



Comprehensive Multiple Sclerosis Treatment & Care

Barbara S. Giesser, MD

Multiple Sclerosis Neurologist

Pacific Brain Health Center,
Pacific Neuroscience Institute,
Providence Saint John's Health Center,
Santa Monica, CA

Dr. Barbara S. Giesser, FAAN, FANA, Dipl ABLM, is an internationally recognized clinician and award-winning educator who has specialized in the care of persons with Multiple Sclerosis since 1982. Her approach to the diagnosis & management of persons with MS, and allied demyelinating diseases of the central nervous system combines state of the art diagnostics and a personalized medication plan for each patient with an emphasis on integrating lifestyle and wellness strategies into the neurologic treatment plan. Dr. Giesser has been listed in "Best Doctors in America" since 2005, and in 2018 was honored by the National Multiple Sclerosis Society by her election to their Healthcare Professional Volunteer Hall of Fame. She is the recipient of the prestigious 2022 Ted Burns Humanism in Neurology award from the American Brain Foundation & American Academy of Neurology. Dr. Giesser received the NMSS 2023 "Healthcare Champion" award.

Appointments

Virtual or Clinic Visit

310-582-7613

2125 Arizona Ave
Santa Monica, CA 90404

**PACIFIC
NEUROSCIENCE
INSTITUTE®**

 **Providence**

Multiple Sclerosis is a disease in which the immune system attacks the brain, spinal cord and optic nerves. The fatty insulation around the nerve is damaged, and the nerve itself may also be injured. When this happens, the nerves are unable to conduct electrical impulses to and from the nervous system. This failure of electrical transmission can cause muscle weakness, impaired coordination, abnormal sensations, visual problems, genitourinary dysfunction, cognitive difficulty and fatigue.

At Pacific Neuroscience Institute, care of persons with Multiple Sclerosis combines state-of-the-art diagnostics and treatments with evidence-based recommendations for lifestyle practices. This comprehensive strategy treats the whole person, with the goals of controlling disease activity while optimizing function and quality of life. The MS clinic at PNI is recognized as a "Center for Comprehensive MS Care" by the National MS Society.

There are three categories of treatment for persons with MS.

Disease Modifying Therapies (DMT) are medications that interfere with the immune system's ability to attack the nerves. They help prevent future areas of nerve damage, and slow disease progression. They do not reverse existing scars or treat symptoms.

Symptom Management: Most symptoms of MS can be greatly relieved or ameliorated. This usually involves a combination of appropriate medications and other treatment modalities such as rehabilitative therapies, equipment, lifestyle practices and alternative and complementary therapies where appropriate.

Lifestyle Strategies: The six pillars of brain health are nutrition, exercise, sleep, stress management, social connection and avoidance of risky substances. Advice and educational resources in these areas are part of our neurologic treatment plan.

Conditions We Treat

- Multiple Sclerosis
- Clinically Isolated Syndrome
- Radiologically Isolated Syndrome
- Neuromyelitis Optica
- Transverse Myelitis

