



PARKINSON'S DISEASE

SPOTLIGHT ON LIVING YOUR BEST LIFE: ACCESSING THE TREATMENTS YOU NEED

WEDNESDAY, NOVEMBER 3, 2021

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WELCOME AND INTRODUCTIONS



Rebecca Gilbert, MD, PhD
Vice President, Chief Scientific Officer
American Parkinson Disease Association

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PRESENTATION



Rebecca Gilbert, MD, PhD
Vice President, Chief Scientific Officer
American Parkinson Disease Association



Annette Kluge
Associate Director, Outreach
Banner Neuro Wellness
Gilbert, AZ



Joanne Ruelas, LMSW
Social Worker and Educator
Patient Navigation and Outreach
Barrow Neurological Institute
Phoenix, AZ

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FINANCIAL DISCLOSURES

Rebecca Gilbert, MD, PhD

Salary & Grant Support: APDA and NYULMC

Honoraria: None

Speaker's Bureau: Medical Education Speaker's Bureau

Equity & Consulting Agreements: None

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MOTOR SYMPTOMS OF PARKINSON'S DISEASE

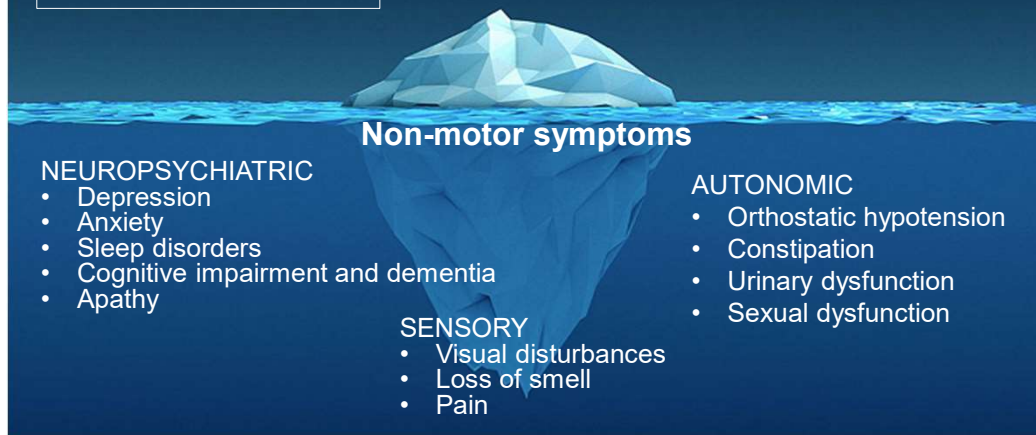
- Tremor
- Rigidity - stiffness
- Bradykinesia - slowness
- Postural instability – problems with balance

- Soft voice
- Masked face
- Small handwriting
- Difficulty with fine motor skills
- Stooped posture

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NON-MOTOR SYMPTOMS OF PARKINSON'S DISEASE

Note: Each person with PD has a different set of non-motor symptoms. Some have none.



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EXERCISE: MOVE IT OR LOSE IT!



- Exercise can help manage motor and non-motor symptoms and improve quality of life
- Being sedentary and de-conditioned can increase stiffness, stooped posture and poor endurance
- The Center for Disease Control recommendations: 150 minutes of moderate intensity or 75 minutes of vigorous intensity exercise/week for all older adults
- Consider the four different kinds of exercise in your regular exercise program:
 - Aerobic
 - Strengthening
 - Stretching
 - Balance

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DIETARY CONSIDERATIONS



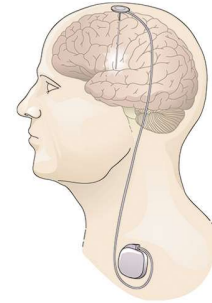
Brain health may be enhanced by adherence to the *Mediterranean or MIND diet*

- Vegetables
 - Fruits
 - Whole grains
 - Legumes such as beans, peas and lentil
 - Nuts
 - Low-fat proteins, such as fish and poultry
 - Olive oil
- *Dietary protein* can compete with levodopa to cross the small intestine, making medication doses less effective
 - *Constipation, low blood pressure, and weight loss* are non-motor symptoms that may be managed with diet

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TREATMENTS



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MEDICATIONS



- Medications may relieve or decrease symptoms
- There are no medications available that protect neurons from degenerating
- The goal is to get the right dose and tolerance of medication. Proper ongoing adjustment of the medication is the key to effective treatment of symptoms
- Responses to medications vary from person to person
- A person may take a combination of medications to control a given symptom because different medicines have different mechanisms of action

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TREATMENTS FOR MOTOR SYMPTOMS OF PARKINSON'S DISEASE

| Drug category | Generic name | Brand name |
|-------------------------------|--|--------------------|
| Dopamine precursor | Carbidopa/levodopa | Sinemet |
| | Carbidopa/levodopa extended release | N/A (generic only) |
| | Carbidopa/levodopa orally disintegrating | Parcopa |
| | Carbidopa/levodopa extended release capsules | Rytary |
| | Levodopa carbidopa intestinal gel | Duopa |
| | Levodopa inhalation powder | Inbrija |
| | COMT inhibitor | Entacapone |
| Tolcapone | | Tasmar |
| Opicapone | | Ongentys |
| Carbidopa/levodopa/entacapone | | Stalevo |

