

CTNC Quarterly Newsletter



June 2026



CTNC APR '26 MS WALK EVENT

In this issue, you'll find:

Research Roundup:
Latest in Neurology

Clinical Research at
CTNC

Clinical Corner: Tips
from Neurology
Experts

NeuroWellness Talks
Webinar Series

CTNC News &
Updates

Voices of our Patients

Letter from the Practice

Dear CTNC Community,

Our team was proud to be part of the MS Walk in Austin back in April.

It was an inspiring day surrounded by patients, families, and advocates—all coming together with one shared goal: supporting the MS community and driving progress forward. Dr. Parisa Khosravi, our MS specialist, was also there connecting with current and former CTNC patients throughout the event.

Thank you to the National Multiple Sclerosis Society and to everyone who showed up, participated, and supported this important cause. We heard from so many of you about the impact our care team has had - it's events like these that remind us of the resilience of our community and why we're so honored to continue to serve the central Texas community.

the CTNC team

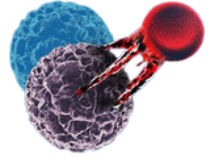
What's New in Neurological Research and Care

 U.S. National Library of Medicine
[ClinicalTrials.gov](https://clinicaltrials.gov)

[Full Article **HERE**](#)

CAR-T Cell Therapy for MS: Early Results Are Promising — But It's Early

Source: *Systematic Review, AAN 2026*



CAR-T cell therapy — a treatment approach already used in certain blood cancers — is now being studied in people with highly active or treatment-resistant MS. A new systematic review pooling data from 27 patients found that **among those followed for at least 6 months, the majority showed no evidence of disease activity**, and a key biomarker of nerve damage in spinal fluid also decreased after treatment.

The therapy works by engineering a patient's own immune cells to target and eliminate the B cells driving MS inflammation — essentially a deep immune reset.

Why This Is Important — And Why Caution Is Warranted: These early signals are genuinely exciting, particularly for patients whose MS has not responded to available therapies. However, this review included only 27 patients across uncontrolled studies, meaning results must be interpreted carefully. Side effects including immune suppression and long-term infection risk remain incompletely understood. Larger, controlled clinical trials are urgently needed — and are expected to follow.

Rocky Mountain MS Clinic in Utah, part of the Nira Medical network, is actively participating in research in this space. Ask your care team if you'd like to learn more about clinical trial opportunities at your practice.

[Full Trial Details **HERE**](#)

 **ALZHEIMER'S
ASSOCIATION**

[Full Article **HERE**](#)

Americans Value Brain Health - But Most Don't Know How to Protect It

Source: *Alzheimer's Association*



Nearly nine in 10 Americans say maintaining brain health as they age is very important, and 99% rank it as at least as important as physical health — yet only 9% say they actually know how to maintain it. That striking gap is the central finding of the Alzheimer's Association's 2026 Facts & Figures report, released this spring.

[Alzheimer's Association](#)

Three in four Americans say lifestyle behaviors are important for brain health, but fewer than half strongly connect those behaviors to reducing dementia risk. And while two in three Americans want brain health guidance from a healthcare provider, only 14% have ever discussed it with their doctor. [Alzheimer's Association](#)

What This Means for Patients: The science is clear that what you eat, how you move, how well you sleep, and how connected you stay to others all shape your brain's future. Your neurology team is exactly the right place to start that conversation — don't wait for memory concerns to bring it up. Visit [BrainandLife.org](https://brainandlife.org) for trusted, patient-friendly resources on brain wellness.



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Clinical Research Opportunities at CTNC

You can be a part of the future of medicine!

Central Texas Neurology Consultants (CTNC) is a recognized leader in advancing therapies for neurological conditions. As part of our commitment to improving patient care, we regularly conduct clinical research studies and are actively seeking participants. We have a dedicated and experienced clinical research team committed to advancing innovative research and improving patient care.

Why Take Part in Clinical Research?

