

## What Is Neuromuscular Disease?

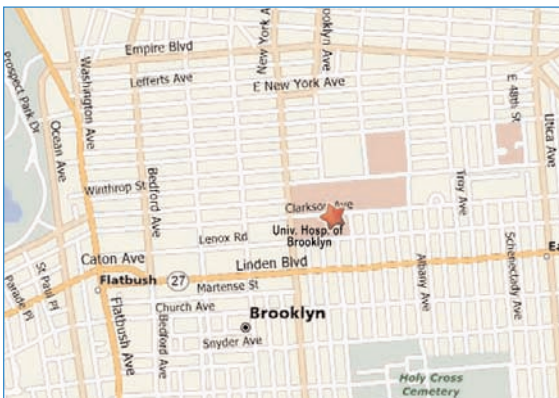
Each year, neuromuscular disorders strike 1.5 million Americans, from infancy through adulthood.

Neuromuscular disorders encompass a wide range of conditions, including neuropathies (either acquired or inherited); myopathies; muscular dystrophies; neuromuscular junction disorders, such as myasthenia gravis; and motor neuron disease, such as amyotrophic lateral sclerosis (ALS or Lou Gehrig's Disease) and spinal muscular atrophy (SMA).



More than 40 different types of neuromuscular diseases have been identified. Many are debilitating, often progressive, and sometimes fatal. Weakness, paralysis, respiratory distress, and intractable pain caused by nerve and muscle diseases dramatically alter the quality of life of both patients and their families.


We accept most insurance plans, including Medicare, Medicaid and Managed Care Plans.



**University Hospital of Brooklyn**  
450 Clarkson Avenue, Box 1213  
Brooklyn, NY 11203

Comprehensive Diagnosis and Treatment for Adults and Children with Neuromuscular Disorders

Call for an Appointment  
or Additional Information  
**(718) 270-2430**

  
**SUNY  
DOWNSTATE**  
Medical Center  
Center for Neuromuscular Disease  
University Hospital of Brooklyn  
450 Clarkson Avenue, Box 1213  
Brooklyn, NY 11203

SUNY Downstate Medical Center

# Center for Neuromuscular Disease



Comprehensive Diagnosis and Treatment  
for Adults and Children with  
Neuromuscular Disorders



**SUNY  
DOWNSTATE**  
Medical Center

**(718) 270-2430**

## Our Mission

We are dedicated to providing a comprehensive diagnosis and the most advanced care for individuals with neuromuscular disorders. Our goals are to alleviate pain, restore optimal function, enhance quality of life, and help patients and their families deal with the challenges of neuromuscular disease.

## About Us

SUNY Downstate Medical Center has a long history as Brooklyn's only academic medical center, with a strong focus on clinical, academic and research pursuits. The Center for Neuromuscular Disease is one of the most advanced centers in the United States for the diagnosis, treatment and research of neuromuscular disease.

The Center for Neuromuscular Disease utilizes a multidisciplinary team approach in order to optimize outcomes for our patients. Board-certified specialists in neuromuscular disease coordinate patient care with pulmonologists, physiatrists, orthopedic surgeons, pain management specialists, physical and occupational therapists, speech pathologists, psychologists, social workers and orthotics/prosthetics specialists. This coordinated teamwork results in high quality, specialized and individualized care in a compassionate, dignified, patient-centric environment.

Many of our doctors have been nationally recognized by the Best Doctors in America®, Castle Connolly and the Consumers' Research Council of America for their outstanding contributions in medicine.

**Center for Neuromuscular Disease**

Phone (718) 270-2430

Fax (718) 270-1946

**Muscular Dystrophy Clinic**

Phone (718) 270-3215

Fax (718) 270-3840

[www.downstate.edu/neurology/neuromuscular](http://www.downstate.edu/neurology/neuromuscular)

## ■ Neuromuscular Disorders Treated at the Center for Neuromuscular Disease

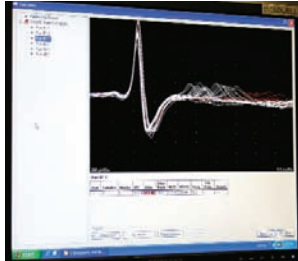
Specialists at the Neuromuscular Center offer comprehensive workups to achieve accurate diagnosis of nerve and muscle diseases and utilize state-of-the-art treatment modalities to optimize quality of life. Our team members are skilled in the diagnosis and the medical management of the following disorders:

- Amyotrophic Lateral Sclerosis (ALS, or Lou Gehrig's Disease), Spinal Muscular Atrophies (SMA) and Motor Neuron Disease
- Autonomic Nervous System Disorders
- Brachial and Lumbar Plexopathies
- Charcot-Marie-Tooth (CMT) and Other Hereditary Neuropathies
- Chronic Inflammatory Demyelinating Polyneuropathy (CIDP)
- Entrapment Neuropathies (Carpal Tunnel, Ulnar Neuropathy, Peroneal Neuropathy, and Tarsal Tunnel Syndrome)
- Guillain-Barré Syndrome
- Hereditary and Acquired Ataxias
- Hereditary Spastic Paraplegia
- Inflammatory Myopathies (Polymyositis, Dermatomyositis and Inclusion Body Myositis)
- Muscular Dystrophies (Facioscapulohumeral (FSH) Dystrophy and Limb-Girdle Dystrophy (LGMD))
- Myasthenia Gravis (MG) and Lambert-Eaton (LEMS)
- Myopathies (Endocrine, Drug-induced, Metabolic and Mitochondrial) and Cramping
- Myotonic Dystrophy and Myotonic Syndromes
- Neuropathies (Diabetic, Drug-induced, Inflammatory, Paraproteinemias)
- Periodic Paralysis
- Post-Polio Syndrome

## ■ Comprehensive Diagnosis

Accurate diagnosis and prompt, appropriate treatment are crucial for minimizing disability and maximizing quality of life for individuals with neuromuscular disorders.

