



The Multiple Sclerosis (MS) and  
Neuroimmunology Division  
within the Department of Neurology



THE OHIO STATE  
UNIVERSITY  
WEXNER MEDICAL CENTER





PATIENT CARE





To set up an appointment for one of your patients with one of our MS physicians, please fax a request to  
**614-293-1456.**



To speak to our MS scheduling team, please call  
**614-366-3744.**

The Multiple Sclerosis (MS) and Neuroimmunology Division within the Department of Neurology at The Ohio State University Wexner Medical Center is one of the most advanced and comprehensive centers for MS care and research in the United States. We've brought together world-renowned clinicians, scientists and educators who specialize in MS and related diseases, becoming a destination for patients, as well as for physicians, learners and researchers, from well beyond central Ohio.

We offer the latest disease-modifying therapies, symptomatic treatments and rehabilitative interventions with the goals of preventing relapses and slowing or halting neurological decline. These clinical innovations are only strengthened by a robust research portfolio that includes fundamental studies on the causes of MS and investigator-initiated clinical trials of innovative therapies, conducted by a faculty ardently committed to training the next generation of MS specialists and neuroimmunologists.





DISCOVERIES



# SPECIALISTS

Kristi Epstein, MSN,  
APRN-CNP, CCRN  
Kasturi Ganesh Barki  
Tirisham Gyang, MD  
Emily Harrington, MD, PhD  
Margaret Hansen, RPh  
Vicki Kascsak, RN  
Meena Khan, MD  
Stephanie Kielb, PhD  
Trittnee Robinson  
Benjamin Segal, MD  
Samantha Stern, PhD  
Yinan Zhang, MD

Care is coordinated among a multidisciplinary team with specialized knowledge and experience in MS and neuroimmunology. Collaboration strengthens our approach. Depending on the needs of individual patients, the clinical care team may include a neurologist, pharmacist, nurse practitioner, infusion nurse, social worker, neuropsychologist, neuroradiologist, sleep and fatigue specialist, urologist, physical/occupational therapist, speech therapist, psychiatrist and ophthalmologist.

The latest diagnostic tools inform more effective and targeted treatment plans. This includes 3 Tesla MRI, optical coherence tomography, evoked potential tests and rapid onsite laboratory analysis of blood and cerebrospinal fluids.







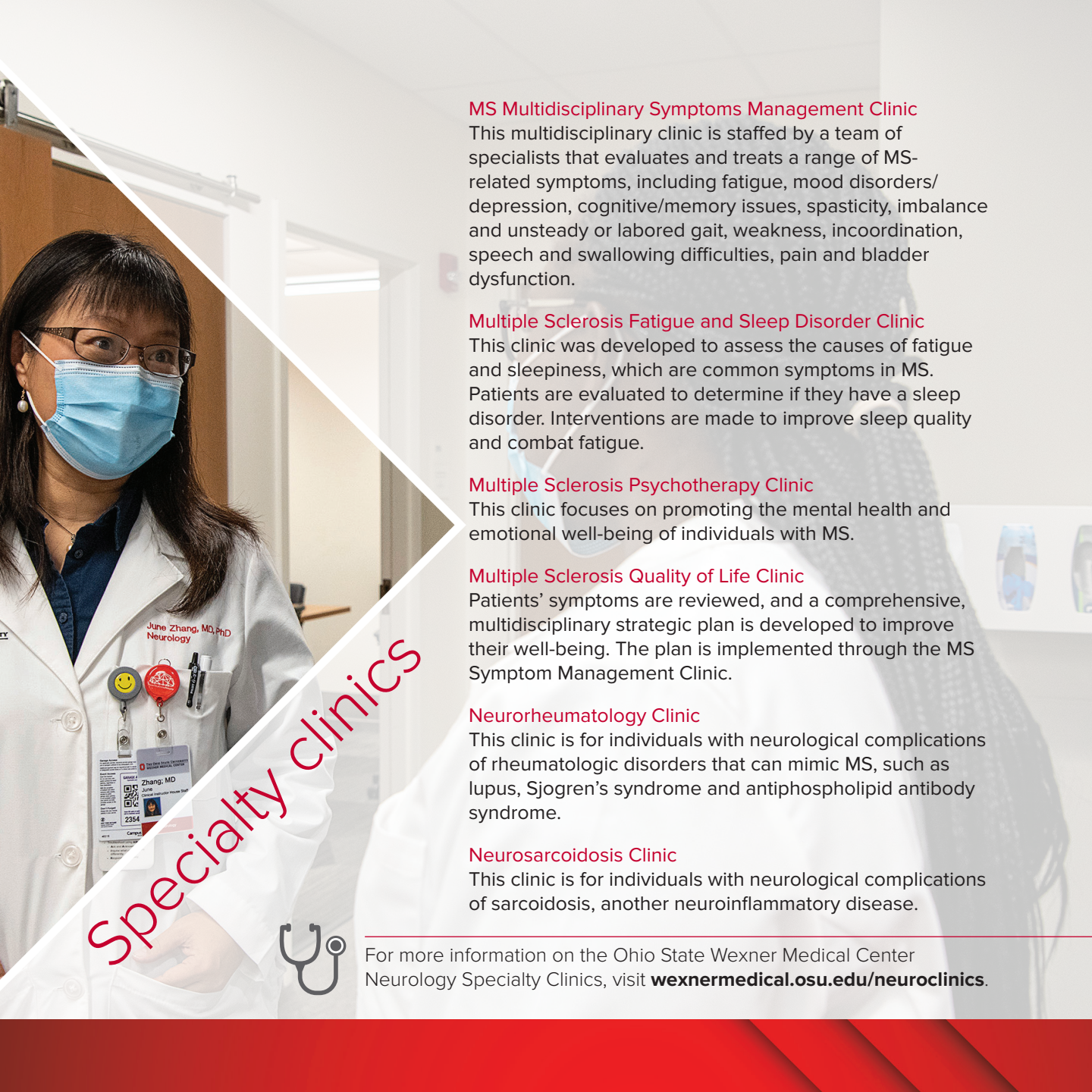
A dedicated network of clinical trial coordinators and internationally recognized research labs studying the pathogenesis of MS and related conditions keep the team at the forefront of medical innovation and knowledge. These efforts are facilitated by a state-of-the-art biorepository with integrated database.