Make a Difference

By taking part, you're helping improve care for people with neurological conditions now and in the future – and brings us closer to better treatment options

Explore New Possibilities

Clinical studies may give you access to new therapies before they become widely available – and help you learn more about your condition

Receive Compensation

Many studies offer payment for your time and involvement, as well as coverage for certain related expenses



Enrolling & Upcoming Studies:

- Alzheimer's Disease
- Memory Loss
- Myasthenia Gravis
- Progressive Supranuclear Palsy (PSP)
- Parkinson's Disease
- Chronic Inflammatory Demyelinating Polyneuropathy (CIDP)
- Tardive Dyskinesia (TD)
- Multiple Sclerosis
- Diabetic Peripheral Neuropathy (DPN)



How to Learn More

For more information, ask to speak with a research team member today, email us at research@ctncpa.org, or scan the QR code to the right to request a call.

Should you scan the QR code and express general interest, a member of our research team may contact you with additional information. Note: submitting or indicating interest does not obligate you to enroll in any study.



Scan Here
to Submit an
Interest Form!



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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!

“

Stay in air conditioning as much as you can. Wear light-weight, loose, breathable clothing, drink cold fluids, & eat popsicles. So, hey - there you go. If you needed some permission, now you've got it!



Daniel Orme, MD

Board Certified
Neurologist
MS Specialist



“

Yoga may help manage MS symptoms. Combining stretching, breathing, and mindfulness with yoga may reduce fatigue, improve balance and flexibility, and relieve muscle spasticity and emotional wellbeing. Yoga can be adapted to fit mobility needs.



**Katrina Bawden,
MSN, MSCN, FNP-C**

Board Certified Family
Nurse Practitioner &
Certified MS Nurse



“

I believe exceptional MS care goes beyond the medications you are on. It means building a team around yourself to address physical health, mental well-being, lifestyle, and long-term goals to achieve the best possible outcomes.



Parisa Khosravi, DO

MS Specialist



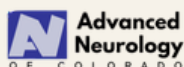
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Eating a balanced diet rich in whole foods and staying hydrated can reduce inflammation and improve overall health. The Mediterranean or MIND diet can be good to follow. Research shows that people with MS who follow the MIND diet have less tiredness and inflammation, and a better quality of life.



Elijah Lackey, MD

Board Certified Neurologist
MS Specialist



“

Brain health isn't something that happens to you — it's something you build every day. What you eat, how you move, how well you sleep, and the strength of your social connections all shape your neurological future — and they're largely within your control.



Michael Edgeworth, MD, FAAN

Chief Medical Officer



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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
- Research Updates in MS & Managing Heat Intolerance

Key insights from our most recent webinar - Research Updates in MS & Managing Heat Intolerance - include:

1. There has been a lot of attention and activity specifically around advancements in BTK inhibitors, CAR-T cell therapy and remyelination strategies.
2. BTK inhibitors are oral medications showing promise for both relapsing and progressive MS forms, though liver toxicity remains a concern
3. CAR-T cell therapy involves modifying a patient's own T cells to target B cells implicated in MS and could provide long-lasting targeted suppression of immune cells inside and outside the brain.
4. Lifestyle recommendations for MS include following the Mediterranean or MIND diet, engaging in regular aerobic and resistance exercise, maintaining good sleep hygiene, and finding ways to stay cool, especially during the upcoming summer months.

Our next webinar, focused on fatigue, fatiguability, and exercise is scheduled for Wed, July 8 at 7pm CT. More details below.

FATIGUE, FATIGUABILITY, & EXERCISE

Explore the latest science, practical exercise approaches and real-world guidance to help individuals managing fatigue move forward with confidence.

Dr. Augusto Miravalle
Medical Director of Education,
Nira Medical

Christina Weber, DNP, AGACNP-BC, MSCS
Board-Certified Nurse Practitioner,
Advanced Neurology of Colorado

SCAN TO RSVP
Free Virtual Webinar

WED, JULY 08, 2026
5PM MT / 7PM ET

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
- MS&Neuromuscular CENTER OF EXCELLENCE

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



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Thank You, Dr. Couch



Melinda Gants

Dr. Couch has done more for me than any neurologist coast 2 coast, (I've even been to the Diamond Headache clinic). He's extremely knowledgeable in his field but even more importantly he has what so many doctors forget after a short time, kindness. That alone is priceless. Dr. Couch will always be my neurologist, he is simply the best.

