

ANC Quarterly Newsletter



September 2026

ANC is Growing! New Denver South Location in Lone Tree



In this issue, you'll find:

ANC News & Updates

Research Roundup:
Latest in Neurology

Clinical Research at
ANC

Clinical Corner: Tips
from Neurology
Experts

NeuroWellness Talks
Webinar Series

Voices of our Patients

Letter from the Practice

Dear ANC Community,

What an exciting summer it has been for Advanced Neurology of Colorado!

In June, we celebrated the opening of ANC Denver South in Lone Tree with a ribbon-cutting ceremony and open house, welcoming more than 60 patients, families, providers, and community members.

Our new 4,500 sq. ft. center is now open, bringing comprehensive MS and neurological care and on-site infusion services to the greater Denver area. We're also thrilled to have Dr. Beverly Gilder and Christina Weber, DNP, AGACNP-BC, MSCS leading our Denver South team and caring for patients at the new location.

It was wonderful to celebrate this exciting milestone with so many of you. We're happy to officially be part of the Denver Metro community and look forward to continuing to provide the care and support our patients know and trust. 

the ANC team

News from Our Team

ANC has switched to a new Electronic Health System, Athena



ANC has successfully transitioned to our new electronic health record system, Athena. You should have received an email invitation on May 25, 2026, with instructions to set up your new portal. If you haven't completed your registration yet, **please follow the instructions in that email to activate your account.**

Your new patient portal allows you to securely communicate with your care team, view test results, manage appointments & access health information.

If you did not receive the registration email, have trouble logging in, or have questions, **please call us at (970) 226-6111.** Our team is happy to help.

New Faces at ANC: Welcome to the Infusion Team, Tyler & Brianna!



Tyler Merrill, RN *Lone Tree*

Originally from the Boston area, I moved to Golden, Colorado in 2021 with my family. I have a wife, 2 kids and 2 Great Danes. We enjoy skiing, camping, playing tennis, and traveling. We couldn't be happier living in the foothills of the Rocky Mountains!

I have been an infusion nurse for 5 years and pride myself on compassionate care with professional acumen. I like the challenges of nursing as well as connecting with my patients and learning about their personal journeys.



Brianna Wilkson, RN, BSN *Fort Collins*

I am Colorado born and raised. I love traveling and visiting new places, and all the great food that comes with that! I am also an audiobook fanatic - mostly fiction or anything with a riveting storyline. I am married, have 3 children, and adore my fur baby!

My nursing background stems from 2 years in adult hospital bedside care, and then 12 years in the NICU before infusion nursing here.

I'm so excited to be part of such an amazing team here at ANC!

Staff Spotlight: Jennifer Gentilcore, Clinical Research Supervisor

Jennifer has called Fort Collins home since 2003, and for the last 19 years, ANC has been home too!

Jennifer's journey at ANC is a true growth story. She started as a Medical Assistant, became a Research Coordinator, and has grown into her current position as Clinical Research Supervisor, where she now oversees complex research operations & supports the successful execution of innovative clinical trials.

She's recognized not only for her operational expertise, but also for her heart-led leadership style, fostering collaboration, mentorship, and compassion throughout the organization. Jennifer is a passionate advocate for patients, working tirelessly to help provide access to groundbreaking therapies that may offer hope to those in need.

Congratulations, Jennifer, on this remarkable 19-year milestone — and thank you for everything you do!



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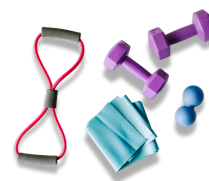
What's New in Neurological Research and Care

Archives of
**Physical Medicine
and Rehabilitation**

[Full Article HERE](#)

Best Evidence Yet: Exercise Can Meaningfully Ease MS Fatigue

Source: *National Library of Medicine*



Fatigue affects the majority of people with multiple sclerosis (MS) and is one of the toughest symptoms to manage. A comprehensive new review pooling findings from 35 prior research reviews confirms that structured exercise programs can meaningfully reduce fatigue. Cardio-style (aerobic) exercise had the strongest, most consistent evidence, while strength training also showed a solid — if more variable — benefit. Other approaches like water-based exercise, yoga/mind-body work, and technology-assisted training (like exergaming) look promising but need more research.

Neurology®

[Full Article HERE](#)

Quitting Smoking May Protect Your Brain

Source: *Alzheimer's Association*



A large new study followed over 32,000 adults for up to 25 years and found that people who quit smoking had a notably lower risk of developing dementia compared to those who kept smoking — eventually approaching the risk level of people who never smoked. There was a catch, though: the brain benefits were strongest for those who gained little or no weight after quitting. People who packed on more than 10 kg (about 22 lbs) didn't see the same protective effect.

Takeaway: if you're planning to quit, ask your care team about weight management support too.

