



Focus

WINTER 2023

PARKINSON'S DISEASE AND MOVEMENT DISORDERS CENTER OF BOCA RATON

We are the only PARKINSON'S COMPREHENSIVE CLINICAL AND RESEARCH CENTER in the region offering holistic care including doctors specialized in the diagnostics, treatment, research, and education of Parkinson's disease. Our experienced multidisciplinary team includes healthcare professionals specialized in Parkinson's disease in the areas of nursing, psychology, speech therapy, physical therapy, occupational therapy, dietetics, social work, education, pharmacy, neuropsychology, and deep brain stimulation.

Winter is here! We hope that you had a wonderful start to the new year! Over the past year we have expanded our clinical staff, initiated new research programs, and opened the Parkinson's support groups and counseling, exercise, art therapy, and we are developing a more formal palliative care program to help persons with PD live well throughout the disease course. We also have multiple new research programs for all stages and symptoms of PD, as well as several new studies for essential tremor and no-cost gene testing.

Our Parkinson's Movement Disorder Specialists include:

Sagari Betté, MD

Nisha Chhabria, MD

Richard Dewey III, MD

Richard Dewey Jr., MD

Stuart Isaacson, MD



Research FOCUS

We have multiple ongoing and upcoming studies for Parkinson's disease, essential tremor, and related disorders. There is no cost to participate in studies. Call Lisa at **561-392-1818 (ext 2)** to find out if you may qualify!

We are currently enrolling patients in studies of the following areas:

- Newly diagnosed with PD**
Currently enrolling in programs to try to slow progression of PD
- Stable PD on levodopa**
Currently enrolling in a monoclonal antibody trial to slow progression
- PD experiencing OFF episodes and/or dyskinesia**
Currently enrolling in trials of new medications to improve times of the day when medications are not providing good benefit, OFF episodes, and/or dyskinesia
- Memory, cognition, or dementia in PD or Lewy body dementia**
Currently enrolling to treat impaired memory and cognition and to try to prevent progression to dementia
- Gene testing for PD**
No-cost, anonymous gene testing for PD (patients and families)
Includes the common two genes in Ashkenazi Jewish patients
- Essential tremor** trials now enrolling
- Michael J. Fox Foundation** PPMI Bio Marker Program enrolling now!

To learn more or see if qualify for a research program at no-cost,
Call Lisa at **561-392-1818 (ext 2)** or
Email

info@ParkinsonsCenter.org

Clinical FOCUS: Advances in PD!

New Medications to treat PD

Six new medications have been approved by the FDA in the past 5 years, including medications that can rapidly treat symptoms, can extend levodopa benefit, can treat dyskinesia, and can work in the brain beyond dopamine.

New Forms of Levodopa Delivery

Three investigational longer-acting levodopa therapy studies have reported positive results. These results indicate promising new therapies for PD which are coming soon!

Advances in DBS and Focused Ultrasound

Newer DBS systems can improve targeting of brain areas, can be programmed remotely from your home, and can be fine-tuned more easily based on your responses. New clinical criteria can be used to evaluate if you are a candidate.

New patient appointments are available

Call Lexi at **561-392-1818 (ext 4)**
to schedule an evaluation

Wellness Center

Monday

12:30–1:30pm Wellness Class: Mindfulness and Flexibility
2–3pm Support Group

Tuesday

12-12:30pm Lecture: Research Programs to Slow Progression
12:30-1:30pm Wellness Class: Qigong and Tai Chi

Wednesday

12-12:30pm Lecture: Treating off Episodes
12:30-1:30pm Wellness Class: Balance and Strength

Thursday

12-12:30pm Lecture: Genes that cause Parkinson's Disease
12:30-1:30pm Wellness Class: Playing Flute & Sound Healing

Friday

12-12:30pm Lecture: Memory and Non-motor Symptoms
12:30-1:30pm Wellness Class: Memory games & Movement

To sign up for a Lecture or Wellness Class,
Call Colleen at **(561) 392-1818 (ext 6)**
Email at Wellness@ParkinsonsCenter.org

PARKINSON'S DISEASE SYMPOSIUM

March (Date TBD) Boca Raton
Email: RSVP@ParkinsonsCenter.org
Call: 561- 392- 1818 (ext) 6

www.ParkinsonsCenter.org



PARKINSON'S WELLNESS CENTER SEPTEMBER EVENTS

Monday

12:30pm – 1:30pm – Mindfulness and Flexibility with Colleen

Tuesday

12:30pm – 1:30pm – Qigong and Tai Chi with Simm and Doug

Wednesday

12:30pm – 1:30pm – Posture, Strength, Flexibility and Balance with Colleen

Thursday

12:30pm – 1:30pm – Dance with Shantel

Friday

12:30pm – 1:30pm – Memory and Movement with Colleen

Support Groups, led by Elyse, MSW

Monday, September 11th at 2:00pm – People with PD Support Group

Monday, September 18th at 5:00pm – Huntington's Disease Support Group

Monday, September 18th at 2:00pm – Caregivers Support Group

RSVP: Wellness@ParkinsonsCenter.org