NPF Releases Free Smartphone App for People with Parkinson’s

The National Parkinson Foundation (NPF) is pleased to announce the release of Parkinson’s Central, a first-of-its-kind app for people with Parkinson’s and their loved ones. Now, anyone with a smartphone can directly access the Parkinson’s-related information they need, where and when they need it.

*NPF is dedicated to developing new concepts and technologies that engage people in their own care.*

*Parkinson’s Central is a simple yet powerful tool that we believe will positively impact the health of people with Parkinson’s disease, no matter where they live,* said Joyce Oberdorf, NPF’s President and CEO.

NPF created this easy-to-use tool to help take the confusion and stress out of managing a Parkinson’s diagnosis. Built from a mobile application designed and written for health care professionals which launched in 2011—*Parkinson’s Toolkit*—this sequel app delivers that same level of evidence-based knowledge to people with Parkinson’s and caregivers, empowering them to take the best care of themselves.

*“Parkinson’s Central is a veritable encyclopedia of Parkinson’s issues, not only regarding the diagnosis and treatment of Parkinson’s disease, but also for positive and quality living,” said James Morgan, who was diagnosed with Parkinson’s five years ago. “The “Living Well” section provides a useful checklist for thinking about and planning how to live in ways that will preserve my quality of living in the coming years.”*

*Parkinson’s Central was developed as part of NPF’s overall vision to ensure that as many people as possible have access to the support...*
NPF Releases Free Smartphone App for People with Parkinson’s

they need. This tool is yet another way in which NPF is using technology and innovation—on top of multiple social media tools such as Facebook and Twitter—to help people diagnosed with Parkinson’s regain control of their life.

The app was designed to provide a full understanding of Parkinson’s disease, making it easier for people living with this condition to manage all of the facets of life that are affected by this disease—including mental health, finances, social activity and more. Among the topics users can explore: how Parkinson’s is diagnosed, the ins and outs of medication management, and how to get the most out of doctor visits.

Because successful management of Parkinson’s is linked to a healthy lifestyle, the app also provides advice on good nutrition and exercise, as well as tips on living well, including ideas on how to deal with insurance and caregiving issues and more.

Often, the newly diagnosed don’t know where to turn for treatment and support in their local community. But a feature called “Near Me” enables users to enter their zip code to locate neurologists and allied health care professionals in their own communities (or the nearest providers) who have experience caring for people with Parkinson’s. Indeed, this app may prove that a dose of technology is a prescription for better health.

This app is made possible by the generous support of donors like you and by Teva CNS and Abbvie.

I’m so grateful for NPF’s vision and commitment to improving the lives of people living with Parkinson’s.

Parkinson’s Central is yet another example of NPF’s forward-looking mission to promote the well-being of Parkinson’s patients and their caregivers, Morgan said.

Mobile by the Numbers

16.2% Percentage of Parkinson.org visitors who are from mobile phones

17% Percentage of mobile phone users who use their smartphone to go online rather than a computer or tablet

34% Percentage of American adults who own a tablet

56% Percentage of American adults who have a smartphone

Source: Pew Research 2013
I wrote this piece sitting next to a beautiful fountain near our national offices here in Miami. When I walk by, I cannot help but think of my dreams for the Parkinson's community.

My first dream is that anyone who has Parkinson's has access to expert diagnosis and best treatments, no matter where they live or how much money they have. Today, Parkinson's is a marathon disease. Generally speaking, people will live 10, 20, 30 years, or more with the disease. Seemingly benign at first, the disease soon picks up speed and can rob individuals of their ability to move, to speak, and in some cases, to think clearly. I have been in the Parkinson's community for over a decade now, and my relationships have schooled me in the heartbreak of diminishing powers.

But I know that the best treatments available today can produce hope—year-in and year-out improvements that over time, add up to a big difference in the quality of daily life. That's why the National Parkinson Foundation (NPF) has an ongoing study to measure which treatments produce the best outcomes. It's the largest clinical study ever, with ultimately 10,000 patients enrolled in 20 centers in four countries. It is our belief, which so far is borne out by the data, that the best treatment can make a radical difference in people's lives today—with no new drugs. Today. Imagine a world where everyone with Parkinson's was able to function at their best. In cancer, this would be a major breakthrough.

These best treatments would be available for everyone. We have an obligation to help those less fortunate. Too often, because of barriers of language, money, or location, they get a raw deal—too little information, the wrong drugs or no drugs at all! In my dream, we've built the outreach network that speaks their language, and fills the gap.

