

CTNC Quarterly Newsletter

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

November 2025



A New Way to Stay Connected with CTNC ❤️

Dear CTNC Community,

We're excited to share something new with you.

Over the years, we've had the privilege of supporting thousands of people living with Movement Disorders, Neuromuscular Conditions, Migraines, Multiple Sclerosis (MS) and other neurological conditions through the highs, the challenges, and everything in between.

Whether you're currently receiving care with us or part of our extended CTNC community, you've helped shape who we are.

In that spirit, we're launching a quarterly CTNC newsletter — a way to stay connected, share wellness insights, and keep you updated on the latest in neurological care.

Our team is constantly learning, growing, and moving forward, and we want you to be part of that journey.

We're so grateful to be part of your health journey, and we hope this newsletter will help us stay connected wherever life takes you.

With appreciation,

the CTNC team

In this first issue,
you'll find:

Welcome, Dr. Khosravi
(MS Specialist)

Clinical Corner:

Staff Spotlight:
Promotions & New
Hires

Introducing
NeuroWellness Talks:
Virtual Webinar Series

Visit Our Newly
Renovated Facility!

Welcome, Dr. Khosravi!

We're excited to welcome Dr. Parisa Khosravi to our MS practice beginning July 2025!

If you're interested in meeting Dr. Khosravi and scheduling an appointment, give us a call at (512)-218-1222.

Dr. Khosravi is a neurologist specializing in Multiple Sclerosis and neuroimmunology. Her personal experience with MS gives her a unique understanding of what her patients are going through and a deep empathy for those navigating a new diagnosis.

She is passionate about providing comprehensive, patient-centered care and helping each individual live well with MS. Dr. Khosravi is particularly interested in how emerging therapies can help preserve nerve function and improve long-term outcomes for people with neuroinflammatory conditions.

Dr. Khosravi chose to partner with CTNC because of our shared commitment to advancing neurological care and supporting patients throughout every stage of their journey. Outside of medicine, she enjoys traveling, hiking, and spending time with her husband and two children.



Parisa Khosravi, DO

Clinical Corner



MS

Stay cool & hydrated. Heat can exacerbate symptoms. Some of my patients purchased a neck fan to help combat this. Texas heat can be brutal!



**Breanna Purdie,
MSN, APRN, FNP-C**

Board-Certified Family Nurse
Practitioner



Neuropathy

Alpha-lipoic acid is a fantastic non-pharmaceutical supplement for neuropathy, especially diabetic neuropathy. This over-the-counter supplement is a powerful anti-oxidant and recycles other antioxidants in your body. This helps improve blood flow and reduces damage to nerves and doesn't cause the side effects that gabapentin or other medications can.



Karan Saini, PA

Physician Assistant

Team Updates

Promoted to Research Supervisor!

After 14 years at CTNC and over 50 clinical trials coordinated, Koni continues to be a driving force behind our research success. We're thrilled to announce her well-deserved promotion to Research Supervisor—congratulations, Koni!



Koni Lopez

Promoted to MA Lead!

Known as the 'mom' of CTNC, Rhoechelle has dedicated 27 years to supporting our team and delivering exceptional patient care. We're thrilled to celebrate her well-earned promotion to MA Lead. Thank you for your unwavering commitment, Rhoechelle!



Rhoechelle Thomas

Welcome, Rachel Escobar!

Welcome Rachel Escobar, our new Provider Relations and Marketing Manager. She has hit the ground running with unmatched energy and focus—driving brand awareness & strengthening provider partnerships. We're incredibly lucky to have her on board, bringing a wealth of experience and expertise that's already making an impact!



Rachel Escobar



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Tel: (512)-218-1222
Fax: (512)-218-1393
Hours: M-F: 8am-5pm

Introducing 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](#).**

Key insights from this 1st webinar include:

- **Lifestyle impacts MS:** Nutrition, exercise, sleep, and stress management support long-term health.
- **Focus on anti-inflammatory, whole foods diets:** Prioritize fruits, vegetables, protein, and key nutrients like omega-3s and vitamin D.
- **Practical habits matter:** Simple steps like cooking at home, eating a colorful variety of produce can support energy, immune function, and overall well-being

MOVING FORWARD: MANAGING FOOT DROP IN MULTIPLE SCLEROSIS

Neuro
wellness
talks

Learn about the neurological basis of foot drop in MS, its impact on mobility, and current treatment options — from orthotics and electrical stimulation to physical therapy and fall prevention strategies.



Michael Elsen, L/CPO
ABC-certified
prosthetist/orthotist
Hanger Clinic



Dr. Dinesh Sivakolundu
Board certified Neurologist
MS & Neuromuscular Center
of Excellence



SCAN TO RSVP
Free Virtual Webinar

WED, NOV 12
6PM CT



Hosted By:



To register for the next virtual webinar on Wed, Nov 12 at 6pm CT, focused on Foot Drop in MS, scan the QR code above or [CLICK HERE](#).

Come to our Open House on November 13th to See CTNC's Newly Renovated Facility!

We're excited to invite you to our Open House and celebrate the newly expanded CTNC clinic and infusion center! There will be food, drinks and prizes for attendees.

The renovation adds more exam rooms and a significantly larger infusion suite, designed to enhance comfort and accessibility for our patients. With expanded capacity, improved flow, and a new nurses' station, our infusion team can provide even more personalized care in a welcoming environment. The project also includes the growth of our Clinical Research program, with dedicated space to support ongoing studies and future innovations in neurological care.

Join us on **November 13th from 5:30-7:30pm CST** to tour the new facility, spend time with our team, and see how these updates will help us continue to deliver comprehensive, patient-centered care for our community. **To RSVP, please email rachel@niramedical.com with the Subject Line: 'CTNC Open House', and let us know if you plan to attend.**



Renovated CTNC Infusion Center

Thank you for reading!



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