

## Stephanie Buxhoeveden, PhD, MSN, FNP-BC, MSCN

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### Short Professional Biography:

**Dr. Stephanie Buxhoeveden, PhD, MSN, FNP-BC, MSCN** is a nurse practitioner, MS researcher, and passionate advocate for participant-driven science. Diagnosed with multiple sclerosis (MS) at age 25, she turned her personal journey into a professional mission—advancing research, improving care, and empowering others through science and advocacy. She began her career specializing in MS care and went on to co-direct a comprehensive MS center in Virginia. Motivated by the gaps she observed in research and clinical practice, she earned her PhD from Virginia Commonwealth University, where her work focused on sex-based and epigenetic drivers of MS progression. As Chief Scientific Officer of the Accelerated Cure Project, Dr. Buxhoeveden leads transformative, patient-centered initiatives, including CAFE-MS, the largest clinical trial to date focused on MS-related fatigue. She also serves on the Board of Trustees for the National MS Society's Virginia-West Virginia Chapter and is a longtime consultant and podcast host for Can Do MS. Through her leadership, research, and lived experience, she is committed to building a future where research is shaped by the people it serves, and care is guided by the real-world experiences of those living with MS.

### Brief Description of Your Project:

**Project Title:** Understanding the Impact of Menopause on Women Living with Multiple Sclerosis

This study explores how menopause affects women living with multiple sclerosis (MS), a topic that has long been overlooked in both research and clinical care. Co-led by a person living with MS and a member of the iConquerMS patient community, Dawn Morgan, the project will gather first-hand experiences through in-depth interviews with women navigating this complex life stage. By centering the voices of patients, the study aims to uncover how symptoms change during menopause, how women manage these changes, and where healthcare systems fall short. Findings will provide valuable insights to improve patient education, clinical support, and future research in women's health and MS. This project not only fills a critical gap in knowledge but also demonstrates the power of patient-driven research to shape more inclusive and responsive care.