My second dream is that every family would know they are not alone. Parkinson's affects the whole family. Judging from the calls we get to our national Helpline, there are times when people are just plain scared, or have information overload, confusion, or black despair. Without ongoing support, families can feel that there is no hope. I want to end that and provide, through our Helpline, and NPF Chapters in every community, as much as they need and desire.

My third dream is that the community would come together. People with Parkinson's are often isolated and groups tend not to talk to each other. In my dream, we have all come together in a nationwide movement. We don't hide. Instead, we celebrate who we are, stand up and say that we are a movement, and movement is beautiful. And know in our hearts, as we say in our Moving Day events, that people who move can change the world.

Because there is much change that we can accomplish right now. Change today will lead to my ultimate dream, and everyone’s ultimate dream—a world without Parkinson's.

I can assure you that these impossible, improbable dreams are in our minds and hearts daily. At NPF, we have summoned our wills and we are doing whatever it takes to beat Parkinson's. Will you summon yours and help us make these dreams inevitable?

Joyce Oberdorf
President and CEO
Reaching More Patients Through Telemedicine

New grant award enables NPF to create first “Virtual Center of Excellence”

Across medicine and around the world, doctors are harnessing the power of technology to care for patients through telemedicine—an “e-house call” that allows specialists to see patients anywhere using an audio-video link over the Internet.

Now, the National Parkinson Foundation is working with experts from the University of Rochester to demonstrate that telemedicine works in delivering Parkinson’s care to patients in remote, rural and underserved areas. The study is supported by a $1.7 million research award from the Patient-Centered Outcomes Research Institute (PCORI).

For the study, Ray Dorsey, MD, of the University of Rochester, will lead a team of investigators who will draw on the clinical expertise of specialists from across the NPF Centers of Excellence network. The team will compare telemedicine to the care people receive in their own communities (for instance, a primary care doctor). The goal is to prove that expert care is important for Parkinson’s patients and that it can be delivered via “virtual house calls.”

This study, the largest of its kind to date, expands on six years of effort by Dr. Dorsey and his colleagues. Previously, his team showed that tele-consultations work for Parkinson’s patients and that they reduce patient wait and travel time.

“Right now half the people in the world with Parkinson’s disease are suffering needlessly because they aren’t receiving care from a neurologist. So rather than asking older individuals with a disabling condition to come to an urban medical center to receive care, we’re saying let’s bring the care directly to the patients, Dr. Dorsey said.

The benefit of this approach is that it’s more patient-centered and cost effective than in-person visits. Often, patients report feeling more at ease when they are “seen” in the comfort of their own home. “In my clinic we’ve used our model to reach patients in 16 different countries on five different continents,” Dr. Dorsey said. “We can reach people wherever they are throughout the world.”

Prior studies have shown that telemedicine care is just as good as care received at an academic medical center. “If we can show that telemedicine with a specialist can deliver better outcomes than in-clinic care from a primary care doctor, it will pave the way for broadening its use,” said Peter Schmidt, PhD, NPF’s Vice President of Programs and a co-investigator on the study. “We are pleased to have the chance to establish the first ‘virtual center of excellence’ in Parkinson’s, where the best and most appropriate providers can link together to provide expert care to those in need.”

Through the development of this program, NPF is aiming to address the urgent need to minimize disparities in Parkinson’s care. “We believe that every person with Parkinson’s deserves expert care,” said Joyce Oberdorf, NPF’s President. “We share the patient-centered focus of PCORI in what we do. We have been proud to support Drs. Ray Dorsey and Kevin Biglan in laying the foundation for this study, and are pleased to collaborate with them now.”

“‘This is wonderful news! I had to choose between having dad close by or moving to the ‘big city’ for better care.” — Amy J.

Are you interested in being part of this study? Enrollment is limited and will target people in rural or remote areas. Visit www.parkinson.org/telemedicine or call the NPF Helpline, 1-800-4PD-INFO, for more information.
What's Hot in Parkinson's Disease?
Promising Treatments for Parkinson's Disease

Like many Parkinson's patients and their families, you probably watch the news and scan the papers for new pharmaceutical and surgical therapies that offer hope. Here, we will look at two of the hottest developments in Parkinson's disease—a new extended-release formulation of carbidopa/levodopa and neurotrophic factor therapies.

