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FOR IMMEDIATE RELEASE

For further information
CONTACT: Sara Bodnar
(718) 780-5367

NYM Begins Newly Diagnosed MS Support Group

To provide vital social support to individuals in the Brooklyn community and the surrounding boroughs who have multiple sclerosis (MS), New York Methodist Hospital is introducing a four-session group for individuals who have been diagnosed with MS during the past two years. The group will meet weekly on Thursday nights from 7:00 p.m. to 8:30 p.m., starting on Thursday, May 1st, at the New York Methodist Spine and Arthritis Center on 263 Seventh Avenue, Second Floor in Reception Area #2 (MS Center Reception Area). The group is provided in collaboration with the National Multiple Sclerosis Society.

MS is a chronic autoimmune disorder that impacts the central nervous system. This disorder can result in loss of balance, compromised coordination, tremors, numbness, extreme fatigue, difficulty concentrating or remembering things, paralysis, blurred vision or blindness. A support group can enable newly diagnosed individuals to learn more about the disease, discover coping mechanisms for challenges that they may encounter, and gain help and encouragement from others.

“The newly diagnosed MS group is a great opportunity because a highly skilled and experienced counselor will be able to provide small group counseling to individuals with MS in the Brooklyn community,” said Alexa Degenhardt, M.D., M.M.Sc., director

of the Multiple Sclerosis Center at NYM. “We are happy to be able to offer this new support group here at NYM.”

To register or for more information, please call or email Andrea Arzt with The National MS Society-NYC Chapter at 212-453-3215 or aarzt@msnyc.org.

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New York Methodist Hospital, a voluntary, acute-care teaching facility located in Brooklyn’s Park Slope, houses 651 inpatient beds (including bassinets) and provides services to over 32,000 inpatients each year. An additional 350,000 outpatient visits and services are logged annually. The Hospital offers Institutes in the following areas: Advanced and Minimally Invasive Surgery, Asthma and Lung Disease; Cancer Care; Cardiology and Cardiac Surgery; Digestive and Liver Disorders; Diabetes and Other Endocrine Disorders; Vascular Medicine and Surgery; Family Care; Neurosciences; Orthopedic Medicine and Surgery and Women’s Health. The Hospital, founded in 1881, has undergone extensive renovation and modernization over the years. New York Methodist is affiliated with the Weill College of Medicine at Cornell University and it is a member of New York-Presbyterian Healthcare System.