



*** Next Two Meetings ***

Parkinson's Disease Support Group of the Mid-Hudson Valley

July: “*Know Your Treatment Options*” (Vishad Sukul, MD)

Friday, JULY 28, 2023 10:00 am - noon

and

August: “*Discussion/Sharing*”

Friday, AUGUST 25, 2023 10:00 am - noon

(Both are In-Person Only - Unitarian Fellowship, 67 So. Randolph, Poughkeepsie)



“Know Your Treatment Options”

:Pills, pumps, patches, surgery – what are the best treatments for you? Vishad Sukul, MD, FAANS, will help you sort out the options. Dr. Sukul is a neurosurgeon in the Department of Neurosurgery, Brain and Spine Institute of the Westchester Medical Center Health Network with a specialty in Deep Brain Stimulation. Join us **July 28th at 10:00 am**.

Then, on Friday, **August 25th** at 10:00 am, you will again have an opportunity to listen, learn and share as we have our periodic “**Discussion/Sharing**” meeting.

(There will be no August newsletter.)



Mark Your 2023 Calendar

July 28, 2023 (In Person) “*Know Your Treatment Options*” - Dr. Vishad Sukul

August 25, 2023 (In Person) – “*Discussion/Sharing*”

September 22, 2023 (In Person) “*What’s New and Trending in PD Exercise*” -

Robin Barclay, PT

Special Events:

September 24, 2023 – “12th Annual “**Walk Over Water**” on the Walkway Over the Hudson
Demonstrations * Kid’s Booth * PD Information * Music * Ice Cream Truck

NOTE: With luck, new 2023 Walk t-shirts will be available at the August meeting!



Parkinson’s News Today is strictly a news and information website about the disease. It does not provide medical advice, diagnosis or treatment. This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or another qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on this website.

(Editor’s note: The following news “shorts” came from *Parkinson’s News Today*)

Health issues specific to women may influence Parkinson’s severity

Exploratory study suggests pregnancy to menopause weigh on symptoms

by *Lindsey Shapiro, PhD* | June 14, 2023



Certain experiences particular to women, from a natural childbirth or pregnancy-related depression to a hysterectomy, could cause their [Parkinson’s disease](#) symptoms to be more severe, an exploratory U.S. study suggests.

As noted by its authors, the study “sets the groundwork for acknowledging the role [women specific health factors] ... may play in [Parkinson’s] and the potential benefit the scientific community can gain for therapeutics and clinical guidance if we further investigate the role sex-specific factors have.”

The study, “[Association of women-specific health factors in the severity of Parkinson’s disease](#),” was published in *npj Parkinson’s disease*.

Research in recent decades has revealed a number of sex differences in Parkinson’s risk, presentation, and progression. . . Findings, overall, suggest that women’s health-specific factors can influence Parkinson’s outcomes.

FDA asked to approve OneRF ablation system for Parkinson's

NeuroOne technology may be more effective option for patients' motor symptoms

by *Lindsey Shapiro, PhD* | June 14, 2023



NeuroOne Medical Technologies is seeking approval from the U.S. Food and Drug Administration (FDA) for its OneRF ablation system, which aims to remove select regions of brain tissue as a way of treating neurological conditions like Parkinson's disease. . .

OneRF leverages the company's Evo stereoelectroencephalography (sEEG) electrodes, already FDA-cleared and commercially available in the U.S. for recording and stimulating brain activity. It adds a component that would allow for targeted, therapeutic destruction — ablation — of brain tissue. Initial feedback from the FDA on the application is expected in early August. . .

Removing small, specific areas of brain tissue can be used to control certain [motor symptoms of Parkinson's](#). Specifically, tissue ablation in a brain region called the thalamus, known as a thalamotomy, may help to ease [Parkinson's-associated tremors](#), whereas ablation in the globus pallidus (a pallidotomy) could ease stiffness and uncontrolled movements. . .

MJFF joins with Synapticure to advance telehealth for specialty care

Effort to expand access to trained neurologists, clinical trials across US

by *Mary Chapman* | June 13, 2023



To assist Synapticure in advancing its nationwide telehealth offerings, the Michael J. Fox Foundation (MJFF) helped the company establish an advisory board of people with Parkinson's disease and their care partners.. .

Synapticure works to provide access to care for those with Parkinson's regardless of where they live in the U.S., and whether they have a movement disorder specialist, meaning a neurologist trained to recognize Parkinson's symptoms and provide personalized disease treatment.

Through greater outreach, Synapticure also seeks to establish a broader, more diverse pool of possible candidates for clinical trials, which are the core of treatment development.

About one million people in the U.S. are thought to live with the progressive neurodegenerative disorder, but obstacles to proper care abound, Synapticure noted in a press release. They range from lengthy wait times for doctor visits and considerable travel for expert care, to a dearth of neurologists specializing in Parkinson's so that less than 30% of all patients are cared for by a movement disorder specialist.

Only about 10% have access to a Parkinson's Center of Excellence, which offers specialized teams of healthcare professionals, Synapticure stated. . .

