

SMARTER TOOLS FOR BETTER BLADDER HEALTH: HOW WEARABLES CAN HELP WITH MS

Dr. Valerie Block was first licensed as a physical therapist in Barcelona, Spain. She completed her research doctorate (DPTSc) at UCSF/SFSU and has collaborated for over 10 years with the MS Division in Neurology at UCSF. Her innovative research uses cutting-edge wearable technology to study neurodegeneration in multiple sclerosis. She addresses gaps in traditional MS assessment by tracking patients' real-life activities over extended periods, providing deeper insights into the disease's fluctuating symptoms. Initially focused on gait analysis through remote monitoring, Dr. Block has expanded her research to bladder dysfunction, which affects over 80% of MS patients yet remains understudied. Her approach aims to revolutionize clinical trials with practical, data-driven insights while enabling personalized treatment based on daily symptom patterns.

Tuesday, November 25, 2025

10:00 - 11:00am PST

*Registration is required and a ZOOM
link will be emailed to registrants. This
will not be recorded.*

Space is limited.

Please register by November 18th.



To register, contact: 916.453.7966 or
Nathan.Opiana@commonspirit.org

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