

MSN Quarterly Newsletter



February 2026



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Latest in Neurology

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Letter from the Practice

Dear MSN Community,

What an incredible evening at our Feb 18 Open House - thank you to so many of you that joined us! 🎉

We were honored to welcome **Bruce Rector, Mayor of Clearwater**, who kicked off the evening alongside Amplify Clearwater. It was a proud and meaningful moment for our team — and for the growing community we are privileged to serve.

The evening was filled with engaging conversations, new connections, and inspiring energy from patients, families, community members, and industry partners. We were especially excited to formally introduce Dr. Dinesh Sivakolundu, our newest physician specializing in Multiple Sclerosis care.

One of the most meaningful parts of the evening was the opportunity to connect directly with individuals and caregivers exploring their care options. Thank you to everyone who joined us and helped make the night so impactful. We are energized by the momentum in our community and honored to continue serving patients and families across Florida.

the MSN team

What's New in Neurological Research and Care

Multiple Sclerosis

News Today a **bionews** community

Full Article [HERE](#)

Vitamin D and Clinically Isolated Syndrome

Researchers presented results from the Phase 3 D-Lay-MS trial atECTRIMS 2025 showing that **high-dose vitamin D supplementation** significantly delayed new disease activity in individuals with clinically isolated syndrome, a first episode of neurological symptoms that may be an early sign of MS. The primary benefit was a reduction in new MRI lesions over two years. While promising, experts note that further guidance is needed before this becomes routine practice.



What This Means for Patients:

Vitamin D may play a supportive role in disease management but supplementation strategies should always be discussed with your neurologist.



Full Article [HERE](#)

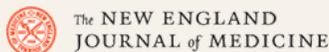
Updated MS Diagnostic Criteria

New updates to the McDonald Diagnostic Criteria aim to **make MS diagnosis earlier and more accurate**. Changes include expanded use of MRI markers, inclusion of the optic nerve as a diagnostic site, and additional cerebrospinal fluid biomarkers (specific lab results seen in spinal fluid testing). The goal is to reduce misdiagnosis and help patients begin appropriate treatment sooner.



What This Means for Patients:

Advances in diagnostic criteria may shorten the time to diagnosis and improve confidence in treatment decisions.



Full Article [HERE](#)

Phase 3 Trial: Inebilizumab Improves Symptoms in Generalized Myasthenia Gravis

This large, randomized, placebo-controlled Phase 3 trial evaluated inebilizumab, a treatment that targets B cells, in adults with generalized myasthenia gravis — an autoimmune neuromuscular disorder. Participants treated with inebilizumab showed **significantly greater improvements in daily function and muscle strength** compared with placebo at 26 weeks, suggesting that this therapy can meaningfully reduce disease severity.

Why This is Important:

Previous studies of B-cell depletion in MG have had conflicting results, and the utility of B-cell depletion in MG has been uncertain. With this study, a new B-cell therapy strategy has been added to the toolkit of clinicians who treat MG, though the role of this treatment among other existing therapeutic options requires further study.



MS & Neuromuscular Center of Excellence
Neurology Clinic & Outpatient Infusion Center
3190 N McMullen Booth Road, Suite 200
Clearwater, FL 33761

www.msandneuro.com
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Fax: 813-855-2990
Hours: M-F 7:45am-5pm

Clinical Corner

Neurology Tips from neurology experts at:



We asked neurology experts from across the country to share their current top tips for patients. Be sure to talk to your provider to create the right plan for you!



It has been shown that almost half of individuals with MS have some type of sleep disorder. Insomnia, sleep apnea, and restless leg syndrome are common. Restorative sleep is a bedrock of good health over all, and poor sleep contributes to the frequently reported MS symptoms of fatigue and cognitive trouble. If you have any concern about your sleep, ask your provider for a screening. You may be surprised how much better you feel when good sleep is restored!



Kara Menning, FNP-BC, MSN, MSCN

Board Certified Family Nurse Practitioner & Certified MS Nurse



Prevent falls before they happen. Winter weather increases fall risk, MS and neuromuscular disease can affect balance, strength, vision and sensation. Thus, wear supportive, nonslip footwear, use your assistive device consistently-event for short distances and take your time with transitions such as stepping from a curb or getting out of the car. Rushing increases fall risk. A minor fall can set back mobility and confidence, so prevention is key.



Courtney Weir, MSN, FNP

Board Certified Family Nurse Practitioner



Reduced outdoor activity in winter can lead to deconditioning. Low-impact resistance training, seated exercises, or guided physical therapy programs can help preserve muscle strength and balance in both MS and neuromuscular conditions.