Extended-release carbidopa/levodopa—Often, patients grow frustrated because their current carbidopa/levodopa medication preparations fail to adequately address their Parkinson's symptoms. Now, exciting research suggests that two major patient concerns—wearing off and frequent dosing—can be improved with a new extended-release formulation of carbidopa/levodopa called IPX066 (trade name Rytary).

Each IPX066 pill contains special beads designed to dissolve at different rates after you take it, providing longer lasting benefit. In a recent study, a total of 393 Parkinson's patients who experienced at least 2.5 hours of "off time" per day were randomized into two groups: one group received IPX066 and the other were given standard release carbidopa/levodopa. People who received the extended release formulation improved "off-time" by over one hour each day and took fewer doses than those who got standard treatment (3.6 vs. 5 doses per day).

The results are hopeful, but IPX066 has its limitations, and caution should be exercised because it may increase the risk of dyskinesia. Also, since this study included only early-stage patients, it's unknown how those with severe dyskinesia and on-off fluctuations will respond. The medication could reach the market next year.

Neurotrophic factor therapies—Another exciting area of research has been the development of gene therapy to deliver special substances called neurotrophic growth factors to the brain in order to help brain cells survive and possibly grow. The theory: using growth factors to rescue some of the dying brain cells might improve Parkinson's symptoms and protect the cells from further damage. Recently, several different growth factors were tested, but patients who received them did not benefit.

In the latest trial, called CEREB-120, investigators used gene therapy to deliver a neurotrophic factor called neurturin to the brain cells affected by Parkinson's. Unfortunately, the primary outcome, the improvement in Parkinson's disease motor scores, was not achieved.

Though the results from this and earlier trials have not delivered on the high hopes we had for growth factors, the research is still encouraging. Here's what we've learned:

✔ This trial demonstrated the safety of using adeno-associated virus (a virus used to carry gene therapy into the brain) in humans and now this has been performed several times in Parkinson's patients. More importantly, the ability to safely deliver trophic factors using gene therapy may lead to novel treatments.

✔ The blood-brain barrier presents significant challenges for developing drugs that target Parkinson's symptoms.

The good news is that at this time, researchers are pursuing new ways that may one day help combat the worst symptoms of this disease.

Author: Michael S. Okun, MD, NPF National Medical Director

Read Dr. Okun's monthly column, "What's Hot in PD?" online at www.parkinson.org/whatshot.

Parkinson's Treatment: 10 Secrets to a Happier Life
Translated into 20+ Languages
by Dr. Michael S. Okun, NPF's National Medical Director

"There isn't any joking with Dr. Okun about the 10 Secrets to a Happier Life in Parkinson's disease. This book is a critical resource for Parkinson's disease patients and families from around the world who speak different languages, but suffer from very similar and often disabling symptoms."

— Muhammad Ali

Learn more at www.parkinson.org/10secrets.
Top Questions and Answers from NPF’s “Ask the Doctor” Forum

Q: Taking medication at the same time every day is important for people with Parkinson’s, but I’ll be traveling this summer in different time zones. How can I adjust the timing of my meds to my travel schedule?

A: Traveling with Parkinson’s disease can be challenging. Here’s a simple plan we recommend to our patients for safe and healthy travels across time zones.

- Pack plenty of medicines to last your entire trip. You should keep all of your medicines in their original, labeled bottles. If flying or traveling by train, be sure to place these items in a carry-on bag so they’re easily accessible.
- The day you leave for your trip, take your medicines on your regular schedule and go to bed at your usual time.
- When you wake up the next morning (at your new destination) start taking your medicines according to the new time zone schedule. Be prepared to take rescue doses (extra meds) if you do not turn “on.”
- If you experience hallucinations, especially if you change altitude, you may need to take a break from sightseeing activities, get plenty of sleep and decrease your medication dose.

Beyond that, be sure to keep your doctor’s phone number or e-mail handy in case questions come up. And, you may want to reserve wheelchairs and assistive devices at airports. If possible, rent scooters in cities you’ll be visiting so you can take it easy at times. Being prepared will help ease the stress of leaving home and allow you to enjoy your trip to the fullest.

Q: My family and I will be going to Alaska soon, but I’m concerned because I suffer from constipation. Do you have any advice?

A: Chronic constipation is an extremely common problem that we hear about often from our patients. Unfortunately, the condition is still under recognized and under treated in most Parkinson’s patients. Over the years, however, we have found that many practical therapies, especially when used in combination, are very helpful. Here are some suggestions to help you.

