

NEW PARKINSON'S DISEASE TREATMENTS IN THE PIPELINE

Parkinson's Disease (PD) research is ever-changing, with new treatments and medications being explored and developed all the time. Some of the most exciting research initiatives are targeting neuroprotection, as well as motor and non-motor symptoms.

As these clinical trials are underway, the American Parkinson Disease Association (APDA) wants to keep you updated on what these researchers find, and how it may affect you or someone you love with PD.

Exciting Research Grants Awarded

APDA has awarded \$2.35 million to support cutting-edge PD research for the 2022-2023 year. The funded research projects study a range of important topics including: understanding the molecular underpinnings of anxiety in PD, probing the role of DNA damage in causing genetic mutations in PD, and testing the use of augmented reality in treating freezing of gait.

Grants have been awarded in the form of four Post-Doctoral Fellowships, thirteen Research Grants, one Diversity in Parkinson's Disease Research grant, eight APDA Centers for Advanced Research, and one George C. Cotzias Memorial Fellowship, APDA's most prestigious award.

Dr. Sunil Kumar, an Assistant Professor in the Department of Chemistry and

Biochemistry and the Knoebel Institute for Healthy Aging at The University of Denver, Colorado, received a research grant from APDA in September 2021. His project is entitled "Identification of novel targets associated with alpha-synuclein aggregation."

His research includes studying clumped protein in the brain — a main characteristic of the pathology of PD. Dr. Kumar has continued his research after receiving an additional grant for a second year. This year, his research will delve deeper into identifying small molecules that can specifically bind to the sections of alpha-synuclein that are necessary in order for the protein to form clumps.

Researchers like Dr. Kumar remain passionate in their efforts to find new treatments for Parkinson's disease. To learn more about APDA's research grants, visit apdaparkinson.org/Research.

**EXCITING
NEWS**



APDA has awarded **\$2.35 million** to support cutting-edge PD research for the coming year.



A MESSAGE FROM OUR PRESIDENT & CEO

Dear Friend,

I know that living with Parkinson's disease (PD) comes with many challenges. At APDA, we work tirelessly to support our community in every way we can.

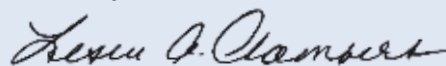


There is good news when it comes to the research being done for the PD community. Molecules are being studied in all new ways in clinical trials with promising results to treat PD. I am so excited to hear about the treatments on the horizon, and I know you are too.

Because of your loyal friendship, this groundbreaking research can continue to provide hope and strength to those impacted by PD. It's truly thanks to you that our community will be better able to navigate their diagnosis with the very best resources.

Once again, I am so thrilled about the new research happening, and I'm so glad you've chosen to be a part of it. With your help, we can continue to support PD research, and give hope to those impacted by this disease. I am encouraged by the dedication I see from generous friends like you — and with you by our side, I know a bright future lies ahead for those facing PD.

Sincerely,



Leslie A. Chambers
President & CEO

NAVIGATING LIFE AS A CARE PARTNER



Being a care partner for someone with Parkinson's disease (PD) has its rewards and challenges. Dr. Gilbert spoke with Greg, a care partner of nearly 20 years.



Taking care of someone with PD can be fulfilling and overwhelming at the same time. As someone who has been a long-term care partner for his partner Chad, Greg knows what this is like.

When Greg found out about his partner's diagnosis, he wondered how his impatient tendencies would affect their relationship. Instead of pretending to be perfect, Greg points out that as a care partner, you're only human — and negative emotions are nothing to be ashamed of.

"Frustration, impatience — it's all normal as a human being and a partner," Greg says. "Don't beat yourself up when you feel that way because you're just being a human being in a relationship."

Greg also emphasizes the importance of learning effective ways to communicate with someone living with PD. "It is important to step back and communicate with that person, because they're probably more frustrated than you are," Greg explains.

Understanding these things has helped their family live a rewarding life together. Greg and Chad, along with their 13-year-old son and two Great Danes, value their time together whether they're traveling cross country or simply enjoying each other's company.

"It is important to step back and communicate with that person, because **they're probably more frustrated than you are.**"

— Greg

Being a care partner for someone living with PD can be difficult, but you are not alone.

To hear more of Greg's story, along with other care partners Dr. Gilbert has interviewed, visit apdaparkinson.org/CarePartners.