Karan Saini, PA

Board Certified Physician Assistant



Cold weather can worsen stiffness, spasticity and muscle cramps in people with MS. Gentle morning stretching, magnesium supplements, and keeping core body temperature stable can help reduce tightness throughout the day.



Viktoria Kaplan, MD

Board Certified Neurologist
Medical Director



Depression and seasonal mood changes are common in MS, and in the winter, shorter daylight hours can affect mood and sleep. Daily light exposure, maintaining routines, and aerobic exercise can help reduce the winter blues.



Dinesh Sivakolundu, MD, Ph.D.

Board Certified Neurologist & Fellowship-Trained MS Specialist



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NeuroWellness Talks 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, and mental health, highlighting evidence-based approaches to living well with neurological conditions.

Previous webinar topics include:

- Wellness & Nutrition for individuals with MS & autoimmune conditions
- Managing Foot Drop in MS
- The Science of Brain Resilience

Key insights from our most recent webinar - The Science of Brain Resilience - include:

- **Neuroplasticity** refers to the ability of our brains to reorganize structures, functions and neural connections throughout the course of our lives
- Neuroplasticity enables learning new skills and building resilience against cognitive decline
- Some of the **best ways to promote neuroplasticity can be done on a daily basis**, like:
 - Physical activity - cardiovascular exercise, strength and resistance training
 - Mental activity - new learning is best
 - Social activity
 - Diet - Mediterranean and MIND diet

Our **next webinar, focused on available patient programs, resources & events for MS patients is scheduled for Wed, Mar 11 at 7pm ET.** More details below.

**MS AWARENESS
PATIENT PROGRAMS,
RESOURCES & EVENTS IN 2026**

NeuroWellness Talks

Learn how to access essential resources and support, and explore 2026 programs and services from leading MS organizations including MSAA, Can Do MS, and the National MS Society.

Dr. Parisa Khosravi
Central Texas Neurology Consultants

Margaret Sheriden
National MS Society

Alexis Kline
MS Association of America

Alisa Schwaneberg
National MS Society

Dr. Rosalind Kalb
Can Do MS

**SCAN TO RSVP
Free Virtual Webinar**

**WED, MAR 11, 2026
5PM MT / 7PM ET**

To register for the next virtual webinar, scan the QR code above or [CLICK HERE](#)

Hosted By:

ROCKY MOUNTAIN
Multiple Sclerosis Clinic
& Outpatient Infusion Center

Advanced Neurology
OF COLORADO

CTNG Central Texas Neurology Consultants
Diseases of the Brain, Spine, Nerves and Muscles

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MSN team at last year's MS Walk

Coming Soon: Walk MS: Tampa Bay 2026

Join us on **Saturday, April 18 at Al Lopez Park** for our regional MS Walk

Event Details:

- 📍 Address: 4810 N Himes Ave, Tampa, FL 33614
- 🕒 Site Opens: 8:00 AM
- 🎪 Ceremony Starts: 8:45 AM
- 🚶 Walk Kickoff: 9:00 AM (1-mile or 3-mile route options)

This cause is close to our hearts. Every step we take honors the resilience of those living with MS and supports the search for a cure. Every bit helps move us closer to a future without MS, and we're proud to consistently be among the top 5 fundraising teams.



MSN, on TV!



MSN & Dr. Dinesh Sivakolundu were featured in an October Fox segment, highlighting the MS specialist gap we are helping to address in the Florida community. You can watch the full segment [HERE](#)



Thank You, Kristina!



Friday, February 20th was our receptionist Kristina's last day! We are sad to see her go, but incredibly excited for her as she joins her partner's family business.

Kristina has been an integral part of our team and we're grateful for everything she's contributed to the team and wish her nothing but success in this next chapter!



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Voices of Our Patients at MS & Neuromuscular

We love hearing from you! Here are a few of the most recent patient testimonials we wanted to highlight.



Kenneth Florell

Local Guide · 14 reviews · 2 photos



★★★★★ a month ago

Did a phenomenal job listening to my concerns and questions, after I've been shuffled back and forth between different neurologists. Very thorough and professional, and quite compassionate about what I've been through. Highly recommend Shreya and Dr. Schneider.



Terri Baldwin

3 reviews



★★★★★ 8 months ago

Dr Lee is kind, thorough in her exam, and explains diseases and treatments in an easy way to understand. She is a very likable and knowledgeable doctor. The clinic is well ran and the front desk staff were genuinely nice not only to me but to the other patients as well. I am so happy with this clinic and doctor after my original doctor retired.



ashley

1 review



★★★★★ a month ago

Dr. Sivakolundu is incredibly knowledgeable and genuinely kind. He takes his time, listens carefully, and never makes you feel rushed or dismissed. I truly appreciated his patience and professionalism. Highly recommend.

Thank you for reading!



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