First, be sure you’re getting daily vigorous exercise, which stimulates bowel function. Examples include speed walking, running and climbing stairs (just be sure to check with your doctor before beginning an exercise program). You also should be drinking plenty of water (six to eight glasses a day), which softens the stool. Next, work on gradually incorporating more fiber-rich foods like whole-grain breads and cereals, beans, nuts, fruits and vegetables into your meals and snacks. The recommended daily amount of fiber is 20 to 38 grams. Finally, you also might try a supplement of fiber such as Metamucil, FiberCon or Citrucel.

If these measures don’t do the trick, a new drug called lubiprostone (Amitiza) can help. Last year, a small study showed that this drug relieved constipation in most Parkinson’s patients who received it. Though it may not work for every patient, it should be considered a viable option. Here is something else to consider: Some medications such as narcotics, sedatives, antacids, antispasmodics and iron supplements may result in constipation. That’s why it’s a good idea to review all of the medications and supplements you’re taking with your doctor.
Ask the Pharmacist

Q I have had Parkinson’s for eight years and depression for most of my life. Antidepressants are no help. Since the lack of dopamine in Parkinson’s can cause depression, and most antidepressants affect either serotonin or norepinephrine, could this be why none of my medications have worked?

A The short answer is yes, with an explanation. It’s not the actual dopamine levels themselves, but rather the dopamine receptors on the surface of brain cells. Normally, when these receptors function in a healthy way they regulate operations in the area of the brain involved in emotional processing. When these dopamine receptors degenerate, as they do in some people with Parkinson’s, the ability to experience pleasure becomes difficult.

It’s important to understand that finding an appropriate treatment for depression often takes some trial and error. For people who don’t respond to standard antidepressant drugs, certain types of Parkinson’s medications called MAO inhibitors, specifically selegiline (Eldepryl) and rasagiline (Azilect), and dopamine agonists, especially pergolide (Permax) and ropinirole (Requip), can be effective for improving mood. You should talk to your doctor to determine which medications might be best for you. Remember, a number of other options are available to help lift your depression. These include counseling, regular exercise and social support. Many people find relief with a combination of therapies.

The information published in this “Ask the Doctor” Forum is not intended to replace, and should not be interpreted or relied upon, as professional advice, whether medical or otherwise. Accordingly, please consult your own professional for all advice concerning medical, legal, or other matters published in connection with this Forum. NPF assumes no liability of any kind for the content of any information transmitted to or received by any individual or entity in connection with their use of the “Ask the Doctor” Forum on the NPF Web site, and NPF does not endorse or recommend any such information.

Tips for Daily Living—Ways to Boost Your Mood

How you feel about yourself can have a profound effect on your health. That’s why it’s important for people with Parkinson’s disease—who are especially prone to negative mood changes—to find everyday ways to cultivate positive emotions. Here’s what you can do:

Feed your soul. Do something every day that you genuinely feel happy about—like reading to your grandchild, listening to your favorite music, or advocating for a cause close to your heart.

Seek calm. Parkinson’s often means unpredictability, which can lead to stress and its negative effects. To quiet the mind and ease anxiety, take a few minutes to meditate or to do some deep-breathing exercises.

Plug into people. To get the support and advice you need, you must interact face-to-face with similarly situated peers. This will help you feel more in control, which can have a positive effect on mood.

Move. Physical activity has been shown to be a powerful mood booster. Simple activities like walking, gardening or stretching can help you relax and feel good about yourself.

Call NPF’s National Helpline. For more information on how to cope with depression, call 1-800-4PD-INFO (473-4636) or e-mail helpline@parkinson.org.
Community-Based Wellness Program Helps Parkinson’s Patients Live Well Now

Three days a week, Pat Murney dons a pair of yoga pants and a t-shirt and heads to a movement class at the Jewish Community Center (JCC) in Manhattan. “It helps me walk lighter, quicker and more coordinated and gives me more peace of mind,” said the 70-year-old retired psychotherapist.

Pat is participating in a novel community-based wellness program for Parkinson’s patients created by New York University’s Parkinson’s and Movement Disorders Center (NYu-PMDC), a National Parkinson Foundation (NPF) Center of Excellence, in partnership with the JCC. In the two years she’s been taking classes at the center, Pat has seen an improvement in her flexibility and strength, and mood and energy levels; additionally, she now catches herself before falling.