Daily collaboration and active engagement with medical students, neurology residents and MS fellows challenge the entire team to keep informed about the latest clinical advancements and research findings.

We offer an internationally prominent MS research laboratory program investigating the pathogenesis of MS and exploring novel biomarkers and therapeutic targets to increase the accuracy of diagnosis and drive the discovery of superior and safer treatments.

The program is supported by Benjamin Segal, MD, chair of the Department of Neurology, along with an associate professor, six assistant professors and two postdoctoral fellows, as well as a team of technicians and graduate students.





Specialty clinics



### MS Multidisciplinary Symptoms Management Clinic

This multidisciplinary clinic is staffed by a team of specialists that evaluates and treats a range of MS-related symptoms, including fatigue, mood disorders/depression, cognitive/memory issues, spasticity, imbalance and unsteady or labored gait, weakness, incoordination, speech and swallowing difficulties, pain and bladder dysfunction.

### Multiple Sclerosis Fatigue and Sleep Disorder Clinic

This clinic was developed to assess the causes of fatigue and sleepiness, which are common symptoms in MS. Patients are evaluated to determine if they have a sleep disorder. Interventions are made to improve sleep quality and combat fatigue.

### Multiple Sclerosis Psychotherapy Clinic

This clinic focuses on promoting the mental health and emotional well-being of individuals with MS.

### Multiple Sclerosis Quality of Life Clinic

Patients' symptoms are reviewed, and a comprehensive, multidisciplinary strategic plan is developed to improve their well-being. The plan is implemented through the MS Symptom Management Clinic.

### Neurorheumatology Clinic

This clinic is for individuals with neurological complications of rheumatologic disorders that can mimic MS, such as lupus, Sjogren's syndrome and antiphospholipid antibody syndrome.

### Neurosarcoidosis Clinic

This clinic is for individuals with neurological complications of sarcoidosis, another neuroinflammatory disease.

For more information on the Ohio State Wexner Medical Center Neurology Specialty Clinics, visit [wexnermedical.osu.edu/neuroclinics](https://wexnermedical.osu.edu/neuroclinics).



## Department of Neurology

# Multiple sclerosis care team



### Benjamin Segal, MD

Dr. Segal is an international thought leader in multiple sclerosis (MS) and neuroimmunology. At The Ohio State University Wexner Medical Center, he serves as the chair of Neurology and director of the Neuroscience Research Institute. Dr. Segal is a director of the Americas Committee for Treatment and Research in Multiple Sclerosis (ACTRIMS), an academic organization that fosters MS education and research worldwide. In addition to seeing patients, he leads a team of researchers dedicated to increasing our understanding of MS and discovering new treatments. Dr. Segal has published over 100 original articles on MS and related disorders in high-impact, peer-reviewed journals. He is the recipient of the prestigious National Multiple Sclerosis Society Harry Weaver Scholar Award and a Public Health Services Commendation Medal from the National Institutes of Health.



