supporting our clinical and administrative teams, helping to ensure our practice continues to deliver high-quality, compassionate care to our patients.

*Thank you for reading!*



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