After 32 years of dedicated service and as a co-founder of CTNC, **Dr. Craig Couch is retiring**. He has made a lasting impact on our patients, our team, and our community. We are deeply grateful for his years of compassionate care and the legacy he leaves behind. **Please join us in wishing him all the best in this well-deserved next chapter.**

As Dr. Couch retires after June 30, 2026, we want to **ensure a smooth transition for all patients**:

- Patients may continue care with other experienced providers in our practice. To schedule an appointment or discuss your care options, please contact us at 512-218-1222 or through our patient portal
- If you prefer to transfer your care, our team can assist with referrals and medical record transfers upon request

We remain committed to supporting you every step of the way and ensuring continuity of your care. Please don't hesitate to reach out with any questions.

Team Shoutout Recognition Program

We recently rolled out a team shoutout initiative at Central Texas Neurology Consultants, where our team members recognize one another for going above and beyond.

Beatrice, our front desk receptionist, is often the first face you see—but she's so much more than a warm welcome. She brings positivity, energy, and a true team-first mindset to everything she does, making a difference for both our patients and her teammates every day.

She's been receiving quite a few shoutout cards lately—and she's not the only one! Recognition has also been going out to incredible team members like Dr. Adam Horvit, Nicole and Sarah from our discharge team, Ashley, Infusion Nurse and Rhoechelle, our Medical Assistant Lead.

We're so lucky to have such a strong, supportive team. If you've had a great experience with our team at CTNC, don't be shy! We'd love to hear about it via an online review or in-person the next time you're at our clinic 😊



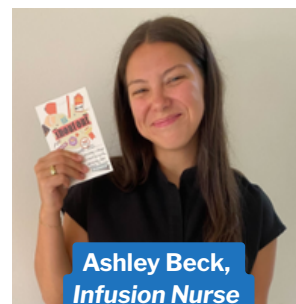
Beatrice Velasquez,
Check-In Receptionist



Rhoechelle,
Medical Assistant Lead



Nicole Ley & Sarah Peacock,
Discharge



Ashley Beck,
Infusion Nurse




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Voices of Our Patients at Central Texas Neurology Consultants

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




Jerry
4 reviews

★★★★★ Edited 5 days ago

Updated April 2026:
Central Texas Neurology Consultants is a wonderful doctor's office with competent, knowledgeable doctors and fantastic office staff! I have been a Multiple Sclerosis patient here for over a decade, and they have always taken care of me! Everyone is always so friendly. Whenever I need information about my treatments or care, my calls are always returned promptly. I'm always greeted with a smile. Everyone has always been helpful in the office with medical forms or questions. I live one town over, but I'm happy to drive here. I've seen some complaints that it takes a while to get an appointment here after a recommendation, and that is true, but this is because they are a smaller group practice that gets a LOT of requests for consultations and appointments, which speaks to their service and knowledge in this field. I cannot, of course, speak to peoples' individual experiences, but I can tell you I've had nothing but brilliant service and medical treatments for over a decade with three different doctors, and my fellow patients in the waiting room always seem satisfied, as well.

Shout outs:

- Dr. Khosravi for being so patient with all of us, well, patients! You answer all of my questions, and volunteer whatever information you have to help me understand both my medical issues and treatments. You are a gem of a doctor! Thank you!
- Rochelle in Dr. K's office... you never fail to get to back to me promptly on anything I need, and you are always informative and helpful during my appointments!
- EVERYONE in the infusion center... y'all always takes care of us infusion patients with grace, kindness, and diligence; some our treatments can be very uncomfortable, but everyone there does such a great job and is so professional and friendly, and that makes the treatments go so much smoother, which is no small thing!
- Beatriz in the front office... a special shout out for you! No matter if it is a face-to-face interaction or a phone call, you always have a smile and tons of positive energy to share! Thank you for being always friendly, gentle, patient, informative, and generally wonderful!



Johnny
Local Guide · 143 reviews · 150 photos

★★★★★ 3 weeks ago **NEW**

A wonderful place for my health care. Dr Peckham is just fantastic and Brianna is down to earth and shows just how much she cares every time.

Thank you for reading!



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