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APRIL

2 Moving Day Baton Rouge
Register: MovingDayBatonRouge.org

6 Expert Briefing: Can We Put the Brakes on PD Progression?
Register: Parkinson.org/ExpertBriefings

9 Moving Day Charleston
Register: MovingDayCharleston.org

16 Moving Day Ventura County
Register: MovingDayVenturaCounty.org

23 Moving Day San Antonio
Register: MovingDaySanAntonio.org

Moving Day San Francisco
Register: MovingDaySanFrancisco.org

30 Moving Day Tampa Bay
Register: MovingDayTampaBay.org

Moving Day Westchester, NY (Purchase)
Register: MovingDayWestchesterNY.org

MAY

7 Moving Day Kansas City
Register: MovingDayKansasCity.org

14 Moving Day @ Home Virtual Walk
Register: MovingDayatHome.org

Moving Day New Hampshire (Concord)
Register: MovingDayNewHampshire.org

18 Newly Diagnosed: Building a Better Life with Parkinson's (Virtual)
Register: Parkinson.org/PDHealth

21 Moving Day Knoxville
Register: MovingDayKnoxville.org

Moving Day DC
Register: MovingDayDC.org

Moving Day Sacramento
Register: MovingDaySacramento.org

JUNE

4 Moving Day Albuquerque
Register: MovingDayAlbuquerque.org

Moving Day Baltimore
Register: MovingDayBaltimore.org

Moving Day Omaha
Register: MovingDayOmaha.org

5 Moving Day Orange County
Register: MovingDayOrangeCounty.org

11 Moving Day Cleveland
Register: MovingDayCleveland.org

Parkinson's Revolution
Various Cities and Virtual Event
Register: Parkinson.org/Revolution

LGBTQ+PD: Addressing the Intersection Between the LGBTQ+ and PD Communities
Learn more: Parkinson.org/LGBTQAugusta

The Parkinson's Foundation Reach Further campaign will invest an additional $30 million to accelerate progress on Parkinson's research, improve care and increase access to quality-of-life programs.

View all upcoming events at Parkinson.org/Events.

REACH FURTHER
Help us Reach Further Parkinson.org/Reach
A Note From Our CEO

Every day we work to meet the needs of the Parkinson’s disease (PD) community. We also plan to make life better for those who will fight this disease in the future, alongside their families. To help us excel in both, we are setting new, ambitious goals in our 2022-2025 strategic plan. We are excited to advance research, expand our global clinical care network and further education in previously unreached communities.

In order to accelerate progress in Parkinson’s research and care we launched a multi-year fundraising campaign called Reach Further. We will raise an additional $30 million in the next four years to bolster our investments in core mission programs.

This Parkinson’s Awareness Month, whether you are navigating your own future with Parkinson’s or helping us create a world without PD, together we can make a positive impact on the #FutureOfPD. Thank you for helping us raise awareness!

The Connection Between Parkinson's and Exercise

Research shows that starting an exercise routine and consistently exercising have positive effects on quality of life and mobility for people with Parkinson’s disease (PD). Here are 6 interesting facts about Parkinson’s and exercise:

1. Reported benefits of exercise include improvements in gait and balance, posture, endurance, memory, decision making, quality of sleep, depression and anxiety.

2. When you learn a new exercise skill (such as Tai Chi, boxing or yoga) it helps how you move and think.

3. There is not one best exercise — try to combine aerobic, strength and skill-based exercises to maximize benefits.

4. Doing a variety of exercises, as well as pushing yourself to get better at the exercises you do, helps your brain cells grow new connections.

5. You have access to PD-tailored exercise videos right now! Visit Parkinson.org/PDHealth.

6. It is better to start exercising soon after a PD diagnosis, but it is never too late.

Learn more about Parkinson’s and exercise in our updated book, Fitness Counts. Visit Parkinson.org/Library to order and download your free copy.
Better understanding Parkinson’s disease (PD), how it is diagnosed, treated and how to manage symptoms are all integral to living well with PD.

Movement disorder specialist Neepa Patel, MD, of Rush University Medical Center, a Parkinson’s Foundation Center of Excellence, guides us through her “Parkinson’s 101: What You and Your Family Should Know” program, which originally aired as a Parkinson’s Foundation PD Health @ Home event.