Synapticure's remote telehealth services, offered in partnership with patients' care teams, include access to movement disorder specialists, care coordinators, at-home physical therapy, virtual speech and language therapy, and clinical trial education and support. Care for mental health is expected to be offered soon.

Oral films may be easier way to deliver pramipexole

By Marisa Wexler, MS on 06/16/2023



Researchers have created a novel formulation of pramipexole — the active agent in Mirapex — that can be administered via a film placed on the inside of the cheek. The new formulation may make treatment easier for people with Parkinson’s disease who have trouble swallowing, scientists said in the study “Formulation and characterization of pramipexole [...]

Wearable device for Parkinson’s tremor control now available in US

New Cala kIQ System can be worn like a wristwatch

by Marisa Wexler, MS | June 15, 2023



A new device, worn like a wristwatch to help control tremor in people with Parkinson’s disease, is now available in the U.S. from its developer, Cala Health.

Called the Cala kIQ System, the wearable device is the first to be cleared by the U.S. Food and Drug Administration (FDA) to help relieve action tremor — that is, tremor that occurs when a person makes an intentional movement — in Parkinson’s patients, according to Cala. . .

The U.S. Department of Veterans Affairs (VA) health systems has agreed to provide the Cala kIQ device at no cost to VA beneficiaries who have been prescribed it by their providers, according to Cala. The company stated that it’s working to secure additional coverage of the

Tremor is one of the most common and troublesome [motor symptoms](#) of Parkinson’s disease. There are several [medications](#) available that can help to manage tremor, but these treatments may lead to side effects in certain patients. . .

Cala kIQ is designed to work using similar principles to how DBS works — but instead of a surgically implanted electrode in the brain, the device is worn like a wristwatch. Electrical stimulation is delivered up nerves in the arm to stimulate brain regions, using Cala’s TAPS (Transcutaneous Afferent Patterned Stimulation) technology.

The device measures the patient’s individual tremor patterns, using artificial intelligence to help personalize the amount of stimulation given. It also records data that patients can access, and share with their healthcare team if they so choose, via an online portal.

“Current research shows that tremors can severely impact patients’ mental health and activities of daily living, which are essential tasks such as holding a cup, unlocking a door, or dialing a phone,” said Pravin Khemani, MD, who has served as a [consultant](#) for Cala Trio, another Cala Health product.

“There’s a real need for patient populations who suffer from action hand tremors to have an effective, safe option when it comes to managing their symptoms – which is exactly where TAPS therapy can come in and make a profound difference,” Khemani said.

UC Davis Health joins Parkinson's Foundation Center of Excellence

Parkinson's Global Care Network has grown to 54 centers in 10 countries

by Margarida Maia, PhD | July 6, 2023



The Center for Movement Disorders and Neurorestoration at the University of California (UC) Davis Health Department of Neurology will serve as a [Parkinson's Foundation](#) Center of Excellence starting this month and for at least the next five years.

The center joins a Global Care Network that's grown to 54 centers in 10 countries, including 40 in the U.S., all recognized for their expertise in Parkinson's disease. . .

Around 1 million people in the U.S. have Parkinson's, and about 90,000 are diagnosed each year. There's no cure for the disease, but there are medications and other treatments that can help manage its symptoms. . . A Parkinson's Foundation Center of Excellence is a medical center where a team of experts work together to ensure that people with Parkinson's get access to the latest advancements in treatment and research.

The team can include neurologists, movement disorder specialists, physical and occupational therapists, mental health experts, and others who are up to date on how to best care for Parkinson's. . .

A smartwatch may ID Parkinson's up to 7 years before symptoms seen

AI used accelerometry data to distinguish Parkinson's patients, healthy people

by Margarida Maia, PhD | July 10, 2023



Using a smartwatch to track how fast people can move may help identify who's at risk for Parkinson's disease up to seven years before symptoms become evident and doctors make a diagnosis, a study suggests.

Wearing the smartwatch for a week was enough to feed an artificial intelligence (AI)-powered machine learning model enough data to predict those who would develop the disease.

"We have shown here that a single week of data captured can predict events up to seven years in the future. With these results we could develop a valuable screening tool to aid in the early detection of Parkinson's," Cynthia Sandor, PhD, who led the study at Cardiff's UK Dementia Research Institute, said in a [news release](#). "This has implications both for research, in improving recruitment into clinical trials, and in clinical practice, in allowing patients to access treatments at an earlier stage, in future when such treatments become available."

The study, "Wearable movement-tracking data identify Parkinson's disease years before clinical diagnosis," was published in *Nature Medicine* by Sandor's team and researchers at the Neuroscience and Mental Health Innovation Institute at Cardiff University.

A feature of Parkinson's is the death and dysfunction of dopamine-producing nerve cells (neurons). Without enough of the signaling molecule, or neurotransmitter, motor symptoms such as tremor, abnormally slow movements, and muscle rigidity begin to appear.

It can take a long time before these symptoms manifest. This is commonly called a prodromal phase. When symptoms do appear, many brain cells have already died and the damage can be irreversible. As such, being able to diagnose Parkinson's early is important.

... "Accelerometry is a potentially important, low-cost screening tool for determining people at risk of developing Parkinson's disease and identifying participants for clinical trials of neuroprotective treatments," the researchers wrote.

