



Could the Key to MS Be Found in the Gut?

[Stephanie K Tankou, MD, PhD](#), Assistant Professor of Neurology at The Corinne Goldsmith Dickinson Center for Multiple Sclerosis, is investigating how gut bacteria influence multiple sclerosis (MS) progression.

Her research suggests that an imbalance of gut microbes may trigger inflammation that damages the brain and spinal cord. Now, she is testing whether the antibiotic vancomycin can reshape the gut microbiome to reduce inflammation in newly diagnosed MS patients.

This work could pave the way for "bugs as drugs"—microbiome-based treatments that could be safer than and just as effective as current MS therapies.

[Find Out More](#)



Shaping the Future of MS Care

Fred Lublin, MD, Aaron Miller, MD, and Stephen Krieger, MD led sessions at the 18th Annual MASTER MS course, a top mentorship program for neurology residents and MS fellows.

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Understanding Brain Reserve in MS

Stephen Krieger, MD, joined the BeewellwithMS podcast to discuss brain reserve, and explore lifestyle choices and disease-modifying therapies. [Watch](#) or [listen](#) to the podcast.

[Read More](#)



Patient Spotlight: Emily's Marathon Journey



When Emily Martin was diagnosed with MS at just 24 years old, she wasn't sure what her future would hold. Early symptoms like numbness and the "MS hug" were overwhelming, but she found expert care at Mount Sinai's MS Center.

Initially, running a marathon felt out of reach, but through [Finish MS](#), a program that encourages people with MS to take on athletic challenges, she found the motivation to start running. Training for a marathon wasn't easy—she had to manage fatigue, heat sensitivity, and her symptoms—but she stayed committed, running more than 500 miles to prepare.

On race day, Emily felt the incredible energy of New York City, with crowds cheering and loved ones supporting her every step of the way. Completing the 26.2-mile race was more than a personal victory—it was a tribute to the MS community. She hopes her journey inspires others with MS to discover what they can do to overcome challenges and keep moving forward.

Congratulations, Emily!

Would you like to share your story? Email Ian Rees at ian.rees@mssm.edu to be featured in a future Patient Spotlight.

WE FIND A WAY



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