

# WELCOME

## The 12<sup>th</sup> Annual MS Symposium- Virtual Event

### MS VIEWS AND NEWS

**MS VIEWS & NEWS**

**THE 12TH ANNUAL MS SYMPOSIUM IS COMING!**  
Saturday October 16th 2021 10:30am -2:30pm ET

**Live Online!**

Learn about \*Pain Management \* MS Relapse \* Symptom Management \*  
\*Physical Therapy and Movement for Wellness\*  
\*Access to MS Care for Underserved Communities \* The Immune System and MS\*  
\*COVID-19, the Vaccine and how it works with your MS Medications –and so much more! \*

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**THE 2021 MS SYMPOSIUM**

**MS VIEWS & NEWS**

# PRESENTERS

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### **Patricia "Tricia" Pagnotta, APRN, MSN, CNRN, MSCN, AQH**

Advanced Practice Registered Nurse- Neurology Associates Multiple Sclerosis Center of Greater Orlando

I completed my under graduate degree at Towson State University in Towson Maryland, my graduate degree was completed at University of Maryland, and I did post graduate work at University of Central Florida.

I am an active member of the MS Community. Currently, I am the Past President of the International Organization of Multiple Sclerosis (IOMSN). I am a member of the Consortium of Multiple Sclerosis Centers (CMSC). I serve on the Southern Regional Healthcare Provider Council. I have published in MS in peer reviewed journals and patient journals. I have been active in Research as a Primary Investigator and Co-Investigator on several clinical trials in Multiple Sclerosis. I am very active in educating on Multiple Sclerosis to peers and those affected by the disease and have presented all around this country. I am an advocate for individuals affected by MS and I run a monthly support group for MS patients in Central Florida at our Center. In addition, to MS, I specialize in Headache Management and have been accredited by the National Headache Foundation with the Added Qualification in Headache Medicine.

In my spare time, I love to be with my family, friends, and animals.

**DISCUSSION TOPIC:** Patricia Pagnotta, will start a conversation about living well with MS. She will be bringing us updates and **management of pain** and symptoms for people living with MS. She will help us take a look at **MS relapse** and **recovery** - recognizing relapse and understanding treatment and management options today.

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### **Gretchen Hawley PT, DPT, MSCS- The MSING Link**

Hi there! I'm Gretchen. I am originally from Buffalo, New York and received my Bachelor of Science degree at Elmira College in Upstate New York. After graduation, I moved to Boston where I obtained my Doctorate of Physical Therapy Degree from Simmons University.

I began treating people with Multiple Sclerosis during my first year of professional practice. The positive results I was seeing in my patients propelled me to immerse myself even deeper into the treatment of MS so I took every opportunity to attend workshops and conferences dedicated to improving lives through PT. Two years later I was asked to help develop a physical therapy program designed for people with Multiple Sclerosis. In doing so, I realized not only the depth the disease but also how differently it impacted everyone it touched. Needless to say, it piqued my curiosity and I decided to study and sit for the Multiple Sclerosis Certified Specialist exam.

I began sharing the success that some of my patients had been seeing from our physical therapy sessions on social media, and was surprised by the number of people with MS who reached out - from Des Moines to Dubai - asking if I would be their physical therapist! That's when I decided to launch this online MS wellness program - to broaden my reach, and help as many people as possible learn, not just to manage MS, but to master it.

**DISCUSSION TOPIC:** Physical Therapist Gretchen Hawley, PhD, PT, MSCS will be providing a fun interactive discussion on **Physical Therapy designed for people living with MS**. Get moving and stay strong with helpful tips and examples of movement you can incorporate into your daily life.

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### **Mary Hughes, MD Neurology**

When her sister was diagnosed with multiple sclerosis in 1998, Dr. Hughes dedicated her medical career to the purposeful and intentional treatment of neurological disorders. Practicing for over 25 years in academic and health care system settings, Dr. Hughes founded her private practice, Premier Neurology in 2015. Premier Neurology's comprehensive approach to treatment is based on the goal of increasing quality of life for every individual affected by a neurological disorder. Living well with neurological diseases requires the patient-centered approach that Dr. Hughes has developed over her years of practice, and continues to hone in her private practice at Premier Neurology. Education has been a cornerstone of her commitment to patient care. An experienced educator, she has taught extensively in multiple arenas including medical conferences, medical schools and community events. In the face of the complexity of the field of neurology, she has been actively involved in clinical research for over 20 years.

### **DISCUSSION TOPIC**

Mary Hughes, MD Neurology will share updates on how COVID-19 has impacted the MS community and highlight healthcare disparities for people of color living with MS.

Dr. Hughes will connect us to topics like **diversity, equity, and inclusion**. Plus, the ins and outs of Telehealth today and how new avenues to **access care** can fit into your MS plan of care.



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**Aaron Boster, M**

Dr. Boster is a board-certified Neurologist specializing in Multiple Sclerosis and related CNS inflammatory disorders. He decided to become an MS doctor at age 12, as he watched his uncle Mark suffer from the disease in an era before treatment was available. Dr. Boster grew up in Columbus, Ohio and attended undergraduate at Oberlin College. He earned his MD at University of Cincinnati College of medicine and completed an internship in Internal Medicine and Residency in Neurology at the University of Michigan. He then completed a two-year fellowship in Clinical Neuroimmunology at Wayne State University. Since then, Dr. Boster has been intimately involved in the care of people impacted by Multiple Sclerosis; He has been a principal investigator in numerous Clinical Trials, trained multiple MS Doctors and Nurse Practitioners, published extensively in medical journals. He lectures to both patients and providers world-wide with a mission to EDUCATE, ENERGIZE and EMPOWER people impacted by MS. He lives in Columbus, Ohio with his wife, Krissy, son Maxwell and daughter Betty Mae.

### **DISCUSSION TOPIC:**

Join Aaron Boster MD, Neurology as he helps us gain a clear understanding about MS and making decisions with your healthcare team. Gain a deeper understanding about **the immune system** and how it works. A discussion covering COVID-19 **vaccine updates**, plus how vaccines work with your DMT and more!



Dov, Multiple Sclerosis, Israel

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# Exhibitors & Resource Page

**Neurology Associates:** <https://neurologyorlando.com/>

**The MSING Link:** [www.msinglink.com](http://www.msinglink.com)

**The Boster Center for Multiple Sclerosis:** <https://www.bosterms.com>

**Premier Neurology:** <https://premier-neuro.com/>

**Biogen / Above MS:** <https://www.abovems.com/>

**Bristol Myers Squibb:** <https://www.bms.com/> [www.zeposia.com](http://www.zeposia.com)

**TG Therapeutics:** <https://www.tgtherapeutics.com>

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