PD DURING THE HOLIDAYS: OUR TOP TIPS



The holiday season is right around the corner. Gift shopping, cooking, cleaning, hosting friends and family, or traveling to see loved ones can feel overwhelming — especially when also navigating life with PD. Here are some tips to make the most of the holidays without creating additional work and stress.



Make gift shopping simple with gift cards or consider a “Secret Santa”-style gift exchange where you purchase a gift for just one person, instead of many.



Consider sending e-cards instead of printed cards and save the time and effort of stuffing envelopes, postage, etc.



If traveling is hard for you, don't miss out completely! Try **virtual holiday celebrations** instead of in-person. You can visit with friends and family via Zoom, FaceTime, or other video chat technology from the comfort and safety of your own home. You can keep it special and festive with virtual games, storytelling, recipe sharing, and more.



Keep moving. Exercise and movement can help you feel better. There are many online classes you can join from home, or get outside for a walk or a jog.



Take time for yourself. Whether it's to squeeze in your own doctor appointments, a phone call to an old friend, to get some exercise, or just have some quiet alone time to read a book, it is important to find a little time for YOU.



Accept help. Sometimes it takes a village. And that's ok. If friends or family offer help, say “yes” and give them something specific to do.



Find support. You don't have to go it alone. APDA can help you find a support group near you, or you can join an online community like Smart Patients — a discussion forum for people with PD and their loved ones where you can share advice and information.



WHAT'S HAPPENING AT APDA

Reaching new audiences.

APDA is eager to expand our reach to under-served, under-studied and under-represented communities in order to promote health equality and access to care — and provide much-needed education and support. Just one step in this direction is the launch of two newly transcreated resources, the APDA Parkinson's Disease Handbook, and the APDA Medical ID Card, **both of which are now available in Simplified Chinese. Download them from the APDA website or have free hard copies mailed to your home.**

And the award goes to...

Our most popular educational series, *Dr. Gilbert Hosts*, recently won a Folio Award, an honor bestowed by the Fair Media Council to the best campaigns and efforts in news and social media! With every broadcast of *Dr. Gilbert Hosts* we bring you new topics, the best experts, and fresh perspectives. If you haven't already, be sure to check out the next episode of this award-winning series!



“ASK THE DOCTOR”

with Dr. Rebecca Gilbert



Q. My Parkinson's symptoms started almost immediately after my kidney transplant surgery. Could the surgery have caused me to develop Parkinson's disease (PD)?

A. I have had a number of patients whose PD emerged after a major medical stress such as an organ transplant. It is possible that the stress of the event makes the symptoms of PD that may have been present, but too subtle to be detected, more obvious. The hypothesis is that PD was

already developing in the brain and the major insult or surgery “revealed” the pathology that was already there.

Q. I was diagnosed with PD about ten years ago. Carbidopa/levodopa still works well for me, but the effects wear off after two hours and then it takes 30-45 minutes for the next dose to kick in. In addition, I have to be very careful not to eat any protein before and after my dose or else the medication doesn't work. My doctor says that deep brain stimulation (DBS) may help. Is this true?

A. Yes! You could reasonably expect these problems to improve with DBS. DBS is often the go-to therapy for people with a good response to Carbidopa/levodopa, but one that is erratic and dependent on things like diet. In addition, good candidates for DBS do not have significant cognitive issues or balance issues. The DBS neurologist and neurosurgeon will evaluate all these elements to determine if DBS is the right path for you.

Dr. Rebecca Gilbert is the Chief Scientific Officer at APDA. She oversees APDA's research portfolio in conjunction with APDA's Scientific Advisory Board. She also provides medical and clinical expertise to support APDA programming as well as print and web content.

RAISING AWARENESS ON A TRACTOR: HOW MIKE HELPED HIS BROTHER AFTER A PD DIAGNOSIS

When Mike Adkinson's brother Dan was diagnosed with PD, Mike and his family wanted to learn more about the devastating effects of this disease. As the disease currently has no cure, Mike decided to raise awareness in his own unique way — by riding a John Deere 1,700 miles from Bellingham, Washington to Perch Lake, Minnesota!

Chugging along at a mere 12 miles per hour, Mike connected with so many people along his adventure, supporting and inspiring the PD community with every mile. Mike not only raised awareness for PD, but raised more than \$55,000 for the APDA Northwest Chapter along the way. These critical funds will help people just like his brother. Thank you, Mike!



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For more information or to learn about the many ways you can support APDA, please call (800) 223-2732 or visit apdaparkinson.org/Renew.