Since 2006, Johns Hopkins’ Parkinson’s Disease and Movement Disorders Center has been named a Center of Excellence by the Parkinson’s Foundation. The Parkinson’s Foundation peer-review committee chooses Centers of Excellence based on an individual center’s demonstrated excellence, resources and dedication to Parkinson research, clinical care and outreach.

Some general neurologists feel fairly comfortable managing many different medications and therapies used for treatment of Parkinson’s symptoms while others may feel comfortable with only starting a “first-line” therapy and then referring to a Movement Disorders Specialist. Either way, it is very important for a PD patient to ask his or her neurologist about their comfort with managing their stage of PD and whether or not a referral is needed at that time. A neurologist with fellowship training in Movement Disorders means that he or she has spent 1-2 years specifically training in the management of Parkinson’s Disease and other disorders, including advanced therapies such as surgical treatments, infusion therapies, and knowledge about the latest and greatest treatments for Parkinson’s. They are also trained in making the appropriate referrals to other team members, including PD-trained physical, speech and occupational therapists; neurologists; neurogastroenterologists; neurosurgeons; psychiatrists; neuropsychologists; and other providers who can help with PD management.

Patient organizations like the Parkinson’s Foundation generally recommend seeing a Movement Disorders Specialist at some point to help facilitate a multidisciplinary approach. One important factor in whether or how often to see a Movement Disorders Neurologist is the location and ease of access to a specialist. Patients who live several hours away from a specialist and/or who have difficulty with travel might see their local neurologist more frequently and only travel to see a Movement Disorders Neurologist once every 6 or 12 months for input on management. If this is the case, it is important for the local neurologist and Movement Disorders Specialist to communicate regarding updated recommendations and to be allied as a team for the patient. While this has traditionally been a challenge, electronic medical records are starting to “talk” to each other, making this communication a bit easier. The goal of patient-oriented healthcare is for the system to focus on the outcome of the patient, incorporating their preferences into our treatment plan and focusing on what is important to that specific patient. At our center, we practice this by partnering with community neurologist and all other types of providers to deliver comprehensive care to each individual based on his or her specific circumstances. To find a Movement Disorder Specialist near you, contact the free Parkinson’s Foundation Helpline at 1.800.4PD.INFO (1-800-473-4636) or Helpline@Parkinson.org.
I recently graduated from Neurology residency however, I had the opportunity to work with Parkinson's patients for at least a year before beginning my training. I have to say I had a calling that this was going to be my forte. Working as a Movement Disorders Specialist allows me to combine my two passions: neuroscience and fostering the doctor-patient relationship. I feel a great deal of responsibility and pride when I talk with patients and their families. I like to provide them with the right kind of information and medical care that is tailored to their needs. It gives me a sense of fulfillment that we are here as a united team to help improve the quality of life for our patients. I consider myself extremely fortunate to have the opportunity to work and learn from an excellent team of healthcare providers who are dedicated to nurturing and improving the quality of care provided to our patients. I look forward to serving you all!

Yours truly,

Maitreyi Murthy, MD
Clinical and Research Fellow
Johns Hopkins Parkinson's Disease and Movement Disorders Center
School of Medicine
COMMUNITY SPOTLIGHT

PACING FOR PARKINSON'S

The Johns Hopkins Parkinson's Disease and Movement Disorders Center would like to sincerely thank all of those who supported Pacing for Parkinson's during the Baltimore Running Festival. The Baltimore Running Festival will take place on October 17, 2020. To join the team or donate, visit www.pacing4parkinsons.org

196: FINAL NUMBER OF PARTICIPANTS ON THIS YEAR'S P4P TEAM.
11: NUMBER OF YEARS WE'VE BEEN A CHARITY TEAM WITH THE BRF!
$85,452: AMOUNT OF MONEY RAISED BY THIS YEAR'S TEAM SO FAR.
15: NUMBER OF TOP FUNDRAISERS, WHO RAISED $1,000 OR MORE BY RACE DAY
5: NUMBER OF NEW RESEARCH PROJECTS INITIATED BY HOPKINS INVESTIGATORS - FUNDED BY THE MONEY RAISED
4: NUMBER OF COMMUNITY OUTREACH PROGRAMS FUNDED BY THE MONEY RAISED

2019 AWARDEE HIGHLIGHT

YOGA FOR PD

THIS BI-WEEKLY (TUESDAYS AND THURSDAYS) YOGA CLASS WAS HELD AT THE YOGA CENTER OF COLUMBIA. THE GOAL OF THIS 10-WEEK CLASS WAS TO ASSIST PARKINSON'S PATIENTS IN COPING WITH THEIR SYMPTOMS OF BALANCE LOSS, REDUCED MOBILITY, PAIN, AND ANXIETY.

