

GIVING
hope

*"Never underestimate the power you have to take your life in a new direction."
—Germany Kent*

Emerging Therapies

Living with Multiple Sclerosis (MS) means navigating a journey that has seen tremendous progress in treatment over the past several decades. *Just a generation ago, there were no FDA-approved therapies available. Today, we have more than 20 disease-modifying therapies (DMTs) that can slow disease activity, reduce relapses, and improve long-term outcomes.*

New approaches currently studied are allogeneic CAR-T cell therapy and BTK inhibitors. B cells and T cells are types of lymphocytes (white blood cell for remembering diseases). In MS it is thought that these cells become activated and attack myelin (covering of the nerve axon).

Allogeneic CAR-T Cell Therapy: Reprogramming the Immune System

CAR-T (Chimeric Antigen Receptor T-cell) therapy is a type of immunotherapy originally developed for cancer treatment as early as 2002. Allogeneic CAR-T

therapy uses donor-derived T cells that are engineered in the lab. These cells are then infused into the patient to help "reset" the immune system. At the University of Nebraska Medical Center (UNMC), a Phase 1 clinical trial is underway studying allogeneic CAR-T therapy for patients with progressive forms of MS whose disease has not been controlled by currently available FDA-approved therapies.

Because this treatment requires intensive follow-up and close monitoring, trial participation has only included individuals living within 30 minutes of UNMC. The trial is currently closed to new referrals, as enrollment goals have been met. It is important to note that FDA approval is likely still 5–10 years away, depending on safety and efficacy results from future studies.

BTK (Bruton's Tyrosine Kinase) Inhibitors: A New Class of Oral Therapy

BTK is a key signaling protein inside B cells and certain immune cells of the brain. By blocking BTK, these drugs can reduce harmful immune activity both in the bloodstream and within the central nervous system.

What makes BTK inhibitors especially exciting is their potential to address both relapsing forms of MS and progressive MS. They are oral medications, taken daily, and several large clinical trials are ongoing. BTK inhibitors are not yet FDA-approved. Still, the progress being made in trials provides great hope for the future.



Saunders
MEDICAL CENTER

Be Well.



MS Clinic Tidbits—

Vitamin D Testing Coverage

Due to recent changes in insurance policies, Vitamin D lab testing will now be performed only upon patient request.

Please be aware that insurance coverage for this testing varies by individual plan. However, you may request a good faith estimate by contacting our billing office.

To help avoid unexpected charges, you may also contact your insurance provider before testing to confirm:

- * Whether Vitamin D testing is covered under your plan
- * Which diagnosis codes are eligible for coverage

Year-End Fast Approaching

The end of the year is coming quickly to a close, along with the possibility

of changes to your insurance coverage either through work, Medicare open enrollment or prescription plan changes. Please send new insurance cards including prescription (RX) cards to our office as soon as possible. If we don't have the correct information going into the new year 2026, it could cause delays in getting your medication. It can take the insurance company up to 30 days to process the authorizations, once it is sent in. Our goal is to prevent a delay or gap in your treatment. Your care is very important to us, so your help in getting us this information is essential.

Please take a picture of the front and back of your insurance card(s) and send via email to jspicka@smcne.com, mail or fax them Attn: Janet. If you aren't able to do one of those things, please call Janet. Remember to bring the cards to your next appointment too!

Looking Ahead

Stay tuned, stay hopeful, and as always—never hesitate to ask your care team about therapies that may be right for you at your next visit.

With hope,
Your MS Care Team



Please note our
new hours—

**Tuesday-Friday
7:30am-4:30pm**



YOUR MS CLINIC

Aaron Bartek
NP-C, MSCS

Tricia Teeter
NP-C, MSCS

Alicia Haun
MS Clinic Lead RN, BSN

Alex Weaver
RN

Stacie Sabatka
Director of Clinics

Janet Spicka
PACS
MS Prior Authorization Specialist

Today's tips—

- Please call Linda at 402-443-4191 ext. 486, or Sara ext. 489, with any billing questions.
- **Refills** Please contact your pharmacy for refill requests. Refill requests will be filled Tuesday-Friday. Allow 3-5 business days for refill requests. If the pharmacy requests you call us, please leave a detailed message with dose of medication and pharmacy you would like refill sent to.
- Please register through the **front (south) entrance** for your appointments.
- Please update Janet with any **changes, insurance, medical and pharmacy.**

Medicare open enrollment is from October 15—December 7, 2025. Please contact Linda Maly at 402-443-4191 ext 486 about which plan to choose that will best cover your medication and care.

Please also remember to reapply for patient assistance programs and grants for your medications.



Scan the QR code with
your smartphone to
join our Facebook Group
Wahoo MS Cares