What Is Parkinson’s?
Parkinson’s disease is the second most common neurodegenerative disease in the world. Scientists believe a combination of genetic and environmental factors are the cause of PD. Motor symptoms of Parkinson’s, such as bradykinesia (slowness of movement), fatigue, tremor and rigidity, may be accompanied by non-motor symptoms such as loss of smell, constipation, sexual dysfunction and mood changes.

There is no “one way” to diagnose Parkinson’s. Various symptoms and diagnostic tests, including a neurological exam, are used in combination to help medical professionals confirm a PD diagnosis.

Approach to Treatment
Treating Parkinson’s looks different for everyone. The first step should be to seek a movement disorders specialist — a specialized neurologist. Your doctor will work with you to develop a plan that best suits your needs. Treating Parkinson’s typically involves a combination of medications, exercise and rehabilitation.

Medications may help minimize motor symptoms such as stiffness, slowness and coordination issues. They may also help with tremors, but may not always completely treat tremors. The most common medication used to treat Parkinson’s is levodopa, which helps replace dopamine in the brain. The medication carbidopa is often paired with levodopa to prevent side effects. Dr. Patel prescribes her patients medications early on, even if symptoms are mild, to help get ahead in the treatment process. Work with your doctor to establish your best treatment plan.

Research shows that exercise and physical activity can slow decline in quality of life for people with PD. Additionally, rehabilitation is a key part of PD treatment. Seek out a physical therapist to improve walking and balance or visit an occupational therapist to learn functional and adaptive ways to accomplish daily tasks.

Additionally, some people living with Parkinson’s may consider surgery to treat motor symptoms that interfere with daily life. Deep brain stimulation
(DBS) is a procedure that can reduce PD motor symptoms and improve quality of life for suitable candidates. Consult your neurologist to find out if you may be a good candidate for DBS.

Living Well with PD
Once you have accepted your Parkinson's diagnosis, you can begin to focus on living well with PD. Dr. Patel suggests incorporating these six actions into your routine:

- **Stay educated about Parkinson's.** Join webinars or attend events that provide the newest information in PD research and care.
- **Aim to exercise five days a week,** for 30-60 minutes each session. Cardio workouts, along with stretching and strengthening exercises have benefits for people with PD.
- **Eat a well-balanced diet.** Good nutrition can optimize medications and help maintain health. Try to avoid processed foods and opt for foods rich in vitamins.
- **Find ways to socialize.** Spending time with friends and family or joining a support group can help you stay connected.
- **Set a daily schedule.** Do your best to wake up and go to bed at the same time every day, and plan activities to structure your day.
- **Join a clinical research trial.** Participating in a study will allow you to stay engaged with the latest Parkinson's research, while also helping researchers learn more about PD.

PD Health @ Home
PD Health @ Home virtual events are created to help the PD community, addressing mental health, symptom management and PD-tailored exercises.

Register for upcoming PD Health @ Home expert-guided virtual events — with new events every month designed to empower the Parkinson's community. Visit Parkinson.org/PDHealth.

Essential Parkinson's Resources
Navigating Parkinson's disease (PD) is a life-long process, but you don't have to do it alone. Are you utilizing the Parkinson's resources available to you? Check out our top PD tools:

- **Visit Parkinson.org**
  Access unlimited articles dedicated to the latest Parkinson's information, like our most popular pages: symptoms, research and caregiving. Visit Parkinson.org.

- **Order A Hospital Safety Kit**
  Always be prepared for a hospital stay, whether planned or unplanned. The Aware in Care kit contains tools and information to share with hospital staff. Visit Parkinson.org/AwareInCare.

- **Listen to Our Podcast**
  With more than 120 episodes, Substantial Matters: Life and Science of Parkinson's, highlights the most critical PD topics. Visit Parkinson.org/Podcast.

- **Participate in a Research Study**
  PD GENEration: Mapping the Future of Parkinson's Disease is a national initiative that offers genetic testing for Parkinson’s-related genes and genetic counseling at no cost for people with Parkinson's. Visit Parkinson.org/PDGENEration.

- **Access Our PD Library**
  Read our vast collection of free publications. Check out our newly updated book, Fitness Counts and many more. Visit Parkinson.org/Library.

We're here for you. Contact our Helpline at 1-800-4PD-INFO (473-4636) or Helpline@Parkinson.org for answers to all your Parkinson's questions.
Meet the Researcher: Dr. Margaret Rice

For 20 years, researcher Margaret Rice, PhD, has dedicated her career to understanding a key factor in Parkinson’s disease (PD) progression: the role of the brain chemical dopamine. Low or falling levels of dopamine in the brain can lead to a Parkinson’s diagnosis. The Parkinson’s Foundation caught up with Dr. Rice to discuss her research at the Rice Lab at New York University.