### Tirisham Gyang, MD

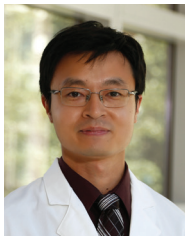
Dr. Gyang specializes in multiple sclerosis and related neuro-immunological disorders of the brain and spinal cord and has particular interest in experimental therapeutics, clinical trials and medical education. She is passionate about empowering patients with personalized interdisciplinary clinical care, quality education and clinical research. She completed her training in clinical multiple sclerosis and experimental therapeutics at University of Rochester Medical Center as a scholar of the National MS Society. She is a board certified neurologist and an active member of multiple professional societies.



### Emily Harrington, MD, PhD

Dr. Harrington is a physician scientist who specializes in the care and treatment of multiple sclerosis patients. Dr. Harrington is particularly interested in finding better treatments for progressive multiple sclerosis and enhancing myelin repair with the hopes of preventing disability and neurodegeneration. Dr. Harrington obtained their medical and graduate training at the University of California San Francisco and completed their multiple sclerosis fellowship at Johns Hopkins. They are originally from Kansas City. Dr. Harrington is excited to be a part of the Ohio State Wexner Medical Center's multiple sclerosis team.





### Yinan Zhang, MD

Dr. Zhang recently joined the Multiple Sclerosis and Neuroimmunology Center at The Ohio State University Wexner Medical Center after completing a fellowship at the prestigious Corinne Goldsmith Dickinson Center for Multiple Sclerosis in the Mount Sinai Health System. He completed his medical school and neurology residency at the University of Texas Southwestern Medical Center in his hometown of Dallas. Dr. Zhang values getting to know his patients over time and finding the best treatment strategies for each person's unique needs and disease characteristics. His research focuses on aging and MS, including how biological changes during aging contribute to evolution of the disease. Dr. Zhang enjoys spending his free time with his family and building custom Lego creations.



### Meena Khan, MD

Dr. Khan is a neurologist and associate professor of Clinical Medicine at The Ohio State University Wexner Medical Center. She is the program director for the Sleep Medicine Fellowship program as well as co-director of the annual Ohio State Sleep Symposium. Her clinical interests center on sleep in neurological disease. She manages the sleep medicine neuromodulation program for sleep disordered breathing and has a clinic specifically devoted to sleep issues in those with multiple sclerosis.



### Samantha Stern, PhD

Dr. Stern is a licensed psychologist and clinical rehabilitation neuropsychologist. She completed her doctoral degree at the Illinois Institute of Technology, residency at the University of Washington and fellowship at the University of Illinois at Chicago. She has particular expertise in delivering evidence-based interventions and conducting neuropsychological testing on patients with neurological diseases, including MS. In the MS division, she provides behavioral health interventions for issues such as mood/anxiety symptoms, sleep problems, fatigue, pain and cognitive changes using cognitive-behavioral approaches.





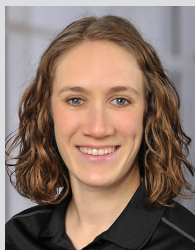
### Kristi Epstein, MSN, APRN-CNP, CCRN

Kristi has over 20 years of experience in the medical field and maintains a special certification in critical care. She has been with the Department of Neurology for over five years. Her clinical interests include the MS Quality of Life (QOL) Clinic, which focuses on diet, exercise and lifestyle modification to improve QOL for MS patients. QOL Clinic screening tools can help direct appropriate referrals for comprehensive care of complex patients in our MS Multidisciplinary Symptomatic Clinic. Kristi's other interests include pregnancy planning for MS patients, MS disease education and clinical research.



### Margaret Hansen, RPh

Dr. Hansen is a clinical pharmacist who joined the Ohio State Multiple Sclerosis team in August 2019. After receiving her PharmD from the University of Kansas, she completed two years of post graduate residency training in Ambulatory Care Pharmacy. Dr. Hansen meets with patients who are newly diagnosed with multiple sclerosis or are planning to switch their medication to go over baseline screenings and provide education about the MS medicines. Dr. Hansen also provides the long-term lab safety monitoring of these medications. She especially loves her job because she gets to help people better understand their disease and their medicine.



### Grace Schaffner, DPT, PT

Grace graduated from The Ohio State University in 2014 with her doctorate in Physical Therapy. She has a passion for working with patients with neurologic disorders, including but not limited to multiple sclerosis and stroke. She's the outpatient rehabilitation program coordinator for multiple sclerosis and enjoys developing initiatives to better care for people with MS. She most enjoys teaching people living with neurologic disorders how to return to activities they love.





ACCESSIBLE





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The Ohio State University Wexner Medical Center received the Philanthropic Partner in Care Award from the Ohio Chapter of the National Multiple Sclerosis Society. During the past year, Ohio State was the platinum sponsor for the MS Society's primary events — BikeMS and WalkMS. In addition, Benjamin Segal, MD, chair of Ohio State's Department of Neurology, serves on the MS Society board.