

ANC Quarterly Newsletter



March 2026



ANC DEC '25 MEET & GREET EVENT

In this issue, you'll find:

Research Roundup:
Latest in Neurology

Clinical Research at
ANC

Clinical Corner: Tips
from Neurology
Experts

NeuroWellness Talks
Webinar Series

ANC News & Updates

Voices of our Patients

Letter from the Practice

Dear ANC Community,

What an incredible evening at our December Meet & Greet with the ANC clinical team at Mash Lab Brewing!

We were honored to welcome more than 80 community members and it was inspiring to see such strong support for MS & neurological care in Northern Colorado. We had so many attendees that our hosts literally had to open the garage next door to fit everyone in!

To many more events and moments together that help build lasting relationships. Thank you for being part of the community we are building together and for continuing to trust us with your care.

the ANC 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.



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Clinical Research Opportunities at ANC

You can be a part of the future of medicine!

Advanced Neurology of Colorado (ANC) is enrolling adults for clinical trials exploring investigational medications. The investigational medications may be compared to placebos (which look like the investigational medications but have no active ingredients). If you participate in a study, you may have visits with the study team for them to go over various medical tests and check-ins with you to monitor your safety.

Individuals may qualify for our studies if they:

- Are 18 years of age and older
- Have been diagnosed with a condition where we have an enrolling study
- Are willing to travel to the study site for study visits
- Meet additional study criteria

Qualified participants may be eligible for time and travel compensation.



Enrolling Studies:

- Multiple Sclerosis
- Migraine
- Myasthenia Gravis
- Chronic Inflammatory Demyelinating Polyneuropathy (CIDP)



Upcoming Studies:

We regularly start new studies across therapeutic areas. Contact us today to learn more about our current programs.

How to Learn More

For more information, ask to speak with a research team member today, email us at research@advancedneurology.com, or scan the QR code to the right. You can also give our practice a call directly.

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!

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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



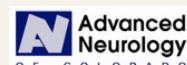
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Prevent falls before they happen. Winter weather increases fall risk, MS and neuromuscular disease can affect balance, strength, vision and sensation. Thus, wear supportive, nonslip footwear, use your assistive device consistently—even for short distances 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



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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



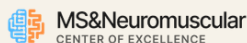
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Depression and seasonal mood changes are common in MS, and in the winter, shorter daylight hours can affect mood and sleep. Daily light exposure, maintaining routines, and aerobic exercise can help reduce the winter blues.



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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ANC setting up a stand at last year's MS Walk



Coming Soon: Walk MS 2026

Join us on the following regional MS Walks!

Denver: City Park Sat, May 2

- 📍 Address: 2001 Colorado Blvd
Denver, CO 80205
- 🕒 Site Opens: 7:30 am
- 🎪 Ceremony Starts: 9:15 am
- 🚶 Walk Kickoff: 9:30 am
(1-mile or 3-mile route options)

Windsor: Boardwalk Park Sat, May 2

- 📍 Address: 100 North 5th Street
Windsor, CO 80550
- 🕒 Site Opens: 8:00 AM
- 🎪 Ceremony Starts: 9:00 am
- 🚶 Walk Kickoff: 9:30 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 a top fundraising team.

Welcoming new team members to ANC!

As our practice continues to grow, so does our commitment to delivering thoughtful, comprehensive neurological care. Each new hire brings valuable expertise, compassion, and energy to our team, helping us better serve our patients and community every day.



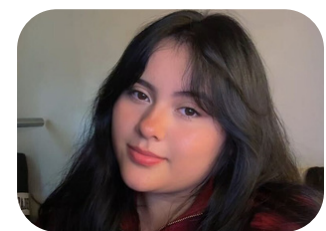
Christina Weber, DNP, AGACNP - BC, MSCS

We're excited to welcome Christina to our clinical team! With specialized experience in neurology and multiple sclerosis care, she is passionate about delivering patient-centered care to every individual she serves.



Patrick Rosen Field Marketing Manager

We're happy to welcome Patrick to the ANC team! He brings strong healthcare marketing & analytics experience and will be focused on helping us continue to grow our community connections & presence..



Katie Nunez Receptionist

You'll see Katie at our front desk, where she brings a warm, energetic presence and will help ensure every patient feels supported from the moment they arrive!



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Voices of Our Patients at ANC

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



FrenchyMom

Local Guide · 18 reviews · 4 photos



★★★★★ Edited a week ago

Kimberly is really great. She's thorough, relatable, and has a sunshine personality. I always feel better after seeing her because she develops a plan and gives me hope for defeating terrible migraines. She does everything she can to bridge the gap between treatments so I have something to fall back on. I think she is wonderful!



Mel Champion

10 reviews



★★★★★ 4 weeks ago

I've been a patient at ANC for approximately 12 years and their quality of care and professionalism is wonderful. On time and on task with a smile, it makes me relax for my procedure. Thank you!



Patrick Park

1 review



★★★★★ 2 months ago

Courtney was Awesome, very Professional and provided Excellent Customer Service. I was receiving Botox injections in my neck and cranial area for migraine management. Thanks again and enjoy your Christmas !!!



nancy solyn

Local Guide · 22 reviews · 10 photos



★★★★★ 3 months ago

Dr. Yang was professional, knowledgeable, and honest. She took time to review all my tests and documentation which is extensive. She listened to me and provided responses to my questions that were clear and helped me to understand what she was seeing regarding my tests. She was clear that what others had said was accurate info, but also adjusted what, I pray, is a solid path to healing.

Thank you for reading!



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