

# Pillars



## YOUR QUARTERLY NEWS & UPDATES December - 2015

Welcome to the first digital issue of the Foundation of CMSC's quarterly e-newsletter, PILLARS. In keeping with the times and recognizing how busy everyone is - FCMS has moved to this digital format to bring you current and relevant "stories from the trenches". We will profile the professionals and professionals-in-training who have benefited from the initiatives of the FCMS.

We're proud to be entering the Foundation's 16th year and the fact that we have enabled over 400 professionals and professionals-in-training help fulfill our mission to stimulate the growth, development and provision of patient care services, education and research in the field of MS and to enhance the quality of life of those affected by MS.

Please follow these inspirational stories in the months ahead. We would love to tell **YOUR** story - why do **YOU** work in MS? Who has been **YOUR** mentor? Contact us at [info@cmscfoundation.org](mailto:info@cmscfoundation.org) to be included in our next issues.

With our appreciation for your support and our best regards to you and your families during this holiday season,

Judy Katterhenrich,  
Executive Director, FCMS

Cindy Bobowski  
Program Manager

Leslie Nies  
Operations & Development Manager

### PROFILE: FCMS FELLOWS TO WATCH

FCMS/Genentech Clinical Development fellow **Meredith Frederick, MD** is at the mid-point of her one-year project at Oregon Health & Science University.



#### My current work:

"My research is focused on an advanced imaging (MRI) technique to image the white matter, which is the part of the brain most affected by multiple sclerosis. This is important in MS because there is increasing interest in drugs aimed at repairing white matter to improve physical function and we need ways to track the white matter to look for a response.

I am also working to better characterize a spontaneous disease that occurs in Japanese macaques that in many ways resembles MS. Animal models of MS have led to many breakthroughs in treatment and are responsible for many of the disease modifying therapies available today. Understanding the disease that occurs in Japanese macaques could help us better understand what is happening in MS and provide opportunities to discover new therapies."

#### My passion for working in MS:

"I first became interested in MS before medical school when I worked as a caregiver for a remarkable young man with MS. I've since met many more incredible people who have MS and have inspired me to pursue this fellowship. I feel privileged to care for people over long periods of time and learn about them as people, not patients. I also enjoy the opportunities for shared decision making that this field provides. The right treatment depends not only on the science, but also people's values, lifestyles, and goals."

Dr. Frederick's mentor, **Dennis Bourdette, MD, FAAN** elaborates:

"The FCMS fellowship has been critical to enable Dr. Frederick to embark on a very important and exciting research project. Her research will provide a much better characterization of this novel MS-like non-human primate model and directly test whether T2\* imaging accurately reflects demyelination and remyelination. This will also be a great start for Dr. Frederick's research career. Dr. Frederick has already made significant progress which would not have been possible without the support provided by the FCMS."



**MS MENTORSHIP FORUM WEBSITE  
LAUNCHES -  
A RESOURCE FOR MS/NEUROLOGY  
TRAINEES AND MENTORS**



**It's here!** A unique platform for professionals-in-training with an interest in multiple sclerosis to share experiences, aspirations and information with peers and mentors. This resource was built upon the recommendations of residents and Fellows participating in the MS Mentorship Forum. This resource and the live meetings to build it were made possible through an educational grant by **Biogen**.

Join us for new information and strategies about MS, fellowship and advanced training opportunities, and networking with peers and mentors across North America with similar interests and goals.  
[Click HERE to Link to MS Mentorship Website](#)



**THE FUTURE MS WORKFORCE IS HERE - AND THEY HAVE  
SMART PHONES**

**Matthew Engelhard, MD**, FCMSC 2014 medical research scholar, is currently also pursuing a PhD at the University of Virginia. His research is focused on detection and monitoring of walking impairment and other MS symptoms using smart devices. With the assistance of his mentors, **Myla Goldman, MS, MSc**, Department of Neurology, and **Stephen Patek, PhD**, Department Systems and Information Engineering, UVA, Matthew will be presenting two papers at a conference in Sydney, Australia, and has submitted a recent manuscript to the MS Journal based partially on his FCMSC scholarship project.

**REMINDER: 2016 Rehabilitation Therapy Specialty Training Program  
applications due January 10, 2016!**

The ninth year of this 35-hour curriculum for PTs, OTs and rehabilitation therapy graduate students is now accepting applications. Training will be conducted at 3 sites across North America. Thank you, **Acorda Therapeutics, Inc** for support of this comprehensive care training program. For detailed information and application materials, [CLICK HERE](#)



All of the initiatives provided through the FCMSC are, of course, dependent upon contributions from our members, corporate supporters and private foundations. The opportunities to improve patient care through training experiences such as these are many - limited only by our resources. Please consider becoming a *Friend of the Foundation* today and go to our website at [www.cmscfoundation.org/donate-now2](http://www.cmscfoundation.org/donate-now2) or click on the icon to the left to make your donation today. Thank you!

**This newsletter has been supported through independent educational grants from  
Biogen and Novartis Pharmaceuticals - Thank you!**

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