DUE TO THE PROGRAM'S SUCCESS, THE YOGA CENTER OF COLUMBIA IN PART WITH THE RETREAT CENTER OF MARYLAND WILL BE CONTINUING THIS PROGRAM FREE OF CHARGE BEGINNING IN JANUARY. FOR MORE INFORMATION, VISIT: WILDFLOWERYOGA.COM OR CALL (410) 720-4340.
1. XTRA PET for Cognitive Function in Parkinson’s (NA_00076249)
   **Objective:** To understand the brain chemistry involved in cognitive function in PD patients, and how this affects the outcome of DBS surgery.
   **Eligibility:** PD patients scheduled to undergo DBS; PD patients not considering DBS.
   **P.I.:** Kelly Mills, MD  **Contact:** Laura Shinehouse: lshineh1@jhmi.edu

2. Evaluation of the Personal KinetiGraph (PKG) to improve insight into Parkinson’s disease symptoms
   **Objective:** To understand the utility of the data of a wearable Personal KinetiGraph in the clinical management of PD in routine clinical care
   **Eligibility:** PD patients in NPF registry; responsiveness to dopaminergic medications; No DBS/DUOPA
   **P.I.:** Kelly Mills, MD  **Contact:** Seneca Motley : 410-955-6672

3. Investigations of Neurovascular Abnormalities in the Olfactory Cortex Using Advanced MRI Technologies (IRB00141396)
   **Objective:** To investigate neurovascular abnormalities in the olfactory cortex using advanced MRI techniques
   **Eligibility:** PD patients diagnosed for more than 3 years who are able to tolerate an MRI brain scan and undergo smell and memory identification tasks.
   **P.I.:** Jun Hua, PhD  **Contact:** Adrian Paez: 443-923-9551

4. Udall Center Brain Donation Program (NA_00032761)
   **Objective:** Examine the pathological changes in the brain issue of individuals diagnosed with PD or related disorders as compared to controls.
   **Eligibility:** Individuals diagnosed with PD or atypical PD and those without a neurological diagnosis
   **P.I.:** Liana Rosenthal, MD, PhD  **Contact:** Catherine Bakker: 410-616-2814

5. Biomarker Discovery and Validation in Progressive Supranuclear Palsy (DIVA-PSP) (IRB00173663)
   **Eligibility:** Individuals with a diagnosis of PD or PSP, healthy controls; (caregiver/study partner also required for participation)
   **P.I.:** Alex Pantelyat, MD  **Contact:** AJ Hall: 410-616-2813

6. Dystonia Coalition (NA_00074297)
   **Objective:** Create an international repository to learn more about dystonia, treatment methods and patient response
   **Eligibility:** Individuals over the age of 18 who have primary dystonia
   **P.I.:** Alex Pantelyat, MD  **Contact:** Sydney Baybayan: 410-955-6692

7. 4RTNI-2 (NA_00130505)
   **Objective and Eligibility:** Select individuals with CBD, PSP or variant PSP; healthy controls; caregiver component
   **P.I.:** Alex Pantelyat, MD  **Contact:** Diane Lanham: 443-287-4156

8. Longitudinal Biomarkers of Individuals with Atypical Parkinsonism (IRB00062534)
   **Eligibility:** Individuals w/ dx of MSA, PSP, CBS or DLB; able to complete annual follow-up visits for 5+ years
   **P.I.:** Alex Pantelyat, MD  **Contact:** Vanessa Johnson: 410-616-2815

9. Randomized, Double-Blind, Placebo-Controlled, Parallel-Group Study to Evaluate the Efficacy and Safety of BHV-3241 in Subjects with Multiple System Atrophy (M-STAR Study)
   **Objective:** To evaluate the efficacy, safety and tolerability of BHV-3241, compared to placebo, in patient with Multiple System Atrophy.
   **Eligibility:** Male and female patients, >40 to <75, with a diagnosis of possible or probable MSA
   **P.I.:** Jee Bang, MD  **Contact:** Kori Ribb: 410-614-2216

