Exercise has shown to be a promising treatment for Parkinson’s disease. So why not join the following events that give you the opportunity to exercise, fundraise, and connect with others all at once?

**Pacing for Parkinson’s**

On October 13, 2012, hundreds of people will raise awareness of Parkinson’s disease at the Baltimore Running Festival. Support more research and education, better treatments, and improved care for Parkinson’s disease by fundraising at [www.active.com/donate/pacing4parkinsons12](http://www.active.com/donate/pacing4parkinsons12). The walk starts at 8:00 AM from M&T Bank Stadium.

**Moving Day Washington, D.C.**

Moving Day is an annual walk held in many cities across the United States to benefit the National Parkinson Foundation. On October 28, 2012, please join the National Parkinson Foundation, the Parkinson Foundation of the National Capital Area, and our Parkinson’s Disease and Movement Disorders Center in Washington, D.C. to help raise awareness and funding for local programs and research. To register, please go to [http://www3.parkinson.org/site/PageServer?pagename=moving_day_register_page](http://www3.parkinson.org/site/PageServer?pagename=moving_day_register_page).

**Michael J. Fox Study for Biomarkers for Parkinson’s**

Johns Hopkins is a clinical site for the Parkinson’s Progression Markers Initiative (PPMI), the first-ever large-scale study focused on identifying Parkinson’s disease (PD) biomarkers. Current treatments only alleviate symptoms. If a biomarker is found, researchers will have a critical tool to develop therapies that can slow or stop PD progression. PPMI can’t get started without volunteers. Johns Hopkins needs 20 people who have been diagnosed with PD but have not yet started taking medication and 10 healthy males who do not have PD or a first-degree relative with PD. For information about PPMI at Johns Hopkins, contact Arita McCoy, RN, BSN at 410-955-2954 or amccoy6@jhmi.edu. PPMI is sponsored by The Michael J. Fox Foundation ([www.michaeljfox.org/PPMI](http://www.michaeljfox.org/PPMI)).

**In-Patient Psychiatric Service for Parkinson’s Disease**

Research shows that people with Parkinson’s can have psychiatric symptoms even before motor symptoms. In order to address the needs of people facing depression, anxiety, hallucinations, and other psychiatric problems, Dr. Gregory Pontone, Director of the Movement Disorders Psychiatry Clinic, has created a new in-patient service to treat these conditions. Trained nurses, therapists, and neurologists work together to treat the whole person and improve depression and anxiety, motor function, activities of daily living, fall frequency, coping and adaptive strategies, and medication compliance. For more information, please contact Becky Dunlop, RN, BSN at rdunlop@jhmi.edu or 410-955-8795.
Research is an important part of making progress in the field of Parkinson’s disease. Your participation will allow you to have first hand experience with developing new medical treatments, which may be beneficial to many individuals in the future. Clinical trial information is excerpted from www.clinicaltrials.gov.

<table>
<thead>
<tr>
<th>Condition</th>
<th>Title</th>
<th>Objective</th>
<th>Eligibility</th>
<th>Contact</th>
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<tbody>
<tr>
<td>Parkinson’s Disease</td>
<td>The Parkinson’s Progression Markers Initiative (PPMI)</td>
<td>Identify PD biomarkers</td>
<td>PD diagnosed within 2 yrs, non-treated PI: Zoltan Mari, M.D. (NA_00039232)</td>
<td>Arita McCoy, R.N. (410) 955-2954</td>
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<tr>
<td>Parkinson’s Disease</td>
<td>Decision-Making in Parkinson’s Disease and the Effects of Deep Brain Stimulation (DBS)</td>
<td>Examine the effects of DBS on cognition in Parkinson’s Disease</td>
<td>DBS surgery performed more than 6 months prior to first visit, settings stable for at least 3 months. PI: Jason Brandt, Ph.D (NA_00047881)</td>
<td>Barnett Shpritz, M.A. (410) 955-3268</td>
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<tr>
<td>Parkinson’s Disease</td>
<td>National Parkinson Foundation Patient Registry</td>
<td>Develop quality care standards for PD</td>
<td>All PD Patients and Carepartners seen at Johns Hopkins PI: Zoltan Mari, M.D. (NA_00036863)</td>
<td>Arita McCoy, R.N. (410) 955-2954</td>
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<td>Parkinson’s Disease</td>
<td>Pioglitazone in Early PD</td>
<td>Examine the effects of pioglitazone on PD progression</td>
<td>PD diagnosed within 5 years, taking only 1 mg rasagiline or 10 mg selegiline PI: Zoltan Mari, M.D. (NA_00045383)</td>
<td>Arita McCoy, R.N. (410) 955-2954</td>
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Upcoming Programs and Events

