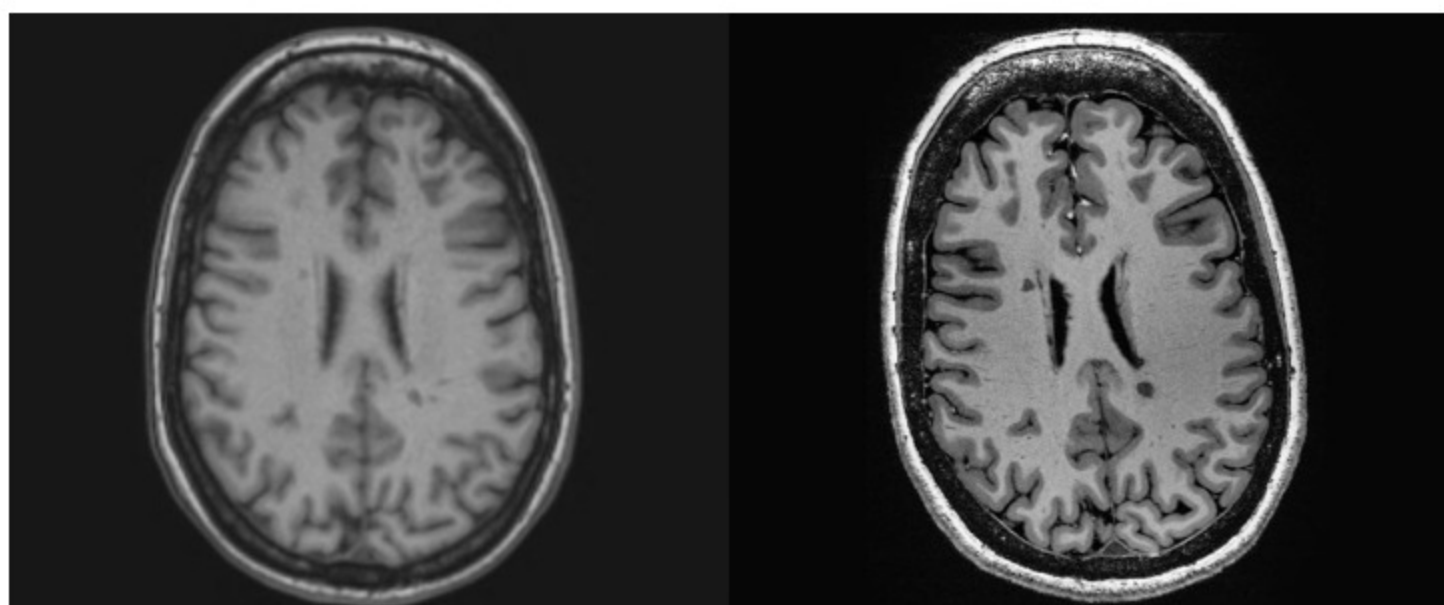




## Can a Mediterranean-Inspired Diet Improve MS Outcomes?

A major clinical trial at the Corinne Goldsmith Dickinson Center for Multiple Sclerosis is testing whether the Mediterranean-Intervention for Neurodegenerative Delay (MIND) diet can slow MS progression. Led by Ilana Katz Sand, MD, the study will track neuroinflammation, symptoms, and quality of life over one year.

[Learn More and Join the Study](#) ➤



## New Imaging Methods Reveal Hidden Clues in MS

Erin Beck, MD, PhD, is using advanced magnetic resonance imaging to uncover brain changes in MS that standard scans often miss. Her research on cortical lesions could lead to earlier diagnoses, better treatment decisions, and a clearer understanding of disease progression—especially in patients with progressive MS.

[Discover Dr. Beck's Imaging Research](#) ➤



## Honoring Faculty Who Shape Tomorrow's Neurologists

Stephen Krieger, MD, Michelle Fabian, MD, and Sylvia Klineova, MD, MS, were recognized by graduates of the Neurology Residency Program at The Mount Sinai Hospital for their outstanding mentorship, teaching, and patient care. Their impact reflects the Center's deep commitment to training the next generation of neurologists.

[Celebrate Our Faculty Award Winners](#) ➤

If you have comments or suggestions for this newsletter, or if you would like to be featured in a patient story, please email Ian Rees at [ian.rees@mssm.edu](mailto:ian.rees@mssm.edu).