

# RMMSC Quarterly MS Newsletter



ROCKY MOUNTAIN  
Multiple Sclerosis Clinic

August 2025



## A New Way to Stay Connected with RMMSC ❤️

Dear RMMSC Community,

We're excited to share something new with you.

Over the years, we've had the privilege of walking alongside thousands of people living with MS—through highs, challenges, and everything in-between.

Whether you're currently in care or an alumnus of our community, you've helped shape who we are.

We're launching a quarterly newsletter to stay connected, share what we're working on, and keep you updated on MS research and care.

As many of you know, Dr. John Foley has transitioned out of patient care and management, but continues to guide RMMSC as we expand across the Intermountain region. His vision remains central to our mission.

Our team is always learning and evolving—and we want you to be part of that journey.

Thank you for letting us be part of yours.

With appreciation,

Viktoria Kaplan, Medical Director  
Maurice Limon, Practice Manager  
Sydney Vivanco, General Manager  
and the

*the Rmmsc team*

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

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Latest in MS Research and Care

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A Look Inside Our New MS Center in Lehi, UT

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Katrina Bawden, FNP-C's research on MS treatment and pregnancy

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Cortnee Roman, FNP-BC, awarded the IOMSN Nightingale Award

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Meet the team at our Lehi center

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Our new Headache specialist, Dr. Wade Steeves

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# Looking Ahead: What's New in MS Research and Care

The field of MS research is moving faster than ever—with innovations in diagnosis, treatment, and symptom management offering new hope for the MS community.

We asked two of our physicians what they're most excited about right now, and this is what they shared.



**Yashma Patel, MD**  
MS Neurologist & Researcher  
Rocky Mountain MS Clinic, Lehi



**Daniel Orme, MD**  
MS Neurologist & Researcher  
Rocky Mountain MS Clinic, SLC

## Upcoming Approval of a BTK Inhibitor

*"There's a lot of momentum around a new class of medications called BTK inhibitors—the first of which, Tolebrutinib, is expected to be FDA approved by the end of September. This medication has shown encouraging results in slowing disease progression in nonactive secondary progressive MS, a form of the disease that currently has limited treatment options."*

- Dr. Yashma Patel

*"I'm also really encouraged by the growing focus on BTK inhibitors. These small molecules can cross into the brain and may help reduce the type of low-level inflammation that doesn't show up on MRI but still drives symptom progression and disability—especially in progressive MS. Not every BTK inhibitor has proven effective, but some, like Tolebrutinib, have shown real promise and are now under FDA review."*

- Dr. Daniel Orme

## Myelin Repair Research

*"There's a growing body of research focused on something that many of us in the MS community have been hoping for—myelin repair. While current MS treatments help reduce inflammation and slow disease activity, they don't repair the damage that's already been done."*

*New clinical trials are now exploring ways to regrow or restore the myelin sheath, which protects nerve fibers and is damaged in MS. If successful, this could mean not just halting disease progression, but potentially reversing some symptoms and improving long-term outcomes. It's still early, but it's an incredibly hopeful and exciting direction for the future of MS care."*

- Dr. Yashma Patel

## Earlier & More Accurate Diagnostics

*"Another important development in the MS field is the proposed updates to the McDonald Criteria, which neurologists use to diagnose MS. These changes—led by an international panel of MS experts—aim to make the diagnostic process both earlier and more accurate, especially for patients who may not yet meet the current criteria but still show signs of disease."*

*The proposed updates include new guidance around MRI findings and spinal fluid testing, which could help us catch MS sooner and start treatment earlier, when it can be most effective. While these updates are still under review, they represent an exciting shift toward more precise, individualized diagnosis—and ultimately, better care for patients."*

- Dr. Daniel Orme



**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

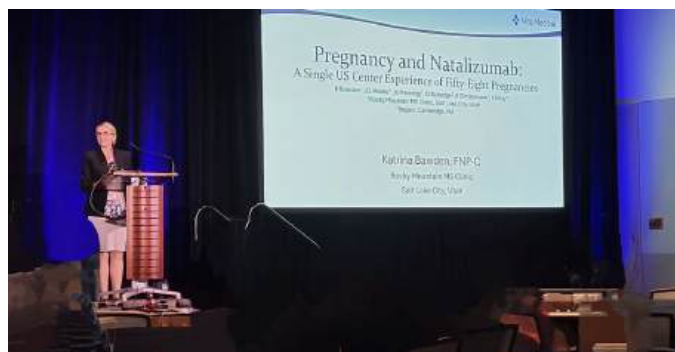


**NEW!**

**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  
Fax: 801-408-5704  
Hours: M-F 8am-5pm

## RMMSC at CMSC 2025 Annual Meeting



### Katrina Bawden, FNP-C's research on MS treatment and pregnancy

We're proud to share that **Katrina Bawden, FNP-C**, was invited to present her research at this year's CMSC Annual Meeting, highlighting important findings on the use of Natalizumab during pregnancy for women living with MS.