Q: You received Parkinson’s Foundation research funding in 2002. What impact did it have on your work at that time?

A: I was really interested in dopamine because it’s such a fascinating molecule. My research seeks to understand why dopamine neurons, the ones in the substantia nigra [the area of the brain that produces dopamine], are selectively vulnerable — it’s a fascinating question, but also really important.

Q: Can you describe the role of dopamine in understanding Parkinson’s?

A: Dopamine “wears” two main hats: the first is a conductor, orchestrating movement — acting in the midbrain in a region known as the substantia nigra, which is compromised in Parkinson’s. The second is a motivational speaker, promoting motivation and reward — acting through nearby dopamine neurons.

Q: How has your research helped the PD community better understand this disease?

A: If you don’t understand how something works, you’re not going to be able to fix it. A lot of our work is basic science. Understanding how the process of dopamine release is important. Understanding factors that regulate dopamine release and uptake inside cells and understanding which aspect of this process might go awry and contribute to a degenerative process — all of this is critical in understanding Parkinson’s.

Q: You are part of the Parkinson’s Foundation Scientific Advisory Board. Can you tell us about this work and how you help the next generation of Parkinson’s researchers?

A: I continue to believe that this should be one of our most important missions — to help new investigators get seed money for bigger funding, but also to engage them in the Parkinson’s field. They are all important in moving the field forward.

Learn more about ongoing Parkinson’s research at Parkinson.org/Research.
How You Can Impact the #FutureOfPD

This Parkinson’s Awareness Month, we have joined with Sunovion to help change the future of Parkinson’s disease (PD). Whether that means learning how to navigate your own future with Parkinson’s or helping us create a world without PD, together we can make an impact on the #FutureOfPD. Here are three ways you can impact the future of Parkinson’s.

**Future of PD Research**
Research leads to breakthroughs in treatment that bring hope. Participating in research can help us provide improved care for all people with Parkinson’s today.

Genetic testing can be a powerful tool in helping us better understand Parkinson’s. Those with a confirmed Parkinson’s diagnosis are eligible to participate in PD GENERation: Mapping the Future of Parkinson’s Disease. This study offers genetic testing for PD-related genes and genetic counseling at no cost for people with PD.

As a participant, you can help us accelerate scientific research and potentially identify better treatment options for you and future generations.

Learn more at Parkinson.org/ PDGENERation.

**Future of PD Care**
Receiving specialized care makes a difference. Our Global Care Network is forging a future where all people with PD get the expert care they need.

Comprehensive care is varied and not easily accessible for everyone living with Parkinson’s. The future of PD involves closing the gap between those diagnosed with Parkinson’s and those receiving comprehensive care, information and support. With your help, we will provide more attainable care to the one million Americans living with Parkinson’s.

Make sure you or your loved one has an expert care team to help live better with Parkinson’s today.

Find expert care near you at Parkinson.org/GlobalCareNetwork.

**Navigate Your PD Future**
Whether you are newly diagnosed or have been living with Parkinson’s for a while, we are here to help you navigate your PD future.

The Parkinson’s Foundation Helpline has answers to all your Parkinson’s questions:
- Can you recommend a Parkinson’s specialist and exercise class?
- As the primary care partner, I am overwhelmed. What should I do?
- What other therapies can help with PD symptoms?

Our Helpline specialists are here to help you navigate your future with Parkinson’s. We can assist you in English and Spanish.

Reach us at 1-800-4PD-INFO (473-4636) or Helpline@Parkinson.org.

**How are you planning to define your Parkinson’s future?**

"For my PD future, it’s all about sustainability for my physical health. I’m going to keep working out and taking time for myself. Self-care is really important."
- Tyaisha Dillon, living with Parkinson’s

"I will navigate my PD future by not being afraid to try new things. I don’t want my world to get smaller with Parkinson’s, I want it to get bigger. I began volunteering and coaching girls running, which helps keep me exercising."
- Susan Brown, living with Parkinson’s
Tips for Finding Your Ideal Mental Health Counselor

You have decided to look for a mental health counselor. Partnering with a counselor is a brave step toward prioritizing your mental health and well-being while navigating Parkinson’s disease (PD). Where do you begin? What type of counseling is right for you? These tips may help you start your search.

