

ANC Quarterly Newsletter



October 2025



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Board-Certified Neurologist

Multiple Sclerosis,
Neuroimmunology

T: (970) 226-6111

Accepting new patients

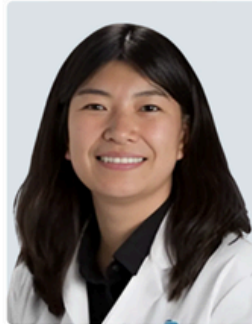


Elijah Lackey, MD
Board-Certified Neurologist

Multiple Sclerosis,
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Sarah Yang, MD
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Accepting new patients



Kimberly Eisenbach, MSN, FNP, AG/ACNP
Board-Certified Family Nurse Practitioner

Neurology

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A New Way to Stay Connected with ANC ❤️

Dear ANC 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 and other neurological disorders — through the highs, the hard moments, and everything in between.

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

In that spirit, we're launching a quarterly newsletter — a way to stay in touch, share what we're working on, and keep you updated.

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

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

With appreciation,

the ANC team

In this first issue,
you'll find:

Welcome, Dr. Lackey
(MS Specialist)

Clinical Corner: Tips
for Managing MS &
Other Conditions

Introducing
NeuroWellness Talks
Virtual Webinar
Series

Research Update
from ECTRIMS
Conference

Welcome, Dr. Lackey!

We are excited that Dr. Elijah Lackey joined us back in July to help lead our MS practice!

If you're interested in meeting Dr. Lackey and scheduling an appointment, give us a call at (970)-226-6707.

Dr. Lackey is a neurologist specializing in Multiple Sclerosis and other autoimmune disorders. He completed Fellowship training in MS and Neuroimmunology at Duke University, where he also earned a Master of Health Sciences in Clinical Research.

His clinical work focuses on personalized care for patients with MS and his research has explored novel biomarkers and treatment strategies for neuroinflammatory diseases.

Dr. Lackey has chosen to partner with ANC due to the quality of our providers, our commitment to exceptional patient care, and he looks forward to raising his family in the Fort Collins area. Outside of medicine, Dr. Lackey enjoys outdoor activities like cycling and hiking.



Elijah Lackey, MD

Clinical Corner: Tips for Managing Neurological Conditions from the ANC Team

We asked ANC team members to share their top tips for patients. Be sure to talk to your provider to create the right plan for you!



Sleep

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.



**Kimberly Eisenbach, MSN,
FNP, AG/ACNP**

Board-Certified Family Nurse
Practitioner



SPMS



Eating a balanced diet rich in whole foods and staying hydrated can reduce inflammation and improve overall health...The Mediterranean diet or the newer MIND diet, which combines elements of the Mediterranean and Dietary Approaches to Stop Hypertension (DASH) diets, can be a good one to follow. Research shows that people with MS who follow the MIND diet have less tiredness and inflammation, and a better quality of life.

As quoted in [WebMD](https://www.webmd.com)



Elijah Lackey, MD

Board-Certified Neurologist



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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

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
5PM MT / 7PM ET

Hosted By:



To register for the next virtual webinar on Wed, Nov 12 at 5pm MT, focused on Foot Drop in MS, scan the QR code above or [CLICK HERE](#).

Research Update from ECTRIMS Conference

Dr. Dasari traveled to Barcelona for the ECTRIMS conference - one of the leading meeting places for researchers, clinicians and healthcare providers to collaborate on life-changing research and treatment options for people with MS and related diseases. He participated and shared findings from 2 research studies conducted with patients at ANC focused on **evaluating the efficacy and safety profile of Ublituximab**, the latest in a series of B-Cell therapies for treating MS.

- **ENHANCE:** A research study that looked at modifying the dosing of patients starting Ublituximab to consolidate the loading dose. The study found that consolidating infusions was well-tolerated across each duration.
- **ENABLE:** A Phase 4 research study that looked to collect more real-world data (outside of a clinical research setting) around the efficacy of Ublituximab for patients started on this therapy, and found consistent clinical outcomes with pivotal clinical studies.

If you are interested in participating in a research study yourself, you can ask the front desk to speak with a research team member today, email research@advancedneurology.com or call (970)-237-2979



Dr. Dasari at ECTRIMS

Thank you for reading!



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