“People are telling us that they feel more confident on their feet and have a better sense of their body and how they move,” said Amy C. Lemen, LCSW, Supervisor of Supportive and Wellness Services at NYu-PMDC. “Through exercise, support and education, the program is designed to help rebuild a sense of hope, control and self-efficacy in people’s lives.”

Established in 2007, the wellness program aims to extend Parkinson’s care beyond the clinic walls by providing people with Parkinson’s the opportunity to be more active, social and creative in their own communities. Parkinson’s fitness and education classes as well as support groups and wellness events are offered on a daily basis at the JCC. “We wanted to build a bridge into the community, so that people would feel more empowered in their daily lives and to get out and be more active and to meet others. So much of Parkinson’s can feel like reacting to something that is going wrong, but this program offers an opportunity to be proactive, to feel like you’re doing something right,” Lemen said.

For Pat, who was diagnosed four years ago, taking such classes as NIA dance (a combination dance and stretching modality), Alexander Technique and Rhythm and Functional Movement have gone a long way toward aiding her daily effort to control symptoms and feel better about herself. “It’s a circle, if your mood is better you move better, and if you move better your mood is better,” she explained.

And there’s little question that the sense of community she has encountered has helped her deal with the ongoing challenge of Parkinson’s. “In every class there’s a lot of laughing and fun, which is so welcome,” Pat said. “I’m a lot more hopeful.”

For many people, like Pat, a change in outlook may be the best way to keep moving forward.

For Pat and her battle with Parkinson’s disease the message is simple—don’t let it slow you down. “We are convinced that we can help people with Parkinson’s have a higher quality of life right now, and NPF is a real innovator and beacon that says ‘look we think you are doing good things, how can we help,’” Lemen said. “We can’t do everything on our own, but we can help build the networks with terrific partners that can branch out and be really effective for people.”

To find an NPF Center of Excellence or an NPF Chapter near you, visit www.parkinson.org/search.
Spotlight on Moving Day® 2013

Moving Day Twin Cities

Rain, sleet and snow did not stop more than 2,000 Minnesotans from attending Moving Day Twin Cities this spring. The event was held on May 4, 2013 by the NPF Minnesota Chapter (NPFM). Moving Day Twin Cities 2013 raised more than $200,000 and surpassed their goal.

Kelly Cargill, who was recently diagnosed with Parkinson’s, participated in her first walk, “I didn’t know much about the disease but over the past year I have really educated myself. I was very excited to learn that exercise is very helpful in warding off the symptoms of the disease, even sometimes more helpful than medication. I eat healthy and stay active with walks, Pilates, yoga, and more.”

UCB, Teva CNS, US WorldMeds, Medtronic and Right at Home participated as national sponsors. Local sponsors included PilatesMN, Capistrant Center for Parkinson’s disease, Homewatch Caregivers, and Parkinson’s Specialty Care.

Proceeds from Moving Day Twin Cities will help NPFM continue to increase support for outreach, education, support groups and respite grants for caregivers.

Moving Day Kansas City

On June 16 a whopping 22 members across three generations once again formed “The Gene Team” for Moving Day Kansas City. The Gene Team was coined in 2012 by Laura Logan (Team Captain) in honor and support of her father, Gene Hagel.

Laura, her husband Matt, three children and their extended family are no strangers to the NPF Heartland Chapter. For eight years, the close-knit family has participated in NPF Heartland Chapter walks and other local events. It wasn’t until the launch of Moving Day in 2012 that Laura went one step further and formalized their family gatherings by creating a team.

“Participating in events like Moving Day gave our family an opportunity to meet people, share stories, have fun, and most importantly, allowed us to learn that we aren’t alone in the battle. There is something very powerful about the energy from an event like Moving Day and the realization that we have a commonality with everyone that attends. At Moving Day, we laugh and enjoy the time we have with each other, said Logan.

Looking back, Laura recalls knowing little about Parkinson’s disease after learning about her father’s diagnosis in 2003. She quickly became amazed at the number of people that were affected. She finds that support and remaining positive are critical ingredients for beating Parkinson’s.

The Moving Day Kansas City Gene Team—a perfect example of how “People who move change the world!”

To learn more about Moving Day, visit www.npfmovingday.org.

