

2024 PFNCA SYMPOSIUM

May 18, 2024

Online with view on demand option

IN-PERSON EXPERIENCES

JUNE 1, 2024

- Pop up social and Q&A

JUNE 8, 2024

- Pop up social and Q&A

AGENDA

9:45 AM

Welcome — Dr. Stephen Grill, Parkinson's & Movement Disorders Center of Maryland and Dr. Joe Savitt, University of Maryland, Co-Chairs

10:00 AM

Motor Symptoms Stream facilitated by Dr. Justin Martello, ChristianaCare Neurology Specialists with highlights of the following view on demand lectures and discussion with respective presenters:

Medication Options After Diagnosis — Dr. Patrick Kerns, ChristianaCare Neurology Specialists

Motor Fluctuations — Dr. Emile Moukheiber, Johns Hopkins University

Focused Ultrasound vs DBS — Dr. Paul Fishman, University of Maryland

10:45 AM

Autonomic Overview facilitated by Dr. Pritha Ghosh, George Washington University with highlights of the following view on demand lectures and discussion with respective presenters:

Orthostatic Hypotension in Parkinson Disease — Dr. Jason Chua, Johns Hopkins University

Urinary Considerations – Dr. Frank Nezu

Constipation – Dr. Joe Savitt, University of Maryland

Reclaiming Sexual Health and Intimacy in Parkinson Disease – Dr. Shawn Smyth

11:30 AM

Cognition Overview facilitated by Dr. Gregory Pontone, University of Florida With highlights of the following view on demand lectures and discussion with respective presenters:

Cognitive Disorders in Parkinson Disease – Dr. Howard Weiss

Navigating Psychosis in Parkinson's Disease: Perspectives on Patient Experiences and Emerging Therapies – Dr. Christopher Morrow, Johns Hopkins University

Depression and mood changes in PD – Dr. Joe Seemiller, Johns Hopkins University

Anxiety in Parkinson's Disease – Dr. Cindy Fields, Johns Hopkins University

12:15 PM

Break

12:40 PM

On the Horizon – Research Updates facilitated by Dr. Codrin Lungu, National Institutes of Health with highlights of the following view on demand lectures and discussion with respective presenters:

Clinical Trials – Dr. Stephen Grill, Parkinson & Movement Disorder Center of Maryland
Updates to the diagnosis and classification of Parkinson's disease – Dr. Codrin Lungu, National Institutes of Health

PD Medications: New Approvals and Ongoing Clinical Trials – Dr. Zoltan Mari, Cleveland Clinic

New Therapies and Current Trials – Cell Therapies and Surgical – Dr. Zachary Levine, Washington Brain and Spine Institute

1:25 PM

Understanding your Health Team – facilitated by Dr. Drew Falconer, Inova with highlights of the following view on demand lectures and discussion with respective presenters:

Navigating Insurance – Dr. Drew Falconer, Inova

Physical Therapies – Dr. Janice Sallitt, PT, JVS Rehabilitation

2:05 PM

Question and Answer Session

2:50 PM

Closing Remarks – Dr. Stephen Grill, Parkinson's & Movement Disorders Center of Maryland and Dr. Joe Savitt, University of Maryland, Co-Chairs

SUBJECT TO CHANGE

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SESSIONS

Anxiety in Parkinson's Disease

Dr. Cindy Fields, Johns Hopkins University

Non-motor symptoms (NMS) are universal in Parkinson's Disease (PD) and can adversely affect quality of life. In this session, we will explore anxiety as a common NMS which may predate the onset of motor (i.e., movement) symptoms of PD. Excessive fear and worry characterize anxiety disorders of all sorts. In PD, anxiety often fluctuates and can be related to wearing-off of dopaminergic medications. Panic attacks and freezing of gait are common. Anxiety disorders due to PD are treatable, although large scale studies are lacking. Medications (antidepressants) along with psychotherapy are the gold standard of treatment. We will briefly review some basic principles of Cognitive Behavioral Therapy that can be applied to PD.

Clinical Trial in Parkinson's Disease

Dr. Stephen Grill, Parkinson's and Movement Disorders Center of Maryland

This presentation will describe what clinical trials are and how they are conducted. Discussion will include the different phases of clinical trials and informed consent process.

Cognitive Problems in Aging and Parkinson Disease

Dr. Howard Weiss, retired – former head of Parkinson Disease program at Sinai Hospital of Baltimore

This session will provide an overview of cognitive problems in normal aging and issues specifically related to Parkinson disease.

Depression and Mood Changes in PD

Dr. Joseph Seemiller, Johns Hopkins University

This session will address common mood changes that happen in Parkinson's disease with attention to depression. It will review depression symptoms, reasons that this happens, and how it can be addressed. Apathy will also be reviewed.

