

The  
Madlyn Borelli  
Multiple Sclerosis  
Center at Montefiore | Nyack



Contact us for more information.  
845-348-8880 | [montefiorenyack.org](http://montefiorenyack.org)

Montefiore | Nyack

160 North Midland Avenue, Nyack, New York 10960

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## The Madlyn Borelli Multiple Sclerosis Center at Montefiore Nyack Hospital

Multiple Sclerosis is a disease of the central nervous system in which myelin and myelin-forming cells are destroyed. Myelin is a highly organized, cylindrical-like spiral of membrane that surrounds axons at regular intervals and serves to speed electrical conduction and reduce the energy requirements of neurons and axons in the brain and spinal cord. The initial insult that leads to destruction of myelin is unknown but both autoimmunity and primary degeneration of oligodendrocytes that make myelin are contending theories.

Multiple Sclerosis most commonly affects young adults but children and older adults can be affected. Women are affected more commonly than men. Both environmental and genetic factors contribute to the disease. The initial symptoms are varied and can involve vision, balance, strength, coordination, and many other aspects of nervous system function. With disease progression, the cumulative loss of myelin and axons may lead to long-term disability, making early diagnosis and treatment initiation essential to protect the brain and spinal cord from injury.

The diagnosis of Multiple Sclerosis is typically made by recognition of a characteristic clinical syndrome and a characteristic pattern of lesions on the MRI. Sometimes spinal fluid is used to improve



the specificity of the diagnosis. Treatment is based on a careful consideration of patient characteristics as well as effectiveness and safety of individual drugs. Close clinical and MRI monitoring allow us to determine the effectiveness of treatment. We also pay close attention to other factors that can influence MS, including nutrition, exercise, mental health, tobacco use, and alternative medicine. Our overall commitment is to keep our patients functioning at the highest level possible.

### Diagnostic and Treatment Services:

The Madlyn Borelli Multiple Sclerosis Center at Montefiore Nyack Hospital is a collaborative effort of the Judith Jaffe Multiple Sclerosis Center at NewYork-Presbyterian Hospital/Weill Cornell Medical Center in New York City and Montefiore Nyack Hospital, offering specialized MS care in the localized community.

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## Comprehensive Care Services:

Services and consultants available at The Center or within Montefiore Nyack Hospital:

- Neuroimaging MRI With Dedicated Protocols For MS
- Modern Infusion Suite With Full-Time Highly Trained Infusion Nurse Specialist
- Clinical Social Work
- Ophthalmology
- Positron Emission Tomography
- Rehabilitation Medicine
- Physical And Occupational Therapy
- Urology
- Psychiatry
- Clinical Trials

We understand the sense of urgency and psychological stress felt by patients with suspected MS, and thus every effort is made to evaluate patients quickly and effectively. The referring physician will receive a printed copy of the complete evaluation.

## For Referring Physicians:

We are dedicated to assisting neurologists and physicians within the community in the diagnosis and care of their patients. Comprehensive consultations for diagnostic and/or treatment questions are conducted by one of the attending MS specialists. Referring physicians may request one-time consultations, short-term consultations, or assumption of care. The MS Center commonly fulfills requests to evaluate patients for:

- Atypical Findings on MRI
- Vague Neurologic Symptoms
- Confirmation of a MS Diagnosis
- Ascertainment of Treatment Efficacy in an Established Patient
- Review of Treatment Options
- Discussion of Adverse Events Associated with MS Biologic and Pharmacologic Therapies
- Family/Genetic Counseling in Multiplex Families
- Discussion of Clinical Trials
- Co-Morbidities
- Rehabilitative Medicine

**To make an appointment** to see one of our physicians, please call and our staff will be happy to assist you.

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## Our Team:



**Jai Perumal, MD**, is the Director of the Madlyn Borelli Multiple Sclerosis Center at Montefiore Nyack Hospital. Dr. Perumal is also part of the clinical staff at the Judith Jaffe Multiple Sclerosis Center at NewYork-Presbyterian

Hospital/Weill Cornell Medical Center. She is board-certified in neurology with additional specialized training in demyelinating disorders including multiple sclerosis. Dr. Perumal's research interests include analyzing disease phenotypes in MS and MS variants, MS therapeutics, and ethnic influences on disease characteristics.



**Jennifer Reardon, NP**, has extensive experience providing care, counseling, support, education, and treatment services to patients with Multiple Sclerosis. A graduate of Yale University School of Nursing, Ms. Reardon

is a certified Multiple Sclerosis and neuroscience registered nurse, and holds an advanced practice board certification. She is a frequent speaker on the topic of Multiple Sclerosis, presenting to both health professionals and the community.

## Contact Us:

Telephone: **845-348-8880**

Fax: 845-348-2047

Websites: [montefiorenyack.org](http://montefiorenyack.org)  
[weill.cornell.edu/mscenter](http://weill.cornell.edu/mscenter)

Location: The Madlyn Borelli  
Multiple Sclerosis Center  
at Montefiore Nyack Hospital  
160 North Midland Avenue  
Nyack, NY 10960

## Directions:

### ■ From Westchester County:

Follow the Major Deegan Parkway North to the New York State Thruway North and cross the Hudson River on the Tappan Zee Bridge. Exit the Thruway at Exit 11, Nyack. Follow through the stop sign and proceed one block further to the traffic light. Turn left onto Route 9W North. Proceed one block. The entrance is on the right.

### ■ From Manhattan:

Take the George Washington Bridge to the Palisades Interstate Parkway North, to the New York State Thruway (I-287/I-87) South, Exit 9E. Exit the Thruway at Exit 11, Nyack. At the traffic light, turn left onto Route 59 East. Proceed ahead under the overpass to the first traffic light (corner of Route 9W). Turn left onto Route 9W North. Proceed through the traffic light. The entrance is on the right side, approximately one block ahead.

### ■ From New Jersey:

Follow the Garden State Parkway North to the New York State Thruway South. Exit the Thruway at Exit 11, Nyack. At the traffic light, turn left onto Route 59 East. Proceed ahead under the overpass to the first traffic light (corner of Route 9W). Turn left onto Route 9W North. Proceed through the traffic light. The entrance is on the right side, approximately one block ahead.

### ■ From Upstate New York:

Follow the New York State Thruway South, or the Palisades Parkway South, to the New York State Thruway South. Exit the Thruway (I-287/I-87) at Exit 11, Nyack. At the traffic light, turn left onto Route 59 East. Proceed ahead under the overpass to the first traffic light (corner of Route 9W). Turn left onto Route 9W North. Proceed through the traffic light. The entrance is on the right side, approximately one block ahead.

### ■ Bus/Train Transportation:

Please call the Transit Information Center at 845-364-3333.