Check out the NPF Summer/Fall Event calendar on page 10 to find a walk near you.
# 2013 NPF Summer/Fall Event Calendar

## AUGUST

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<tr>
<td>8/15</td>
<td>Free Webinar: “Getting the Most From Your Doctor’s Visit.”</td>
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<td><a href="http://www.parkinson.org/webinars">www.parkinson.org/webinars</a></td>
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## SEPTEMBER

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<tr>
<td>9/7</td>
<td>Moving Day</td>
<td>Buffalo, NY</td>
<td>NPF Western New York Chapter hosts their annual walk for Parkinson's.</td>
<td><a href="http://www.npfmovingday.org">www.npfmovingday.org</a></td>
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<td>9/15</td>
<td>Moving Day</td>
<td>Rochester, NY</td>
<td>NPF Rochester Chapter hosts their annual walk for Parkinson's.</td>
<td><a href="http://www.npfmovingday.org">www.npfmovingday.org</a></td>
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<td>9/19</td>
<td>Free Webinar: “Integrative Medicine for People with Parkinson's.”</td>
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<td>9/28</td>
<td>Moving Day</td>
<td>Pittsburgh, PA</td>
<td>NPF Western Pennsylvania Chapter hosts their annual walk for Parkinson's.</td>
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<td>9/29</td>
<td>Moving Day</td>
<td>Columbus, OH</td>
<td>NPF Central &amp; Southeast Ohio Chapter hosts their annual walk for Parkinson's.</td>
<td><a href="http://www.npfmovingday.org">www.npfmovingday.org</a></td>
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## OCTOBER

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<tr>
<td>10/1-4</td>
<td>World Parkinson Congress 2013, Montreal, Canada</td>
<td></td>
<td>Visit the NPF Booth at this international forum which brings physicians, scientists, nurses, care partners and people with Parkinson’s together!</td>
<td><a href="http://www.worldpdcongress.org">www.worldpdcongress.org</a></td>
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<td>10/5</td>
<td>Moving Day</td>
<td>Sioux Falls, SD</td>
<td>NPF South Dakota Chapter hosts their annual walk for Parkinson’s.</td>
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<td>10/6</td>
<td>Moving Day</td>
<td>Miami, FL</td>
<td>NPF South Florida Chapter hosts their annual walk for Parkinson’s.</td>
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<td>10/12</td>
<td>Moving Day</td>
<td>Orange County, CA</td>
<td>NPF Orange County Chapter hosts their annual walk for Parkinson’s.</td>
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<td>10/19</td>
<td>Moving Day</td>
<td>Augusta, GA</td>
<td>NPF Central Savannah River Chapter hosts their annual walk for Parkinson’s.</td>
<td><a href="http://www.npfmovingday.org">www.npfmovingday.org</a></td>
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<td>10/20</td>
<td>Moving Day</td>
<td>Chicago, IL</td>
<td>NPF Chicago Chapter hosts their annual walk for Parkinson’s.</td>
<td><a href="http://www.npfmovingday.org">www.npfmovingday.org</a></td>
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<tr>
<td>10/21-25</td>
<td>Kripalu Wellness Retreat in Stockbridge, MA at the Kripalu Center for Yoga &amp; Health.</td>
<td></td>
<td>This retreat is specially designed for people diagnosed with Parkinson’s disease within the last five years. Space is limited!</td>
<td><a href="http://www.parkinson.org/retreat">www.parkinson.org/retreat</a></td>
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<td>10/26</td>
<td>Moving Day</td>
<td>Rome, GA</td>
<td>NPF Georgia Chapter hosts their annual walk for Parkinson’s.</td>
<td><a href="http://www.npfmovingday.org">www.npfmovingday.org</a></td>
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To find an event near you, visit our online calendar: [www.parkinson.org/events](http://www.parkinson.org/events).
Help Is At Your Fingertips
Join One of Our Free Online “Ask the Expert” Forums

For detailed, step-by-step instructions for registering and logging into the forums, visit www.parkinson.org/forums.

ASK THE DOCTOR:
A team of Parkinson’s specialists answer medical questions about Parkinson’s disease.

ASK THE SPEECH CLINICIAN:
A team of experts answers questions regarding speech and swallowing.

ASK THE PHARMACIST:
Mark Comes, RPh, fields questions about medication management.

PREGÚNTELE AL MÉDICO:
Ramon L. Rodriguez, MD contesta preguntas con respecto a la enfermedad de Parkinson y materias relacionadas.

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to Beat Parkinson’s

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with our new line of merchandise

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