Medication Options After Diagnosis

Dr. Patrick Kerns, ChristianaCare Neurology Specialists

A discussion of the medications most commonly used for people newly diagnosed with Parkinson Disease, the medication expected benefits, and most common side effects.

Motor Fluctuations in Parkinson's

Dr. Emile Moukheiber, Johns Hopkins University

As Parkinson's disease progresses, the brain does not react the same to medications as earlier in the disease. This session explains how your body changes its response to medication overtime and discusses the experience of when the meds fluctuate between working or "on" and not working or "off."

Navigating Psychosis in Parkinson's Disease: Perspectives on Patient Experiences and Emerging Therapies

Dr. Christopher Morrow, Johns Hopkins University

This presentation will explore the occurrence of hallucinations and delusions in people living with Parkinson's disease. I will describe the epidemiology of these symptoms and their impact on patients and caregivers. Additionally, I will discuss existing and future management strategies aimed at addressing psychosis in Parkinson's disease.

New Therapies and Current Trials – Cell Therapies and Surgical

Dr. Zachary Levine, Washington Brain & Spine Institute

This session will discuss the current FDA approved surgical treatments for PD as well as clinical trials including surgical options using biologics.

On the Horizon/Research Updates

Dr. Codrin Lungu, National Institutes of Health

This session will provide an overview of diagnosis updates to the definition of Parkinson's Disease, clinical trials, new medical therapies and new cell and surgical therapies.

Orthostatic Hypotension in Parkinson Disease

Dr. Jason Chua, Johns Hopkins University

This session will review the non-motor symptom of orthostatic hypotension (OH) in Parkinson Disease (PD) including an overview of how and why OH develops in PD patients, epidemiology, how symptoms manifest, details of medical evaluations, and strategies for management and treatment.

Overview of Autonomic Aspects of Parkinson's Disease

Dr. Pritha Ghosh, George Washington University

This session will provide an overview of orthostatic hypotension, urinary issues, constipation, and sexual health.

Overview of Cognitive Issues

Dr. Greg Pontone, University of Florida

This session will provide an overview of Cognitive Disorders, psychosis, mood swings, depression and anxiety.

Understanding Your Health Team

Dr. Grew Falconer, Inova

This session will explain individuals who may support you as members of your health team, including physical therapists, occupational therapists and others. It will also outline resources available to select the health insurance plan that is most appropriate for you.

Overview of Motor Symptoms

Dr. Justin Martello, Christiana Care Neurology Specialists

This session will provide an overview of therapies for motor symptoms, motor fluctuations, Deep Brain Stimulation and Focused Ultrasound.

PD Medications: New Approvals and Ongoing Clinical Trials

Dr. Zoltan Mari, Cleveland Clinic Lou Ruvo Center for Brain Health

This presentation will focus on pharmacotherapies, meaning out of the multiple different modalities aiming to help symptoms and improve quality of life in Parkinson's, this talk concerns with medications (pills, infusion pumps, etc) as opposed to devices, rehabilitation services, and others. The talk will single out some of the most important PD medications that have been recently approved by the FDA and are already commercially available, with briefly describing their value and benefit in PD symptom management. The second part of the presentation will describe some of the currently ongoing clinical trials and medications in the "pipeline" (not yet approved), and finally the last part of the talk will discuss future directions for pharmacotherapy research in PD.

Pros and Cons of Deep Brain Stimulation and Focused Ultrasound for Parkinson's Disease

Dr. Paul Fishman, University of Maryland

Deep Brain Stimulation has been the most widely used and effective form of surgical therapy for Parkinson's disease for close to 25 years. Despite major advances, this form of surgery still carries a small risk serious side effects such as bleeding or infection. Over the last 10 years another option for Parkinson's disease patients who have significant motor symptoms despite best medical care has been growing in use. MRI Guided Focused ultrasound can make a localized brain lesion without any physical probe into the brain. This less invasive option however as its own limitations and the side effects from damage to brain regions close to the target. This session will discuss the strengths and weaknesses both procedures and why patients may opt for one over the other.

Reclaiming Sexual Health and Intimacy in Parkinson Disease

Dr. Shawn Smyth, Johns Hopkins University

This session will discuss the overlooked and under-discussed topic of sexual health and intimacy as individuals age and live with a diagnosis of Parkinson disease. We will also review how to become more empowered to fully express your sexuality and need for romantic connection, in safe and healthy ways.

Updates to the Diagnosis and Classification of Parkinson's Disease

Dr. Codrin Lungu, National Institutes of Health

This session will discuss the latest updates to the definition of PD, and the renewed focus on the biological changes.

SUBJECT TO CHANGE



PARKINSON FOUNDATION
OF THE NATIONAL CAPITAL AREA