Deep Brain Stimulation Information Sessions
These meetings provide insight on an innovative technique that can provide relief to people with Parkinson’s disease. Attendees will gain an overview of the procedure and hear from a patient who underwent Deep Brain Stimulation. The next sessions are on July 9 and November 5, 2012. Please contact Becky Dunlop, RN, BSN at rdunlop@jhmi.edu or 410-955-8795 for more information.

Parkinson’s Disease 101: An Introduction
This is an educational program for patients with early Parkinson’s disease (diagnosed within the past five years) and their families. It covers basic information about the disease and reviews treatments and research. The next classes are on June 4 and September 10, 2012. To register, please contact Becky Dunlop, RN, BSN at rdunlop@jhmi.edu or 410-955-8795.

Parkinson’s Disease 201: Managing Care
This is an educational program for patients with Parkinson’s disease and their families, offering information on motor complications, coping skills, DBS surgery, and available resources. The next classes are on June 11 and October 8, 2012. To register, please contact Becky Dunlop, RN, BSN at rdunlop@jhmi.edu or 410-955-8795.

Complementary & Alternative Medicines Seminar
This seminar is for people with Parkinson’s disease and other movement disorders. Presentations will be made on a variety of topics, such as rehabilitative exercise, yoga, tai chi, massage therapy, chiropractic, acupuncture, telemedicine, medication, and Parkinson’s dance demonstration. The seminar is on Saturday, April 28, 2012 from 9am - 4pm at the Cape Henlopen High School in Lewes, Delaware. Registration is $25, which covers lunch. For more information, or to register, please call 302-644-3465.

Caregiver Conference
Please join CurePSP and our Parkinson’s Disease and Movement Disorders Center for a Caregiver Conference on June 16, 2012 from 8:30am - 12:20pm at the Johns Hopkins Outpatient Center. This conference is a free event and is only for caregivers of patients with Parkinson’s disease and atypical parkinsonian diseases, including PSP, CBD, and MSA. To register, please call Chantel Stokes, Program Assistant at CurePSP, at 1-800-457-4777 ext. 5668 or email her at stokes@curepsp.org.

Dance for Parkinson’s – Coming Soon!
This free program, funded by the Parkinson Foundation of the National Capital Area, is an instructor-led dance session designed especially for people with Parkinson’s disease. One participant describes, “I walk in like a Parkinson’s patient, and out like a dancer.” Future session dates and location to be announced shortly. If interested, please contact Becky Dunlop, RN, BSN at rdunlop@jhmi.edu or 410-955-8795.

More Research at Johns Hopkins

Brain Donation Study: The Gift of Hope
One million Americans and five million people worldwide live with Parkinson’s disease. In an effort to work towards a cure, researchers at Johns Hopkins are conducting a brain donation study that compares disease course during life as well as brain tissue from people with Parkinson’s disease and unaffected individuals. You can help researchers find a cure by considering donating brain tissue. For more information, please call the Parkinson’s Disease Research Center at 410-614-1480 or 410-614-0308.
The Parkinson Disease and Movement Disorders Center at Johns Hopkins is committed to serving the movement disorder community through research, clinical care, treatments, and education. We have introduced an e-mail list as another way to communicate information with you. In order to receive updates from our center, please email the following to Becky Dunlop at rdunlop@jhmi.edu.

Your name: ____________________________________________

Street address: _______________________________________

City, State, Zip: _______________________________________

Phone number: _______________________________________

Email: ______________________________________________

Join Our E-mail List!

Nurse Educator
The Johns Hopkins PDMD Center
601 N. Caroline Street, Suite 5064
Baltimore, MD 21287