
BIOGRAPHICAL SKETCH

NAME: Ellen M. Mowry

POSITION TITLE: Associate Professor of Neurology and Epidemiology

EDUCATION/TRAINING

| INSTITUTION AND LOCATION | DEGREE | Completion Date | FIELD OF STUDY |
|--|--------|-----------------|-------------------------|
| Georgetown University, Washington, DC | B.S. | 05/1999 | Biology (English minor) |
| University of Rochester School of Medicine, Rochester, NY | M.D. | 05/2003 | Medicine |
| University of California, San Francisco, San Francisco, CA | M.C.R. | 05/2009 | Clinical Research |

A. Personal Statement

Over the past several years, I have worked primarily to perform epidemiologic investigations of multiple sclerosis (MS) risk and especially prognostic factors, which will be well suited to the proposed project. My most significant early work led to the identification of the association of vitamin D status with relapse and brain lesion risk in patients with MS (Ann Neurology 2010, Ann Neurology 2012), which provided the rationale for conducting a multicenter randomized controlled trial of vitamin D supplementation, of which I am Principal Investigator (NCT01490502). I am Co-PI of a trial sponsored by the DOD to investigate the impact of intranasal insulin on cognition in people with MS (NCT02988401). I am also finalizing data analyses for a pilot trial of a fasting mimicker trial in MS, for which I received funding from the National MS Society as a Harry Weaver awardee. Highly relevant to this project, I am PI of an investigator-initiated study in which we created a smartphone app to track relapse symptoms to evaluate its capacity to remotely diagnose relapses, which would revolutionize the conduct of clinical trials in relapsing MS; it is currently being assessed in a randomized trial (NCT02453907). Finally, I am Co-Principal Investigator of the TRaditional vs. Early Aggressive Therapy for MS (TREAT-MS) trial, a 900-person, multicenter randomized trial funded by PCORI (NCT03500328). My main priority is to identify modifiable prognostic factors in MS and to translate those findings to clinical trials to evaluate if changing them does improve outcomes. As PI of the Characterizing Healthy Actions Relevant to MS (CHARMS) virtual cohort study, site PI of the large collaborative MS PATHS project, Co-Director of the Johns Hopkins MS Precision Medicine Center of Excellence, and a member of the MS PATHS steering committee, I have the expertise necessary to conduct and support collaborative research.

1. Mowry EM, Krupp LB, Milazzo M, Chabas D, Strober JB, Belman AL, McDonald JC, Oksenberg JR, Bacchetti P, Waubant E. Vitamin D status is associated with relapse rate in pediatric-onset multiple sclerosis. Ann Neurol 2010;67:618-624.
2. Mowry EM, Waubant E, McCulloch CE, Okuda DT, Evangelista AA, Lincoln R, Gourraud PA, Brennehan D, Owen M, Qualley P, Bucci M, Oksenberg J, Hauser SL, Pelletier D.. Vitamin D status predicts new brain MRI activity in multiple sclerosis. Ann Neurol 2012;72:234-240. PMID: 3430977.
3. Bhargava P, Steele S, Waubant E, Revirajan N, Marcus J, Demebele M, Cassard SD, Hollis BW, Crainiceanu C, Mowry EM. Multiple sclerosis patients have a diminished serologic response to vitamin D supplementation compared to healthy controls. Mult Scler 2016;22:753-760.
4. Fitzgerald KC, Vizthum D, Barron B, Schweitzer A, Cassard SD, Kossoff E, Hartman AL, Kapogiannis D, Sullivan P, Baer DJ, Mattson MP, Appel LJ, Mowry EM. Effect of intermittent vs. daily calorie restriction on changes in weight and patient-reported outcomes in people with multiple sclerosis. Mult Scler Rel Disord 2018;23:33-39.

B. Positions

2003 – 2004 Internal Medicine Internship, Hospital of the University of Pennsylvania, Philadelphia, PA
2004 – 2007 Neurology Residency, Hospital of the University of Pennsylvania, Philadelphia, PA
2007 – 2010 Clinical Instructor, Department of Neurology, UC San Francisco, San Francisco, CA
2010 – 2011 Assistant Professor, Department of Neurology UC San Francisco, San Francisco, CA
2011 – 2015 Assistant Professor, Department of Neurology, Johns Hopkins University, Baltimore, MD
2013 – 2015 Assistant Professor, Department of Epidemiology, Johns Hopkins University, Baltimore, MD
2015 – Associate Professor, Departments of Neurology and Epidemiology, Johns Hopkins University, Baltimore, MD