

WALKER, PHOEBE ABIGAIL (id # [REDACTED], dob: [REDACTED])



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Date: 10/14/2019

Jonathan Roberts

RE: Phoebe Walker, DOB: [REDACTED] PT ID # [REDACTED]

Dear Mr. Roberts,
Mrs. Phoebe Walker asked me to write to you.

Mrs. Walker has been under my care since 2006 for multiple sclerosis. When I met her, her disease was extremely active, both from the standpoint of her symptoms and her MRIs of the brain and spine. She was having visual difficulties, uncomfortable sensations of the skin, incoordination of the trunk and limbs, diminished handwriting, and gait instability. She was requiring frequent intravenous infusions of steroids to calm the symptoms. She was on multiple medications for MS between 2004 and 2015, which were either ineffective or poorly tolerated. As a result, the disease took its toll on her emotional state, with extended periods of anxiety and depression.

In the last three years, however, she has improved dramatically. She has not required any steroid infusions. Her gait and other deficits have improved significantly. In addition, her emotional state has markedly improved. Her MRI's have been stable. She attributes this improvement to a number of factors, such as proper diet, prayer, and exercise, especially ballroom dancing. I am quite impressed and gratified by her turnaround over these last few years. It is a pleasure seeing her present to my office smiling, without significant deficits and without incapacitating symptoms. I encouraged her to continue with her current regimen. I would also encourage other MS patients to engage in activities such as ballroom dancing as much as possible.

I hope this is helpful to your cause.

Sincerely,

Electronically Signed by: SCOTT GOLD, MD

A handwritten signature in cursive that reads "S. Gold MD".

Scott L. Gold, MD
Health First / Privia
Melbourne, FL