



Learn About Parkinson's Research

Understanding **Precision Medicine**

Today, doctors choose treatments for Parkinson's disease (PD) based on your symptoms and how you respond to medicines and therapies.

Researchers in precision medicine are taking this a step further. They are studying clues in the body and brain, along with lifestyle, environment and medical history, to help guide more personalized treatments in the future.

How Precision Medicine Research Works

Researchers focus on three main areas to understand what makes each person's Parkinson's unique and guide new treatments:

Biological Clues

Genes, proteins and other measurable signs, called biomarkers, help explain why Parkinson's affects each person differently.

Symptom Tracking

Following symptoms over time helps show which treatments work best for different people.

New Therapies

Researchers use biomarkers and symptoms to test treatments that better match each person's Parkinson's.

Why Personalized Medicine Research Matters

- May help explain why treatments work well for some and not others
- Could help guide treatment choices and reduce side effects
- Over time, may lead to treatments that target what is driving Parkinson's, not just symptoms

How You Can Help

Clinical trials test new treatments to see if they are safe and effective. Your participation helps advance Parkinson's research. To learn more, email PDNavigator@Parkinson.org.