

Dr. Katz Sand received her undergraduate degree from the Wharton School of the University of Pennsylvania, where she was elected to the Beta Gamma Sigma Honor Society. She obtained her MD degree from Columbia University College of Physicians and Surgeons where she was elected to the AOA Honor Society, the Arnold P. Gold Humanism in Medicine Honor Society, and received the Helen Sciarra Prize in Neurology. She completed her neurology residency at Columbia University Medical Center, where she was elected chief resident in her final year and was recognized by the Arnold P. Gold Humanism Foundation Circle of Excellence in Teaching. She then pursued a two-year fellowship in Multiple Sclerosis at the Corinne Goldsmith Dickinson Center for MS at Mount Sinai, funded by a Sylvia Lawry Fellowship Training Grant from the National Multiple Sclerosis Society. She joined the faculty at Mount Sinai following completion of her fellowship in 2013.

Dr. Katz Sand has a clinical practice at the CGD Center where she cares for patients with Multiple Sclerosis, Neuromyelitis Optica, and other neuroimmunological conditions. She received a Cullman Family Award for Excellence in Physician Communication in 2016. She is heavily involved in research, and is currently the Principal Investigator on several studies at the Center with a focus on clinical and translational research. Current research projects include a pilot clinical trial of a dietary intervention for MS, an investigation of the role of the gut microbiome in MS, a pilot clinical trial of atomoxetine for cognitive impairment in MS, a study on the mechanisms of neuronal degeneration in progressive MS, as well as projects related to NMO. Her work is funded by the National MS Society, the US Department of Defense, and the Guthy Jackson Charitable Foundation. In addition to her own projects, Dr. Katz Sand participates in MS clinical trials. She is also involved in education, teaching residents and medical students at Mount Sinai, as well as giving lectures on MS and NMO to other physicians and patients.