Neurology®

[Full Article HERE](#)

Reassuring News for Women With Myasthenia Gravis Who Are Pregnant or Planning to Be

Source: *Neurology*



A nationwide Swedish study followed 112 women with myasthenia gravis (MG) through 176 pregnancies and found that pregnancy itself was not linked to a higher risk of MG flare-ups requiring hospitalization. In fact, nearly 90% of women had no MG-related hospital stays in the year after delivery. The one caveat: the postpartum period carried a higher risk of more severe or prolonged exacerbations in a smaller group of women — a reminder that close monitoring after delivery matters.

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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 & Upcoming Studies:

- Multiple Sclerosis
- Parkinson's Disease
- Migraine



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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For fatigue, consider other causes that may not be neurological, such as iron deficiency, that may be contributing to, or the cause of fatigue. Hormone changes can also cause energy depletion. Don't forget to talk to your primary care provider to rule these out!



**Kara Menning,
FNP-BC, MSN, MSCN**

Board-Certified Family
Nurse Practitioner &
Certified MS Nurse



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Emotional support and community connections are very important aspects of MS management. Research shows that people who report having stronger social support report better mental health, better quality of life, better perceived cognition, and less fatigue.



Parisa Khosravi, DO

Neurologist & MS
Specialist



“

If you're finding that you're completely worn out for two hours after a workout, you're probably pushing it too hard. If you're still feeling it after two hours and then you recover, it's probably okay. It's really important to listen to your body.



Daniel Orme, MD

Board-Certified
Neurologist
MS Specialist



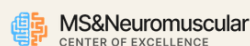
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The one food I try to eat daily is blueberries. Research has shown that these compounds may improve memory and slow cognitive decline over time. The key is consistency over time rather than eating a large amount just once in a while.



**Jean-Raphael
Schneider, MD**

Board-Certified
Neurologist
Neuromuscular Specialist



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If it's an option for you, consider swimming or water aerobics as an especially effective exercise during the Summer and warm Fall months.



Viktoria Kaplan, MD

Board-Certified
Neurologist
MS Specialist



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One of my favorite exercises actually involves a book. Grab a very heavy book, put it on your leg, and lift your leg against the weight of the book. Do biceps curls with it and when you're done, open the book and read the chapter — so you're stimulating your brain too.



Augusto Miravalle, MD

MS Specialist
Medical Director of
Education



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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.

**Neuro
wellness
talks**

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
- Fatigue, Fatiguability, and Exercise

Key insights from our most recent webinar - Fatigue, Fatiguability, and Exercise include:

1. **MS fatigue comes in two forms, and telling them apart changes how it's treated.** Primary fatigue is caused by MS-related changes in the central nervous system, while secondary fatigue stems from contributing factors such as sleep disorders, medications, or hormonal changes.
2. **Fatigue is real, measurable, and worth quantifying.** Tools like the Modified Fatigue Impact Scale (MFIS) help evaluate the physical, cognitive, and psychosocial effects of fatigue, allowing treatment to be better tailored to each individual's needs.
3. **Exercise is one of the most evidence-backed treatments for MS fatigue—and the bar to start is lower than most people think.** Even low-to-moderate activity can help reduce fatigue, making consistency more important than intensity.
4. **Exercise doesn't just build muscle—it supports brain health.** Research suggests regular physical activity can help the brain work more efficiently, while exercise combined with mindfulness has shown benefits for supporting long-term cognitive health and resilience.

Our next webinar, focused on brain health is scheduled for Wed, September 9 at 5pm MT. More details below.

Dr. Augusto Mirovalle
Medical Director of Education
Nira Medical

Dr. Mark Cascione
Board-Certified Neurologist
First Choice Neurology

Kara Menning, FNP-BC, MSN, MSCN
Board-Certified Family Nurse Practitioner
Rocky Mountain Multiple Sclerosis Clinic

SCAN TO RSVP
Free Virtual Webinar
WED, SEP 09, 2026
5PM MT / 7PM ET

*To register for the next virtual webinar, scan the QR code or **CLICK HERE***

Brain health is a lifelong journey shaped by lifestyle, environment, genetics, and quality care. Join leading neurologists and MS specialists to learn how neuroplasticity and evidence-based strategies can help support cognitive resilience and long-term brain health.

Hosted By:

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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.



MaryLynne
2 reviews



★★★★★ a week ago **NEW**

Dr Lackey is an excellent doctor with a wealth of knowledge. He is also friendly and kind. Anyone with neurological problems would benefit from his care. I don't think you could find a better doctor!



Beth
4 reviews



★★★★★ Edited a month ago

This medical facility and its staff are always top notch. Highly recommend to anyone looking for care with needs they offer.



Vince
2 reviews



★★★★★ a month ago

The doctor was very thorough and gave me the time to process the information about my test results. He was patient and did not rush the process. Very happy with my visit

Thank you for reading!



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