Her single-center study, conducted at RMMSC, adds to the growing body of evidence supporting the safe and effective use of this disease-modifying therapy in pregnant patients—an area where data has historically been limited.

It's a meaningful step forward in helping women with MS make informed treatment decisions during pregnancy.



### Cortnee Román, FNP-BC, awarded the IOMSN Nightingale Award

We're also thrilled to share that **Cortnee Román, FNP-BC**, was recognized at the CMSC Annual Meeting with the prestigious IOMSN Nightingale Award for Excellence in MS Nursing. This national honor celebrates outstanding commitment to the care and advocacy of people living with MS.

Cortnee's deep compassion, clinical expertise, and tireless dedication to her patients embody everything this award represents—and we couldn't be prouder to have her on the RMMSC team.

## 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!

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Magnesium supplements can help relieve muscle cramps, prevent migraines, and even support better sleep. But not all supplements are the same—check with your provider to find the right type and dose.

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Low vitamin D levels have been linked to increased MS risk. Taking a supplement may help support your immune system and overall health.

“

Exercise is a powerful tool for managing MS symptoms, boosting energy, and improving overall well-being. The key is finding the right type and intensity for you.



**Viktoria Kaplan, MD**

Board Certified Neurologist  
Medical Director  
RMMSC, SLC



**April Erwin, MD**

Board Certified Neurologist  
RMMSC, SLC



**Katrina Bawden, FNP-C**

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



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## Now Open: Our New Comprehensive MS Center in Lehi

We're excited to open our new **5,000-square-foot Rocky Mountain MS Clinic in Lehi**—bringing expert care, convenience, and community to Utah County and beyond.

This center combines **neurology, infusion, and clinical research in one location**, built in response to what patients have asked for: **high-quality MS care close to home**.

The Lehi location is led by **Dr. Yashma Patel**, MS neurologist with 15+ years of experience, and **Jenn Urch, FNP-C**—both deeply committed to the MS community.

Our goal is to reduce travel burdens and expand access to the comprehensive, compassionate care every patient deserves.



### Lehi's Open House: Thank You for Joining Us!

We celebrated the Lehi center's opening with an Open House on June 26—a powerful reminder of the strength of the MS community.

Nearly 150 people attended, including patients, caregivers, local providers, the National MS Society, the Lehi Chamber of Commerce, and the Mayor's office.

The energy in the room reflected a shared commitment to advancing MS care, research, and access. A strong start to this next chapter.

**Visit us: 3300 N. 1200 West, Ste 350, Lehi, UT.**

### Meet the RMMSC Lehi team

We are excited for Dr. Yashma Patel and Jenn Urch, FNP-C to join us on the RMMSC team to lead our new Lehi location that opened on June 30, 2025.

**If you're interested in learning more about the Lehi center, give us a call at 801-331-9660.**



**Yashma Patel, MD**

Dr. Patel is a board-certified neurologist and MS specialist with 15+ years of experience dedicated to the care and research of multiple sclerosis.

She is recognized as a Partner in Care by the National MS Society, and an active participant in MS research with several published works in peer-reviewed journals.



**Jenn Urch, MSN,  
APRN, FNP-C**

Jennifer Urch, FNP-C is a board-certified Family Nurse Practitioner with a focus on neurology. She specializes in MS, migraines, and epilepsy.

Jennifer integrates both holistic and traditional approaches, prioritizing lifestyle, brain health, and prevention alongside medical treatments.

## Beyond MS: Meet Our New Headache Specialist

We are excited that Dr. Wade Steeves has joined us at our flagship downtown SLC location. He is now accepting new patients.

**If you're interested in learning more, give us a call at 801-331-9660.**



### Wade Steeves, MD

Headache, Migraine, Nerve  
Block/Botox Procedures,  
Facial Pain

Dr. Wade Steeves is an expert in the diagnosis and management of complex headache disorders, with over 20 years of experience dedicated to improving the lives of patients suffering from chronic migraines, cluster headaches, tension-type headaches, and other neurologically based pain syndromes.

Dr. Steeves is board-certified and has a Headache Certification by UCNS (United Council for Neurological Subspecialties) – one of 8 providers in Utah with this certificate.

Known for his warm approach and dedication to care, Dr. Steeves was honored with the Best in Patient Care award, a reflection of his commitment to putting patients first.

## The RMMSC team at 2025 MS Walk

Our team loved seeing many of you in the MS community at the annual MS Walk in Salt Lake City this year! We had a lot of fun with our booth, and decorated it to be MS-keteer themed.



*Thank you for reading!*



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