1. Some counselors will be a better fit than others.
A variety of mental health professionals offer counseling and talk therapy, including counselors, psychologists, clinical social workers, marriage therapists and others. Keep these questions in mind during your search:
   • Do they specialize in helping clients in your age group with similar concerns?
   • Do they accept your insurance or are their services affordable?
   • Do you get the impression they will be competent to support you?

Sometimes you may need to meet with a few different counselors until you find a good fit. If your options are limited, your counselor should at least help you feel heard, validated and acknowledged.

2. Finding a counselor well-versed in Parkinson’s can be challenging.
You may want your counselor to be familiar with Parkinson’s. Consider asking others in your PD community and your healthcare team for recommendations. Keep in mind that many counselors offer virtual services these days, which can expand your options.

3. Partnering with a counselor who isn’t familiar with Parkinson’s can still be worthwhile.
Consider looking for a counselor who has supported clients with challenges common to PD, such as: adjusting to life with a chronic illness, navigating life transitions, and coping with depression and anxiety. Counselors strive to understand important elements of their clients’ lives, so it is likely any counselor you see would be open to learning more about PD.

4. Remember your experience is unique.
No matter how much a counselor knows about Parkinson’s, be sure to describe what PD looks like for you. Consider sharing how life has changed since your diagnosis. Explain how PD has impacted your identity, relationships and outlook, and why you are seeking counseling now.

5. You are not limited to talk therapy.
Some counselors are specially trained to offer mental health therapy using movement, music or art. Partnering with a dance/movement therapist, music therapist or art therapist offers you a creative way to engage in counseling.

6. There are many places to look for a counselor.
When starting your search, start with your PD community and health care team, your insurance provider, the local Area Agency on Aging, and online therapist directories.

For more articles about the latest Parkinson’s topics, visit Parkinson.org/Blog.
Parkinson’s disease (PD), skin and bone health are closely intertwined. Researchers are exploring how they are connected in hopes that this information can improve lives. Higher bone fracture risk, flaky or dry skin and excessive sweating can all be common in Parkinson’s.

Parkinson’s and Skin Health
While overall cancer risk is reduced in people with Parkinson’s, skin cancer risk — especially melanoma — increases. Protect yourself against melanoma by reducing direct sun exposure, wearing sunblock and visiting the dermatologist annually. When it comes to spotting melanoma, look for moles that are asymmetric, have irregular borders or change in color and shape.

Studies estimate between 20 to 60 percent of people with Parkinson’s may also live with seborrheic dermatitis. Symptoms can include itching, scaling, oiliness, redness and burning — mainly on the scalp. Over-the-counter medicated shampoos can help. PD and other neurological disorders also increase the risk for bullous pemphigoid (a skin condition causing itching, redness and blisters).

Researchers are exploring the potential value of skin biopsy (to look for an abnormal protein, alpha synuclein) in the diagnosis of Parkinson’s.

Sweating Changes
Sweating too much — whether on the head, neck or trunk — is a Parkinson’s symptom. It’s often experienced even prior to diagnosis. To help manage sweating:
• Wear breathable cotton clothes and socks
• Take lukewarm or cold showers
• Increase fluid intake
• Drink cold liquids

Parkinson’s and Bone Health
Caring for bone health when living with Parkinson’s is critical. Exercise and regular bone mineral density screenings are key. People with PD are at higher risk of osteoporosis and skeletal fracture than those without Parkinson’s. Hip fractures occur four times as frequently, and less than 5% of people with PD who experience fractures are treated.

Treating fractures is crucial. It can take someone with PD longer to recover from a fall injury or fracture. Fortunately, there are ways to reduce fracture rates in people with PD and current research is exploring further ways to minimize bone risks.

What’s good for your body is also good for your bones: stop smoking, limit alcohol and avoid sedating medications. Exercise can keep bones strong, strengthen muscles and improve many PD symptoms. Physical therapy can help, too. To take in enough calcium, the body needs vitamin D. Maintaining optimal levels of calcium and vitamin D3 benefits bones and overall health. Sunlight (wearing sunscreen) and a nutritive diet can help.

Talk to your doctor about skin changes, calcium intake levels and maintaining bone health to find a treatment plan that works for you.

