



Capital Area Parkinson's Society

May 2015 Newsletter

P.O. Box 27565, Austin, Texas 78755-2565

www.capitalareaparkinsons.org

Neurologists Find Movement Tracking Device Helps Assess Severity of Parkinson's *Parkinson's Disease Foundation, Winter 2015*

A device that measures movement and balance can effectively help assess and track the progression of Parkinson's disease, even when medications are used to reduce Parkinson's symptoms, UT Southwestern Medical Center research found. The findings appear in the *Journal of the Neurological Sciences*.

Dr. Richard Dewey, Jr., demonstrates the APDM Mobility Lab, a portable set of sensors to help clinicians estimate the depth and severity of Parkinson's disease.

"Objective assessment tools for Parkinson's disease are needed to accelerate progress in developing effective therapies," said Dr. Richard Dewey, Jr., Professor of Neurology and Neurotherapeutics, Clinical Director of the Clinical Center for Movement Disorders at UT Southwestern, and senior author of the study. "We might be able to actually measure the patient's progress or regression thoroughly and objectively."

The APDM Mobility Lab uses wearable sensors and sophisticated signal processing to track even subtle changes in gait, stride, balance, rotation, and efficiency and range of movement in upper and lower limbs and torsos. The system is typically used for athletic training and by universities for research and evaluation.

The UT Southwestern findings evolved from a clinical trial comparing 135 individuals with Parkinson's disease and 66 people without the disorder. Participants performed two tasks designed to assess gait and balance while connected to the APDM Mobility Lab through six small sensors on the limbs, chest and lumbar area. The study was supported by the National Institutes of Neurological Disorders and Stroke Parkinson Disease Biomarker Program.

Dr. Thomas McConnell, who has early-stage Parkinson's disease, was a participant in the clinical trial.

"I understand the necessity of good research to advance medical care and treatment," said Dr. McConnell, a Clinical Professor of Pathology at UT Southwestern. "This is a diagnostic trial, not therapeutic. But now we have hope for an earlier and more certain diagnosis of Parkinson's disease, and identifying the most effective treatment."

Other UT Southwestern contributors include Dr. Ira Bernstein, Clinical Professor of Clinical Sciences; Dr. Pravin Khemani, Assistant Professor of Neurology and Neurotherapeutics; Richard B. Dewey III, a third-year medical student; Dr. Ross Querry, Associate Professor of Physical Therapy and Orthopaedic Surgery; and Dr. Shilpa Chitnis, Associate Professor of Neurology and Neurotherapeutics.

The Clinical Center for Movement Disorders at UT Southwestern is a tertiary referral center that accommodates more than 4,000 patient visits each year. The center's physicians have extensive experience with patients with Parkinson's disease, Huntington's disease, tremor disorders, tic disorders, and dystonia. The multidisciplinary center works closely with complimentary services such as psychiatry, speech, physical, and occupational therapy to provide comprehensive care for patients.

About UT Southwestern Medical Center

UT Southwestern, one of the premier academic medical centers in the nation, integrates pioneering biomedical research with exceptional clinical care and education. The institution's faculty includes many distinguished members, including six who have been awarded Nobel Prizes since 1985. Numbering approximately 2,800, the faculty is responsible for groundbreaking medical advances and is committed to translating science-driven research quickly to new clinical treatments. UT Southwestern physicians provide medical care in 40 specialties to about 92,000 hospitalized patients and oversee approximately 2.1 million outpatient visits a year. ■

Expressive Paint Day
May 31, 2105
Balcones Country Club
2:00 p.m. - 4:00 p.m.

\$40.00

Come join us for this fundraiser and discover your creative side. \$15 of every ticket will benefit the Capital Area Parkinson's Society.

After two hours with us, you'll walk home with your very own unique painting. Music, the buzz of a room full of painters, and our Creative Inspirant will help you feel at ease while you are painting. You'll learn the basics of acrylic paint and how to use brushes. But even more importantly, you'll learn how much fun it is to take some time and just play with paint.

This is a wonderful activity for families to do something creative together. If you are dealing with Parkinson's or the stress of having someone in your family being afflicted by Parkinson's, painting together can have a therapeutic effect. Because finding your flow in painting is very soothing and relaxing and it enables you to express yourself.

Cheese, cracker plate and beverages will be available for a small charge.

To register, please visit the website at
<https://thedirtyeasel.com/event-registration/?ee=72>.

Sponsored by the **DirtyEasel**

Capital Area Parkinson's Society

1st Annual Summer Bash

Save the Date
Thursday, August 13, 2015

Night of Dancing and Celebration

Thursday, August 13, 2015 • 6:30 p.m. - 10:00 p.m.
Balcones Country Club • 8600 Balcones Club Drive

Tickets: \$75 - May be purchased at
www.capitalareaparkinsons.org/summerbash
General and Table Sponsorships available

For more information, contact Lina at 512-517-0621
or summerbash@capitalareaparkinsons.org

All proceeds go to the Capital Area Parkinson's Society
www.capitalareaparkinsons.org

Bee Gees Songbook



Attire: Summer Disco (Optional)

Invitation to Follow

Round Rock Support Group **New**

Meetings will be held every 4th Tuesday
Wyoming Springs Assisted Living
7230 Wyoming Springs Drive
Round Rock, Texas 78681
(near the Round Rock Hospital)
Contact: Donna Hohm at 512-765-7733 or
dhohm@seniorcarecenterslhc.com

Support • Outreach • Resources • Education • Information

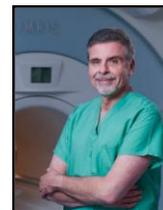
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May Membership Meeting

Saturday, May 16 ■ 2:00 p.m.
Medical Office Building, St. David's Medical Center
5th Floor Conference Room, 3000 N. IH-35

Michael Rezak, M.D., Ph.D. will have a special presentation on "Understanding Treatment Options and the Latest Research." Dr. Rezak, a neurologist and Movement Disorders specialist, serves as the Medical Director of the Parkinson's Disease Research Society and as the Medical Director of the APDA Midwest Information and Referral Center and National Young Onset Center. He practices exclusively at the Neurosciences Institute of Central DuPage Hospital where he heads the Movement Disorders Center and the Movement Disorders Functional Neurosurgery Program.



There are currently several clinical trials in Parkinson's disease underway at Central DuPage Hospital. His work has been published in such journals as *Archives of Neurology*, *Movement Disorders*, and *Brain Research*; and in books including *Young Parkinson's Handbook: A Guide for Patients and Families*, published by the American Parkinson Disease Association and the *Complete Medical Encyclopedia* (Random House).

Lunch will be provided by Teva Pharmaceuticals.