◆ **Our dedicated electromyography (EMG) laboratory** combines the expertise of neurologists specializing in clinical neuromuscular disorders with state-of-the-art technology to offer you the latest in electrodiagnosis:

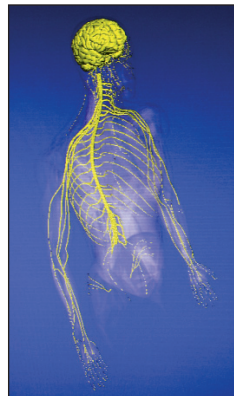


Single fiber EMG is performed only at specialized centers such as the Center for Neuromuscular Disease at SUNY Downstate. It is considered the best electrophysiologic test for Myasthenia Gravis.

- EMG
- Nerve Conduction Studies
- Repetitive Stimulation
- Evoked Potentials (Somatosensory, Visual and Acoustic Brain Stem)
- Single Fiber Electromyography

◆ **Other technically advanced diagnostic procedures include:**

- Autonomic Testing
- Quantitative Sensory Evaluation
- Transcranial and Lower Spinal Magnetic Stimulation (TMS)
- Stabilometry
- Spinal Fluid Analysis
- Muscle, Nerve and Skin Biopsies
- Motion Analysis (Human Performance Laboratory)
- Genetic Counseling and Screening



State-of-the-art computer technology allows for 3-dimensional anatomical mapping.

## ■ Neuromuscular consultations are useful for symptoms such as:

- Unexplained Stiffness • Pain • Tingling
- Numbness • Foot Drop • Limb Weakness

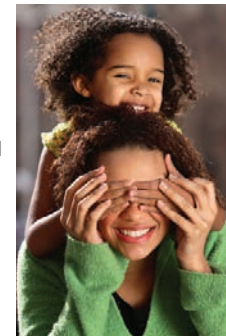
## ■ Treatment Options

- Oral and Intravenous Medication
- Intravenous Immunoglobulin (IVIG)
- Therapeutic Plasmapheresis
- Chemodenervation — Botulinum Toxin (BOTOX® and Myobloc®) injections performed under EMG (electromyography) guidance
- Ancillary Services — Physical and occupational therapy, speech therapy, comprehensive pain management, orthotics

## ■ The Muscular Dystrophy Association Clinic

The Muscular Dystrophy Association (MDA) Clinic, under the direction of Yaacov Anziska, MD, is sponsored by the Muscular Dystrophy Association and meets every other week. This clinic provides adults and children with comprehensive diagnostic evaluation and treatment, including orthotics, physical therapy, occupational therapy and genetic testing for a variety of neuromuscular diseases.

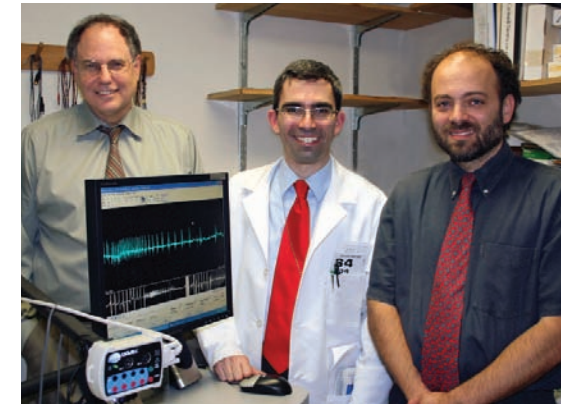
Some of the diseases followed in this clinic include muscular dystrophy in adults and children (Duchenne, Becker, myotonic, limb-girdle, facioscapulohumeral), inflammatory myopathies (polymyositis, dermatomyositis, inclusion body myositis), metabolic and mitochondrial myopathies, diseases of neuromuscular transmission (myasthenia gravis, Lambert-Eaton syndrome), congenital myopathies, hereditary peripheral neuropathies (Charcot-Marie-Tooth disease) and motor neuron disease (amyotrophic lateral sclerosis, spinal muscular atrophy).



## ■ Neuromuscular Research

Because of the extensive clinical and basic science research done at Downstate, we are often able to offer our patients treatment options not available elsewhere. Investigative studies related to neuromuscular disorders will continue to lead to new treatments and better outcomes for patients.

Some of our current ongoing research programs include clinical trials in the areas of infectious neuropathies, inflammatory myopathies and muscular dystrophy.



Drs. Maccabee, Anziska and Abrams in the EMG Lab

## ■ Center for Neuromuscular Disease Physicians

### Charles Abrams, MD

Director, Center for Neuromuscular Disease  
Associate Professor of Neurology and  
Physiology & Pharmacology

### Paul J. Maccabee, MD

Director, Electromyography Laboratory  
Professor of Neurology

### Yaacov Anziska, MD

Director, Muscular Dystrophy Clinic  
Assistant Professor of Neurology

[www.downstate.edu/neurology/neuromuscular](http://www.downstate.edu/neurology/neuromuscular)

Please visit our website for additional information about our physicians, staff, facility and services.