10. Swallowing Function in Parkinson’s Disease
    **Objective:** To evaluate swallowing problems in participants with a neurological disease or stroke.
    **Eligibility:** Male and female patients diagnosed with a neurological disease or stroke.
    **P.I.:** Dr. Marlis Gonzalez-Fernandez, MD, PhD  **Contact:** Rachel Brenowitz : 410-502-2245
According to the American Art Therapy Association, "Art Therapy is a mental health discipline, facilitated by a credentialed art therapist, who uses various art forms and materials to engage in the creative process as a way to explore feelings, increase self-esteem and develop social skills. Its many goals include improving physical functioning and well-being."

Art therapy may help restore some functional independence and improve the quality of life for people with Parkinson’s. In treating Parkinson’s Disease and other conditions, it has been reported to improve mood, self-confidence, creativity and motor skills. The Parkinson’s Foundation reports ways in which art therapy helps to improve symptoms related to PD:

**Tremor:** About 70 percent of people with PD experience tremor at some point of the disease. Stress, as well as fatigue and intense emotions, can temporarily make tremor worse. Most people find art therapy relaxing, and therefore an effective way to reduce tremor in times of stress.

**Freezing:** Some people with PD experience the temporary, involuntary ability to move, called freezing. Because art therapy introduces novel motions that are not part of everyday life, it conditions your body to operate less on autopilot, which decreases likelihood of freezing.

**Impaired speech:** Art therapy is a powerful communication tool that creates avenues of self-expression that are invaluable to those struggling with speech problems. Even if participants do not have speech problems, it can sometimes be easier to express difficult thoughts and feelings visually instead of verbally.

**Isolation and depression:** About half of people with PD can experience some form of depression during the course of the disease. Art therapy creates a sense of community and emotional support that can alleviate feelings of isolation that often make depression more likely.

The Johns Hopkins Parkinson’s Disease and Movement Disorders Center will be hosting a Painting for Parkinson’s night on May 20th from 6–8PM at Saint Johns Lutheran Church in Parkville, MD. Participants will use a paint by number canvas board to help guide their painting. To register, please contact Chelsea Ganc at 410-955-6684 or by email at cganc1@jhmi.edu.

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**Painting with Parkinson’s: All About Art Therapy.** Retrieved from https://www.parkinson.org/blog/raise-awareness/Painting-with-Parkinsons-All-About-Art-Therapy.
PAINTING FOR PARKINSON’S
This free event is designed for those with Parkinson’s disease and their care takers. Participants will select a paint by numbers canvas of their choice to paint.
January 15th
May 20th
November 18th
6–8pm
Saint Johns Lutheran Church
8808 Harford Rd, Parkville, MD 21234

LEWY BODY AND PARKINSON’S DISEASE DEMENTIA SUPPORT GROUP
This is designed for those with dementia with Lewy body as well as those experiencing cognitive challenges secondary to Parkinson’s disease and their caregivers.
1st Monday of every month
1–3pm
Saint Johns Lutheran Church
8808 Harford Rd, Parkville, MD 21234

PARKINSON’S DISEASE EDUCATIONAL SERIES
April 15th
Presenter: Dr. Kelly Mills/ Disease Modifying Therapies
July 15th
October 21st
6–8pm
Saint Johns Lutheran Church
8808 Harford Rd, Parkville, MD 21234

NEWLY DIAGNOSED SERIES
This four-part series is designed for those newly diagnosed with Parkinson’s disease (1–2 years) and their caregivers. This series will offer valuable information and resources about Parkinson’s disease.
(Spring Session) (Fall Session)
March 16th
April 20th
May 20th
June 15th
10am–1pm
Johns Hopkins Community Physicians (White Marsh Location)
4924 Campbell Blvd #200, Nottingham, MD 21236

ATYPICAL PARKINSONISM SUPPORT GROUP
This is designed for individuals with multiple system atrophy (MSA), corticobasal degeneration (CBD), and progressive supranuclear palsy (PSP), as well as their caregivers.
4th Thursday of every month
2–4pm
Saint Johns Lutheran Church
8808 Harford Rd, Parkville, MD 21234

