



## Resources Listings

"Women and Parkinson's Disease"

April 29, 2022

### Speaker Information

- **Indira Subramanian, MD**  
Movement Disorder Specialist  
Veterans Affairs Southwest PADRECC, Phone: 310-478-3711 ext. 48001  
Dr. Subramanian's Blog: [www.parkinsonsecrets.com](http://www.parkinsonsecrets.com)
- **Adrienne M. Keener, MD**  
Movement Disorder Specialist  
Veterans Affairs Southwest PADRECC,  
UCLA Medical Center, Phone: 310-794-1195
- **Debbie Lucchesi, CPT, Ageless Fit Foster City, CA**  
[agelessfit@gmail.com](mailto:agelessfit@gmail.com)

### Online Resources

- Twitchy Woman by Sharon Krischer  
[www.twitchywoman.com](http://www.twitchywoman.com)
- Parkinson's Diva by Maria DeLeon, MD  
[www.parkinsonsdiva.org](http://www.parkinsonsdiva.org)
- The Perky Parkie by Allison Smith, MA, LMFT  
[www.perkyparkie.com](http://www.perkyparkie.com)
- StrongHER: Women Fighting Parkinson's Facebook group:  
[www.facebook.com/groups/536168113386842/](https://www.facebook.com/groups/536168113386842/)
- PD Avengers: Global Alliance of PD Advocates  
[www.pdavengers.com](http://www.pdavengers.com) or [www.facebook.com/PDAvengers](https://www.facebook.com/PDAvengers)
- Dance for Parkinson's  
Experience the joys and benefits of dance while creatively addressing symptom-specific concerns related to balance, cognition, motor skill, depression, and physical confidence. [www.danceforparkinsons.org](http://www.danceforparkinsons.org)



- LSVT BIG and LSVT LOUD  
*LSVT LOUD is an effective speech treatment for people with Parkinson's disease. LSVT BIG is physical therapy for people with PD that effectively trains improved movements for any activity.*  
[www.lsvtglobal.com](http://www.lsvtglobal.com)

- Rock Steady Boxing  
*A non-contact boxing-based fitness curriculum.*  
[www.rocksteadyboxing.org](http://www.rocksteadyboxing.org)

### **Parkinson's Foundation Resources**

- To find local support groups, exercise classes, and upcoming events, please visit our chapter pages and/or chapter Facebook pages:
  - **Parkinson's Foundation California**  
[www.parkinson.org/California](http://www.parkinson.org/California)  
[www.facebook.com/PFCalifornia](http://www.facebook.com/PFCalifornia)
  - **Parkinson's Foundation Pacific Northwest**  
[www.parkinson.org/PacificNW](http://www.parkinson.org/PacificNW)  
[www.facebook.com/PFPacificNorthwest](http://www.facebook.com/PFPacificNorthwest)
  - **Parkinson's Foundation Rocky Mountain**  
[www.parkinson.org/RockyMountain](http://www.parkinson.org/RockyMountain)  
[www.facebook.com/PFRockyMountain](http://www.facebook.com/PFRockyMountain)
  - **Parkinson's Foundation Southwest**  
[www.parkinson.org/Southwest](http://www.parkinson.org/Southwest)  
[www.facebook.com/PFSouthwest](http://www.facebook.com/PFSouthwest)
- Parkinson's Foundation Centers of Excellence:  
[www.parkinson.org/COEnetwork](http://www.parkinson.org/COEnetwork).
- Search for books, fact sheets, videos, podcasts, and more at  
[www.parkinson.org/Library](http://www.parkinson.org/Library).
- For more online education, view the list of weekly Parkinson's Foundation online events at [www.parkinson.org/PDHealth](http://www.parkinson.org/PDHealth).



- The Parkinson's Foundation YouTube channel is [www.youtube.com/Parkinsondotorg](http://www.youtube.com/Parkinsondotorg).
- To learn more about PD GENERation, visit [www.parkinson.org/PDGENERation](http://www.parkinson.org/PDGENERation).
- To learn about and register for Moving Day or Revolution, visit [www.movingdaywalk.org](http://www.movingdaywalk.org) and/or [www.parkinson.org/Revolution](http://www.parkinson.org/Revolution).
- Thank you to our program sponsors! To learn more about them, visit our "Virtual Exhibit Hall" at [www.parkinson.org/california/chapter-supporters](http://www.parkinson.org/california/chapter-supporters).
- If you have additional questions, please contact our free Parkinson's Foundation Helpline at 1.800.4PD.INFO (473-4636) or [helpline@parkinson.org](mailto:helpline@parkinson.org).

### **Women's Resources**

- Women and Parkinson's Disease Fact Sheet: [bit.ly/womenpd](http://bit.ly/womenpd)
- Parkinson's Foundation "Women and Parkinson's Research and Care Agenda": [bit.ly/wapdagenda](http://bit.ly/wapdagenda)
- Podcast Episode "Encountering Gender Differences: Women and PD Initiative": [bit.ly/wapdpodcast](http://bit.ly/wapdpodcast)
- Neurology Today article on "A Call to Action to Address Unmet Needs of Women Living with Parkinson's Disease": [bit.ly/wapdunmetneeds](http://bit.ly/wapdunmetneeds)

### **Parkinson's Foundation Regional Staff**

- Alexis Rodriguez, West Regional Director, [arodriguez@parkinson.org](mailto:arodriguez@parkinson.org)
- Sarah Osborne, EdM, Associate Director, Community Programs, [sosborne@parkinson.org](mailto:sosborne@parkinson.org)
- Kayla Meade, Community Programs Coordinator, [kmeade@parkinson.org](mailto:kmeade@parkinson.org)

### **Sponsor contact information**

- Boston Scientific : Maya Gurrin, [maya.gurrin@bsci.com](mailto:maya.gurrin@bsci.com)



### **Resources from the program chat on 4/29**

Parkinson's Women Support in the SF Peninsula area

In-person and Zoom meetings

Contact Sarah Eitzman: [sreizman@gmail.com](mailto:sreizman@gmail.com)

Karen Johanson creates a weekly newspaper of PD-specific news:

<http://beatpdreport.com>.

Twitchy Woman (Sharon Krischer) has a group for women that meets on Zoom.

Sunday Mornings with Twitchy Woman: [www.twitchywoman.com/events](http://www.twitchywoman.com/events).

Health Coach Pia and her husbands run [www.rocksteadyboxingpoway.com](http://www.rocksteadyboxingpoway.com) at our gym, R3 Boxing, and we hold monthly support groups.

Stanford Parkinson's community Outreach is a great resource for in-person and virtual exercise classes specifically for Parkinson's disease:

<https://med.stanford.edu/parkinsons.html>

Virtual and in person classes: <https://pd-connect.org/>

From Dr. Subramanian:

Gender gap in deep brain stimulation for Parkinson's disease- Jost et al ; NPJ Parkinson <https://www.nature.com/articles/s41531-022-00305-y>

Bone fracture prevention study: [www.parkinson.org/research/TOPAZ-Trial](http://www.parkinson.org/research/TOPAZ-Trial)

Go to [www.unioncity.org/parkinsons](http://www.unioncity.org/parkinsons). Choose "Train Your Brain Book Club" or click on the many videos made about our program and skilled, compassionate instructors. If you get stuck, contact our leader and champion, [robertmagbanua@unioncity.org](mailto:robertmagbanua@unioncity.org).