

Brain Wellness Program at RUSH

Clinicians in the Brain Wellness Program at RUSH provide lifestyle assessments and evidence-based lifestyle interventions to help patients with multiple sclerosis (MS) and other central nervous system (CNS) conditions improve their quality of life. This program is housed within the MS Center at RUSH.

While drug therapy plays a vital role in slowing the progression and managing the symptoms of MS, lifestyle changes in areas such as nutrition, exercise, stress management, sleep and mental engagement can also significantly impact brain function and wellness in patients, thereby maximizing neurologic reserve.

Using guidelines recommended by the American College of Lifestyle Medicine, our providers educate patients about the impact of lifestyle changes on their quality of life and functionality, providing them with well-rounded, holistic care.

Who is an ideal candidate for this program?

Any existing patient in the RUSH MS Center.

Why send your patients to RUSH?

First-rate care: The neurology and neurosurgery programs at RUSH are ranked No. 4 in the nation by *U.S. News & World Report*.

Center of excellence: The RUSH MS Center has been recognized as a Center for Comprehensive Care through the National Multiple Sclerosis Society's Partners in MS Care program.

Leaders in care: RUSH has participated in many multi-centered trials of life-changing drugs and pioneered new and experimental treatments for MS, neuromyelitis optica and other autoimmune central nervous system disorders before they are widely available. We take the same leading, forward-thinking approach in helping patients with lifestyle management.

To refer patients or request a consult, call (312) 942-8011.

What conditions do we treat?

- Acute disseminated encephalomyelitis (ADEM)
- Adult leukodystrophy
- Anti-myelin oligodendrocyte glycoprotein (MOG) syndrome
- Autoimmune encephalitis
- Central nervous system (CNS) inflammation
- CNS Vasculitis
- Multiple Sclerosis
 - Primary-progressive MS (PPMS)
 - Progressive-relapsing MS (PRMS)
 - Relapsing-remitting MS (RRMS)
 - Secondary-progressive MS (SPMS)
- Myelitis
- Neuromyelitis optica (NMO)
- Neuromyelitis optica spectrum disorder (NMOSD)

Our incorporation of lifestyle medicine helps patients do the following:

- Cease smoking and avoid risky substances
- Develop strategies to manage stress and improve coping skills
- Form and maintain relationships
- Eat healthy, in combination with weight counseling
- Improve sleep
- Increase physical activity by exercising and through other activities



**Best in Illinois.
No. 4 in the country.**

Our Team



Adrienne Castillo, APRN

Board Certifications: Family Nurse Practitioner
Clinical Operations Nurse Manager

Locations

RUSH University Medical Center

Multiple Sclerosis Center

Professional Building, Suite 309
1725 W. Harrison St.
Chicago, IL 60612

For general inquiries regarding
the RUSH MS Center, call
(312) 942-8011.

Learn more:

**[RUSH.edu/services/
multiple-sclerosis-center](https://rush.edu/services/multiple-sclerosis-center)**



Excellence is just the beginning.

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