ADVANCED SURGICAL THERAPIES SEMINAR
Educational program addressing deep brain stimulation (DBS), continuous levodopa delivery system (Duopa) and other advanced therapies in movement disorders.
March 18th
June 17th
6–8pm
Saint Johns Lutheran Church
8808 Harford Rd, Parkville, MD 21234

FOR MORE INFORMATION ON THESE EVENTS, PLEASE CONTACT CHELSEA GANC @ 410-955-6684 OR BY EMAIL AT CGANC1@JHMI.EDU
ACTIVITIES & UPCOMING EVENTS

ACTIVITIES

PARKINSONICS COMMUNITY CHORUS
EVERY WEDNESDAY, 1:30-3:30PM
GOVANS PRESBYTERIAN CHURCH, SHARP HALL
5828 YORK ROAD
BALTIMORE, MD 21212
FOR MORE INFORMATION, VISIT:
INFO@MARYLANDPARKINSONSUPPORT.ORG

DANCE FOR PARKINSON’S
TUESDAYS @3:30PM; FREE CLASS
GOUCHER COLLEGE, DECKER SPORTS AND
RECREATION CENTER– TODD DANCE STUDIO
1012 DULANEY VALLEY ROAD
TOWSON, MD
FOR MORE INFORMATION, VISIT:
INFO@MARYLANDPARKINSONSUPPORT.ORG

ROCK STEADY BOXING
FOREST HILL
FORE MORE INFO, INCLUDING DAY AND TIMES,
CONTACT 410-893-4153 OR VISIT
WWW.FORESTHILLHEALTHFITNESS.COM

UPCOMING EVENTS

PFNCA SYMPOSIUM
THIS EDUCATIONAL CONFERENCE IS AN INSPIRATIONAL
GATHERING FOR THOSE FACING PARKINSON’S AND
THEIR CARE PARTNERS. SYMPOSIUM LECTURES AND
BREAKOUT SESSIONS ARE PRESENTED BY MOVEMENT
DISORDER SPECIALISTS, NEUROLOGISTS,
NEUROSURGEONS AND HEALTH EDUCATORS.
APRIL 18, 2020
FALLS CHURCH, VA
TOWSON, MD
REHOBOTH BEACH, DE
WWW.PFNCA.ORG
(301) 844-6510 OR (703) 734-1017

CAREGIVER WELLNESS WORKSHOP
THIS EVENT IS OPEN TO CAREGIVERS OF THOSE WITH
PARKINSON’S DISEASE. PATIENTS ARE INVITED TO JOIN
THEIR CAREGIVERS BUT WILL PARTAKE IN DIFFERENT
ACTIVITIES.
APRIL 3RD
10AM–3PM
LOCATION TBD

SUPPORT GROUP LEADER EVENT
THIS EVENT IS OPEN TO THOSE WHO LEAD
SUPPORT GROUPS THROUGHOUT THE
PARKINSON’S COMMUNITY.
MAY 8TH
11AM–2PM
LOCATION TBD

PARKINSON’S FOUNDATION
MOVING DAY
JUNE 13TH
WEINBERG YMCA IN WAVERLY
REGISTRATION OPENS @8:30AM
WALK STARTS @10:30AM
The Johns Hopkins Parkinson’s Disease and Movement Disorders Center is dedicated to the tripartite mission of education, research, and excellent care of those living with Movement Disorders.

Johns Hopkins Outpatient Center
601 N. Caroline St., Suite 5064
Baltimore, MD 21287
Ph: 410-955-8795
www.hopkinsmedicine.org/neuro/movement

Please consider supporting our center.
The work of the Johns Hopkins Parkinson’s Disease and Movement Disorders Center would not be possible without the generous support from our patients and the community. For more information about supporting the center, please contact the Development Office at 443-287-7877.

Disclaimer: The Movement Disorder Digest is published by the Johns Hopkins Parkinson’s Disease and Movement Disorders Center to provide timely and useful information. Every effort has been made to verify the accuracy of the content. However, this newsletter is not intended to provide specific medical advice, and individuals are urged to follow the advice of their physicians. The PDMD Center is not responsible for the information or opinions expressed in its articles. If you prefer not to receive fundraising communications from Johns Hopkins Medicine, please contact us at 1-877-600-7783 or FJHMOptOut@jhmi.edu. Please include your name and address so that we may honor and acknowledge your request.