

Disclosure and Support



Finding the Strength to Share

For years, Kenneth Bandler kept his MS diagnosis private, even from colleagues. With guidance from a social worker at the Corinne Goldsmith Dickinson Center for Multiple Sclerosis, he found the courage to disclose his diagnosis on his own terms. That decision lifted a heavy burden and helped him continue a long, fulfilling career in media relations.

[Read Kenneth's Story ›](#)

Research and Discovery



Mount Sinai Experts Advance MS Care at ECTRIMS

More than 9,000 MS researchers and clinicians recently gathered in Barcelona for the 41st annual ECTRIMS Congress. Faculty and staff from the Corinne Goldsmith Dickinson Center for MS led and presented in multiple sessions, advancing understanding of MS therapy, cognition, and aging. Their work continues to shape emerging treatments and improve individualized care for every patient.

[Read More ›](#)

Mindset and Resilience

The Author of Her Own Story

Mount Sinai patient and journalist Andrea Sachs has learned that living well with MS requires flexibility and perspective. Guided by Fred Lublin, MD, and her care team, she has navigated major life adjustments and has become an advocate for others through her writing and redefining what it means to thrive with MS.

[Read Andrea's Story ›](#)



Wellness & Research

Running for Research: Dr. Katz Sand's Marathon Challenge

The research of Ilana Katz Sand, MD, explores how diet and lifestyle can improve the lives of people with MS. Her newest study, a clinical trial of the MIND diet, aims to measure its impact on neuroinflammation, fatigue, and cognition. To help fund this vital work, she and her husband, Michael, are running in the NYC Marathon on Sunday, November 2.

[Support Dr. Katz Sand's Marathon for MS Research ›](#)

