



COLUMBIA UNIVERSITY
IRVING MEDICAL CENTER

PARKINSON NEWSLETTER

Fall 2019

Improving Health Disparities in PD

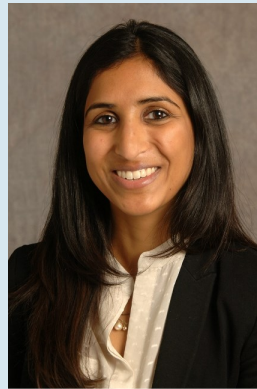
By Hiral Shah, MD, Assistant Professor of Neurology CUIMC

Parkinson's disease clinical care and research has historically had a lack of participation of Black and African Americans and Hispanics. With this, we observe minorities are less likely to have a diagnosis of PD at onset of physical symptoms, and once diagnosed, are less likely to receive high-quality care or participate in relevant clinical trials. Without accurate and timely diagnosis, minorities face increased disabilities and symptoms at presentation. With reduced rates of research participation, findings are not able to be easily generalized and applied to improve the health of minorities.

At CUIMC, we are proud to serve our diverse community of Washington Heights/Inwood and are committed to work to close these gaps. We have a variety of community-based and research endeavors to address diversity. We are working in our diverse community to provide information about Parkinson's disease and symptom management



through the GrowNYC Farmer's market (pictured left) and discussion at local community-based events. We are looking forward to educational events in the coming months in Central Harlem, Washington Heights as well as Westchester. Ongoing genetics and research efforts have special emphasis to ensure inclusive recruitment. We are working hard at CUIMC to improve the state of science and improve quality of care delivered to *all* patients.



Hiral Shah, MD



Support Groups!

The Department of Neurology currently hosts two support groups:
PD Patient Support Group. Meets the last Tuesday of every month. For more information and to register please contact Elizabeth Delaney, LMSW at 212-305-5779.

Deep Brain Stimulation (DBS) support group. For information regarding the next DBS meeting, please contact Linda Winfield, RN at 212-305-1303.

Living Healthy With PD

PD conference hosted by SPARKS OF LIFE

When: November 3, 2019

9:00AM-4:00PM

Where: 334 Route 9W, Palisades NY 10964

What: workshop will focus on nutrition, specifically unique nutritional requirements of people with PD

For more information or to register, please visit www.sparkstudiony.net



Center Spotlight! : Targeting Lewy Body Specific Pathology using Biomarkers

What is this study?

The aim of this study is to develop better biomarkers for the diagnosis and treatment of Lewy Body disorders (LBD), including Dementia with Lewy Bodies (DLB) or Parkinson's Disease Dementia (PDD). In particular, there is a need to understand how the contribution of co-existing Alzheimer's disease may affect the diagnosis and clinical course of Lewy Body disorders. In this study we are trying to determine which biomarkers can distinguish LBD from Alzheimer's disease so that we can develop treatments that are targeted to LBD

What is involved?

This study will recruit a group of individuals with Lewy Body disorders causing cognitive impairment or dementia. Participants will have up to 3 visits over 2 years. Participants will have a comprehensive neurological evaluation, assessment of cognition and mood, and will donate blood samples.

Who can participate?

An individual may be able to take part in the trial if he or she speaks English or Spanish and:

-Has been diagnosed with Dementia with Lewy bodies (DLB)

OR

-Has been diagnosed with Parkinson's disease with cognitive changes

Who is the study sponsor?

The National Institutes of Health

For more information, contact:

Kate Smith (coordinator)

Telephone: (212)305-8873

E-mail: ks3457@cumc.columbia.edu

Helen Mejia-Santana MS (coordinator)

Telephone: (212)305-9183

E-mail: hm28@cumc.columbia.edu

Division of Movement Disorders

Columbia University
Irving Medical Center
710 West 168th Street
New York, NY 10032
212-305-1303
[www.columbianeurology.org/
patient-care/movement-
disorders](http://www.columbianeurology.org/patient-care/movement-disorders)

Make a Gift--Make a Difference

Thinking about your year-end charitable giving? Donate appreciated stock to support the Movement Disorders Division's important mission while reducing your tax liabilities.

Please contact Matt Reals to learn how your tax-deductible charitable donation can help our dedicated faculty provide the highest caliber of compassionate care, conduct groundbreaking research, and educate future leaders in the field.

Phone—212-304-7203

E-Mail: mr3134@columbia.edu

UPCOMING!!! Educational Event Hosted by CUIMC:

LIVING WITH LEWY BODY DISORDERS

Educational event for patients with Parkinson's disease dementia (PDD) or dementia with Lewy bodies (DLB) and their caregivers

When: Saturday, December 14, 2019 8:00AM-12:30PM

Where: CUIMC Russ Berrie Medical Science Pavilion
1150 St. Nicholas Ave (1st Floor)
New York, NY 10032

Discussion Topics:

Diagnosis of PDD and DLB

Medical Management and Clinical trials for PDD and DLB

Role of PT/OT and social worker in PDD and DLB

To Register: contact Kate at 212-305-8873 or ks3457@cumc.columbia.edu

If you have a question regarding Parkinson's and its treatment that you would like featured in the next newsletter, please e-mail your question to Elizabeth Delaney, LMSW at movementdisorders@columbia.edu

The information published in this newsletter is not intended to replace, and should not be interpreted or relied upon, as professional advice, whether medical or otherwise. Please refer to your own professional for all advice concerning legal, medical, or other matters published in connection with this article.

"Don't count the days, make the days count."

-Muhammad Ali, diagnosed with PD in 1984