

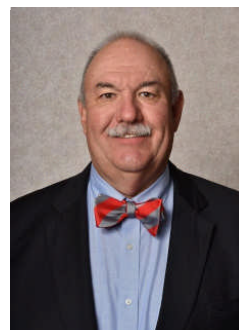


YOUR QUARTERLY NEWS & UPDATES

August 2018

Dear Friends of the Foundation of the CMSC,

It is hard to believe that another CMSC Annual Meeting has come and gone. We descended upon Nashville, Tennessee from May 30-June 2, 2018, taking over the Music City Center for four days of learning, networking, and fun. From listening to our opening lecturer, Dr. Stephen Rao, address cognitive dysfunction screening to sampling local specialties like hot chicken and Martin's BBQ, from learning about cutting-edge treatment options to taking in the live music scene on Broadway, we are certain that all of our attendees will remember this year's meeting as one of our greatest ever. It was certainly a momentous occasion for me personally, as I officially succeeded Dr. Gary Cutter as the President of the CMSC Board of Governors. Part of this responsibility involves serving as the President of the Foundation's Board of Trustees, a position that I am particularly excited to accept.



The Foundation's unique focus on building the "Workforce of the Future" in MS continues the tireless efforts and commitment of CMSC members, as well as the entire MS health care community, to improve the lives of patients and in turn their care partners and families. This community also includes all disciplines involved in the clinical and comprehensive care of persons with MS, as the CMSC has focused on the need for a multidisciplinary approach to MS care since its inception.

We worked to promote this mission at the Annual Meeting in Nashville with activities such as the Foundation Fun Walk, Foundation Scholars Luncheon, and the Foundation Scholars Reception. Those who have benefited from our programming over the past year were given the chance to meet other scholarship recipients and showcase the results of their Foundation-supported research in a collaborative and dynamic environment, while also taking the opportunity to network with more experienced members of the MS care community. Without people like you, the Foundation would not be able to provide such fantastic quality programming and we thank you for all of your support over the past year.

The summer is traditionally a slower time for many, but Foundation staff has already begun preparations for our 2018-19 programming. We are busy preparing grant submissions and brainstorming ideas for fundraising events that will result in an even better slate of programming for the future. Notably, we have applied for support for yoga and meditation sessions to take place at next year's Annual Meeting in Seattle, Washington, reflecting our understanding of the importance of self-care for patients and clinicians alike. We look forward to another year of support for our Workforce of the Future, and I look forward to the opportunity to serve you for the next two years as your President.

Michael K. Racke, MD
President, FCMSC Board of Trustees

MS WORKFORCE OF THE FUTURE PROGRAMS SUMMARY IN NASHVILLE

The Foundation of the CMSC is helping to create the MS WORKFORCE OF THE FUTURE with these unique programs designed to bring up-and-coming clinicians and researchers to our Annual Meeting. In all, the Foundation will provide funds to bring 90 young professionals to Nashville thanks to grant funding from several sources.

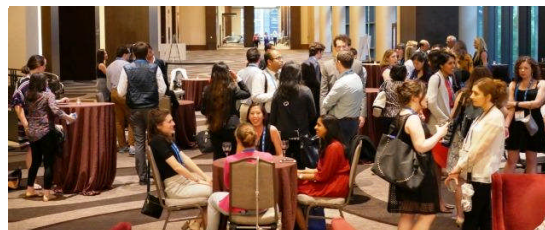


MS Mentorship Forum - This year we had a record breaking 60 residents and fellows participate at the full-day MS Mentorship Forum. Attendees benefited from specialized training in MS from expert faculty members as well as discussions from peer mentors regarding networking and mentoring opportunities that will facilitate their

successful advancement in their field of specialization. Small breakout sessions and case and panel discussions allowed attendees to work directly with peer mentors who have recently completed fellowships and entered the field of MS care.



Scholar Reception - This social event provided all FCMSC scholars the opportunity to meet and network with one another.



Scholar Recognition Luncheon - 11 Medical Research Students presented their research project results giving them the opportunity to discuss their work. Approximately 110 attended the luncheon.



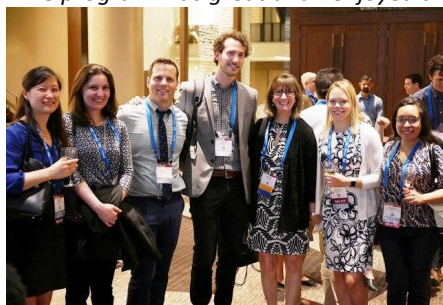
Patricia K. Coyle, MD, FAAN, FANA enlightened luncheon attendees with an informative and inspiring presentation titled *'Why go into MS? Isn't it Solved?'* that was enjoyed by all.

Friday Fun Walk - Early morning walk at the Music City Walk of Fame Park gave meeting attendees a schedule time to exercise and enjoy the cool morning weather at this beautiful park. T-shirts and water bottles were provided.



FCMSC Scholars Quotes - *"I utilized the new information learned during the CMSC meeting every day; when educating patients and speaking with other MS providers. I am taking that knowledge learned and using it to make me a better MS nurse."*

"The program was great and I enjoyed the variety of discussion topics."