This article is based on a Parkinson’s Foundation Expert Briefing webinar The Skinny on Skin and Bone Health presented by Nicki Niemann, MD, Muhammad Ali Parkinson Center at Barrow Neurological Institute, and Kenneth W. Lyles, MD, Duke University Medical Center and VA Medical Centers; both are Parkinson’s Foundation Centers of Excellence.

Register for upcoming Expert Briefings webinars at Parkinson.org/ExpertBriefings.
Spanish Parkinson’s Program Builds Bonds Through Food, Fun and Tango

For Debbie Polisky, bilingual nutritionist and wellness consultant, the recipe for successful Parkinson’s disease (PD) management is food, fun and fitness, with a healthy dash of mindfulness.

Together with Barrow Neurological Institute’s Muhammad Ali Parkinson Center, a Parkinson’s Foundation Center of Excellence, Debbie was awarded a 2021 Parkinson’s Foundation community grant to bring nutrition, community, mindfulness and lessons in Argentine Tango to Spanish-speaking people with PD in Phoenix, AZ in a safe, virtual environment.

The program, “Unite a la Fiesta de Parkinson,” is a 7-month virtual Spanish-language program also offered in English that provides Hispanic people with PD and their care partners with a safe community to express themselves weekly in ways that feel culturally familiar and reassuring.

The program starts with a “Positive Mindset Message” breath and movement practice and an Argentine Tango lesson, followed by a demonstration in preparing a simple, healthy recipe. Participants are encouraged to dress as if they were going to a party to contribute to the festive virtual atmosphere.

“Hispanic people are used to socializing and place high importance on hugs, love, music, dance and food,” said Debbie. “When PD participants can share and realize they are not alone, both mind and body improve.”

Fostering strong social connections to combat the isolation and depression experienced by many with PD during the COVID-19 pandemic is central to the program.

The use of Argentine Tango is a relatively new tool for engaging the PD community. Research has proven that it facilitates improvement of gait, tremors, flexibility, socialization, musicality and self-confidence for people with PD. “Argentine Tango creates a sense of feeling safe and loved in a tango embrace,” said Debbie. “Stress and anxiety are decreased, and even better sleep outcomes have been reported.”

Debbie, who drew inspiration from her American/Argentine upbringing, as well as from her grandfather’s long journey with PD, expressed gratitude for the Foundation’s support of this program. “The Parkinson’s Foundation has allowed for a very positive impact on participants; they join in even when they are feeling sad or worried,” said Debbie. “I want to thank the Foundation’s supporters for giving us a chance to share this program.”

Find a local Parkinson’s program near you at Parkinson.org/InYourArea.

Participants enjoy virtual tango lessons as part of the Barrow Neurological Institute, a Parkinson’s Foundation Center of Excellence, virtual program “Unite a la Fiesta de Parkinson,” a Parkinson’s Foundation community grant recipient.
Michael Waterstone is passionate about helping advance the Parkinson’s Foundation Reach Further campaign because of his mom, Judy, who lives with Parkinson’s disease (PD). Reach Further is an ambitious four-year campaign aimed at raising an additional $30 million to advance research toward a cure and expand community care and programs for people living with Parkinson’s.

Working to inspire others to support the campaign’s critical goals, Michael is leading fundraising efforts in the Parkinson’s Foundation California Chapter as Reach Further Campaign Chair. His inspirational lead gift set the Reach Further campaign off on strong footing.

“The Foundation is a good steward of resources to improve the lives of people with Parkinson’s and their families,” said Michael. “I like the idea of giving the Foundation a broader platform to make a bigger difference.”

Dean and Senior Vice President of Loyola Law School, Los Angeles, Michael is a nationally recognized expert in disability and civil rights law. He was recruited as a member of the inaugural California Chapter Advisory Board in 2020. “At the end of the day, what we are all hoping for is to make the lives of people with Parkinson’s better,” Michael said.

Jeremy Karnowski biked 250 miles to raise Parkinson’s awareness. His daily rides raised $1,750 along with cheers and high fives in the San Francisco Bay Area.

Become a Parkinson’s champion at Parkinson.org/Champions.

Juan Carlos Claudio rode in the Parkinson’s Revolution 2021 Salt Lake City ride with his friend and instructor Bashaun Williams. Juan Carlos rode in honor of all his dancers who participate in GREY MATTERS: Dance for Parkinson’s, a 2021 Community Grant recipient.


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Mapping the Future of Parkinson’s Disease

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