What's the Fastest Growing Neurological Disease? PARKINSON'S!

What can YOU do about this right now? As noted last month, you can make copies of the green fundraising letter included with the June newsletter, OR pick up a bunch already printed at the next meeting, OR contact Nancy at **914-475-2793** or nredkey@aol.com to get extra copies mailed to you. You can also use it for your own gift. Note that the letter has **two sides**. Make your list of family and friends and start mailing out your letters. See below for handy tips. People can also give **online at: <https://www.movingdaywalk.org/walkoverwater>** A digital version of the letter will also be available, if you prefer to email your requests. If just one person matches your own gift, you've doubled it!

~ **This is our one major fundraiser each year.** ~
(Funds go to the *Parkinson's Foundation* for research and education.)

The number of people diagnosed each year has jumped from 60,000 to 90,000 – one every 6 minutes! The need is urgent. We can help. Send our annual letter to ask family and friends to do:

WHAT THEY CAN - WITH WHAT THEY HAVE -TO HELP CHANGE THE PD WORLD

thank you!

Letter Writing Tips for Success

- Add a personal line or two to the letter.
- Enclose a return envelope. (Maybe address the return envelope with the freebie labels you get in the mail from other groups – American Cancer Society, Audubon, etc.)
- Even better, put a stamp on the return envelope.
- Sign your name and mail.
- Mail returned checks to: PDSGMHV P.O. Box 304, Lagrangeville, NY 12540 or bring to a meeting. Remember ALL checks get made out to the **Parkinson's Foundation**. We make a spreadsheet and send them in batches to the Foundation.
- And **don't forget your own gift!**



WEBINARS/Resources

Parkinson Foundation Webinars

Watch each past one-hour Briefing at www.parkinson.org/webinar, click on Expert Briefing and then again on Expert Briefing in the paragraph that comes up. NEW! These webinars now have closed captioning. For *Mindfulness Mondays*, *Wellness Wednesdays*, and *Fitness Fridays* go to:

www.parkinson.org/pdhealth. Not online? Have a question? Call: **Helpline at 1-800-4PD-INFO.**



“A Balancing Act: Freezing and Fall Prevention in Parkinson’s”

Date: April 12, 2023 at 1 pm (archived)

People living with Parkinson’s have twice the risk of falling as their peers without PD. Falls often result in injuries ranging from minor cuts to serious fractures, impacting mobility and quality of life. Learn how freezing and other movement and non-movement symptoms can contribute to falls and how to lessen the risk.

“Parkinson’s & Medications: What’s New” (archived)

Tanya Simuni, MD, discusses the advances in Parkinson’s treatments for movement and non-movement symptoms and where we are on the path to personalized medicine.

Michael J. Fox Foundation -Third Thursdays Webinars:

“Major Research Breakthrough: A New Biomarker for Parkinson’s”

Thursday, April 20, 2023; 12 – 1:00 pm (archived)

This groundbreaking research, led by MJFF and its Parkinson’s Progression Markers Initiative (PPMI), is paving the way for a future where every person living with Parkinson’s can expect improved care and treatments.

“From Low Blood Pressure to Bladder Problems: A Look at Lesser-Known Parkinson’s Symptoms”

Thursday, June 15, 2023; 12-1:00 pm (archived)

This month we will replay a popular webinar on common, but lesser-known symptoms of Parkinson’s. Our expert panelists discuss the range of issues such as constipation, sweating low, blood pressure and bladder control. We share tips for managing these autonomic problems and ways to treat them.

Watch previous Third Thursday Webinars at www.michaeljfox.org/webinars

Davis Phinney Foundation – Live Well Today Webinar Series

Interested in topics like: Depression, Memory, Mood and Parkinson’s; Exercise, Freezing and Gait; Emerging Therapies; Women and Parkinson’s; or non-Motro Symptoms Medications? Try going to the David Phinney Foundation website for a list of recorded and upcoming hour long webinars on these topics and many more.

NOTE: Did you pay your 2023 DUES (\$15/INDIVIDUAL; \$20/COUPLE)?

(Mail checks to: PDSGMHV P.O. Box 304 Lagrangeville, NY 12540)

For more videos, books, articles, and blogs on Parkinson's see:

American Parkinson Disease Assoc. at www.apdaparkinson.org

Davis Phinney Foundation at www.dpf.org

Michael J Fox Foundation at www.michaeljfox.org

Parkinson's Foundation at www.parkinson.org or call their Helpline at 1-800- 473-4636.

MEMBER NEWS

Need some Equipment?

To donate or borrow, you can call Nancy Redkey at **914-475-2793** or email nredkey@aol.com. We currently have a variety of commodes, walkers, wheelchairs, cushions, and other adaptive accessories.



Parkinson's Disease Support Group of the Mid-Hudson Valley is a non-profit, tax-exempt organization.

www.midhudsonparkinsons.org

914-475-2793

NOTE: If you no longer wish to receive this newsletter, please call or write Nancy Redkey at 914-475-2793, nredkey@aol.com, or PDSGMHV | P.O. Box 304 | LaGrangeville, NY | 12540.