"Besides the fact of the immense amount of information presented at the conference, I was impressed by the family/team environment during the conference. The boundaries between different professions were blurred because of the family/team environment which led to more openness and learning from other's experiences."

"I really enjoyed this conference! I found many of the lectures helpful, especially the lectures

regarding fellowship and job applications at the Mentorship Forum. I greatly appreciate the opportunity to attend!"



MS Mentorship Forum Recap Nashville 2018

Marwa Kaisey, MD

MS Mentorship Faculty

The 5th annual MS Mentorship Forum sponsored by the Foundation for the CMSC on Wednesday, May 30th in Nashville, brought together residents, fellows, and faculty for a busy day of education, mentorship, and networking. Drs. Nancy Sicotte and Corey Ford chaired the event that included 64 doctors from all over

North America. Dr. Jennifer Graves had the difficult task of giving a brief neuroimmunology overview and delivered a very clear and informative talk. Dr. Ford then presented the latest in research advances, and Dr. Marwa Kaisey followed with an interactive session during which participants debated diagnostic and treatment decisions using challenging case examples.

The second half of the day shifted gears towards crucial, practical information that is often left out of neurology training: how to find a fellowship, how to find the first job out of training, and how to negotiate a contract. A presentation by Dr. Sicotte on these topics lead into a panel discussion that included industry representative Dr. Alexandra Goodyear, who shed light on a career path most trainees are not familiar with. The panel also included faculty mentors Drs. Yasir Jassam, Graves, and Kaisey and peer mentors Drs. Veronica Cipriani and Ahmed Obeidat who all shared their career paths, lessons they'd learned, and mistakes they'd learned from. The day concluded with a discussion on the role of the MS Professionals in Training special interest group (PiT-SIG) lead by Drs. Jassam and Obeidat, with a focus on

whether MS fellowship training programs should be credentialed and an update on developing a central resource for fellowships.

Participants had enthusiastic feedback regarding the lectures and discussions of the day, which both inspired and challenged them to further their commitment to patient care and research in MS.



My CMSC Annual Meeting Experience!

Randy Sims, LPC, BSN, RN

June Halper Annual Meeting Nurses Scholar

Let me begin by saying I am new to the world of Multiple Sclerosis. Saying that, I am not new to the world of various conferences focusing on marriage and family counseling, psychological issues, and nursing. The CMSC conference was by far one of the best conferences I have ever attended.

The sense that those who help others with multiple sclerosis (MS) are a team or family was palpable. I was impressed by the willingness of the "experts" to take time out of their day to help or explain various issues related to MS to the "novices". There were many times I witnessed a presenter or organizer for the conference being stopped by someone to ask a question pertaining to MS and that person stopping to give their complete attention to the other person.

Equally impressive was the collective respect that was shown for other's opinions regarding treatment modalities, views, and opinions regarding MS. Obviously the field of MS is ever growing and changing which can lead to strong opinions. In my experience, these are times when egos get in the way of progress for the patient. This was not the case at CMSC, respect for other's views was the norm.

Finally, I was touched by the consistent focus on the patient with MS, not just the disease. While CMSC's focus was on education, treatment, and innovation surrounding MS, the patient was never forgotten. The respect and concern for each patient's experience and symptoms was remarkable. Patients will benefit from the 2018 CMSC conference.

And then there was the food...



Sunrise Yoga is back with an addition of Morning Meditation Class!

After many successful years of presenting a one mile Fun Walk in conjunction with CMSC's Annual Meeting, providing conference attendees with a great way to

increase their Fitbit stats and spend some quality time with friends and colleagues, the Foundation of the Consortium of Multiple Sclerosis Centers is excited to announce that we are switching things up for 2019! Seattle is a city well-known for its mix of the urban and natural elements, making it the perfect venue to introduce our new wellness-focused activities:

Sunrise Yoga and Morning Meditation!

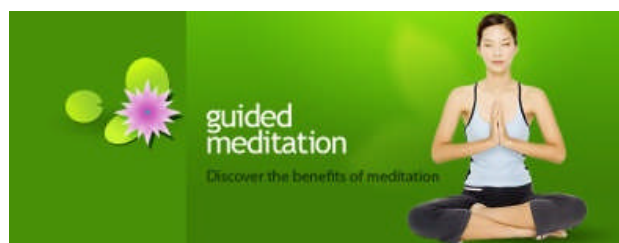
With an increased focus on the whole person, comprehensive care and the importance of the team approach in MS care, our yoga and meditation sessions will be designed to integrate relaxation and mindfulness into the meeting experience. Research has shown that meditation breaks benefit industry conferences in the following ways:

- Meditation breaks have been shown to contribute to endurance
- The fresh perspective inherent to meditation breaks lets creativity and ideas flow
- Mental "clutter" can be eliminated with meditation and yoga, facilitating effective communication
- Twenty minutes of daily yoga practice has been shown to improve focus and productivity throughout the day

(Adapted from <https://www.bizbash.com/why-meditation-breaks-benefit-meetings/new-york/story/31268/#.W2sZNdJKi70>)

We hope to see many of you in attendance at our **Sunrise Yoga and Morning Meditation** sessions in Seattle.

Namaste!



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