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TREATMENTS FOR MOTOR SYMPTOMS OF PARKINSON'S DISEASE

| Drug category | Generic name | Brand name |
|------------------|------------------------|--------------------|
| Anti-cholinergic | Trihexyphenidyl | N/A (generic only) |
| Dopamine agonist | Ropinirole | Requip |
| | Ropinirole XL | Requip XL |
| | Pramipexole | Mirapex |
| | Pramipexole ER | Mirapex ER |
| | Apomorphine injectable | Apokyn |
| | Apomorphine sublingual | Kynmobi |
| | Rotigotine patch | Neupro |

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TREATMENTS FOR MOTOR SYMPTOMS OF PARKINSON'S DISEASE

| Drug category | Generic name | Brand name |
|------------------------|----------------------------------|--------------------|
| Adenosine 2A inhibitor | Istradefylline | Nourianz |
| MAO-B inhibitor | Selegiline | N/A (generic only) |
| | Selegiline orally disintegrating | Zelapar |
| | Rasagiline | Azilect |
| Mixed mechanism | Amantadine | N/A (generic only) |
| | Amantadine extended release | Gocovri |
| | Amantadine extended release | Osmolex ER |
| | Safinamide | Xadago |

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TREATMENTS FOR NON-MOTOR SYMPTOMS OF PARKINSON'S DISEASE

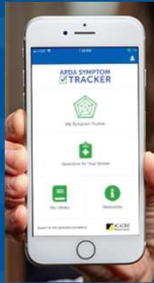
| Symptom treated | Drug category | Generic name | Brand name |
|------------------------------------|--------------------------------|--------------|------------|
| Parkinson's disease psychosis | Inverse serotonin agonist | Pimavanserin | Nuplazid |
| Neurogenic orthostatic hypotension | Norepinephrine precursor | Droxidopa | Nothera |
| Parkinson's disease dementia | Acetylcholinesterase inhibitor | Rivastigmine | Exelon |



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MEDICATION SCHEDULE



- For many people it is important to take PD medications **on time** as prescribed
- Missing a dose can greatly affect symptoms, especially later in the disease
- People with PD may be advised to keep a diary to follow symptoms, side effects, drug effectiveness and possible food interactions
- Download APDA's free Symptom Tracker mobile app on App Store or Google Play

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REHABILITATIVE THERAPIES



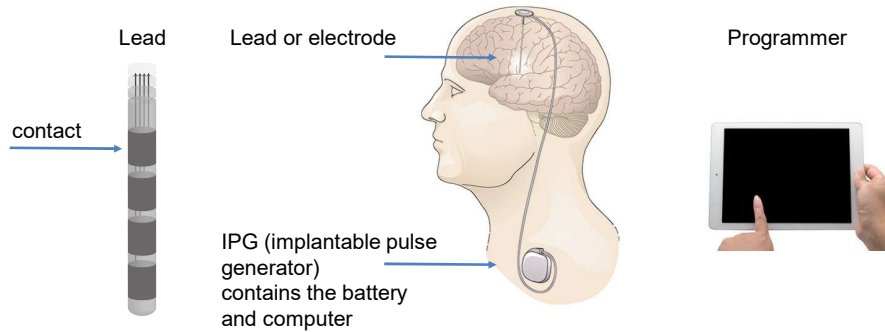
- **Physical Therapy**- for improving balance, walking and strength
- **Speech Therapy**- for speech and swallowing difficulties
- **Occupational Therapy**- for improving fine motor skills and independent living

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DEEP BRAIN STIMULATION (DBS)

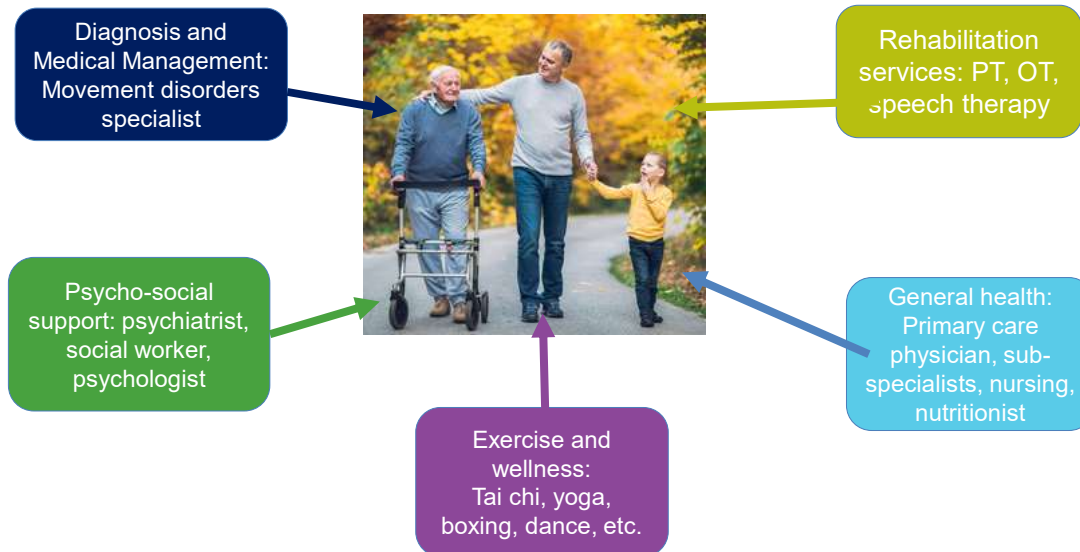
- DBS is a neurosurgical procedure in which electrodes are placed deep within the brain to deliver electrical impulses to brain structures in order to improve PD symptoms
- The electrodes are connected to an implantable pulse generator (IPG) in the chest, which can be programmed remotely



<https://www.ninds.nih.gov/About-NINDS/Impact/NINDS-Contributions-Approved-Therapies/DBS>

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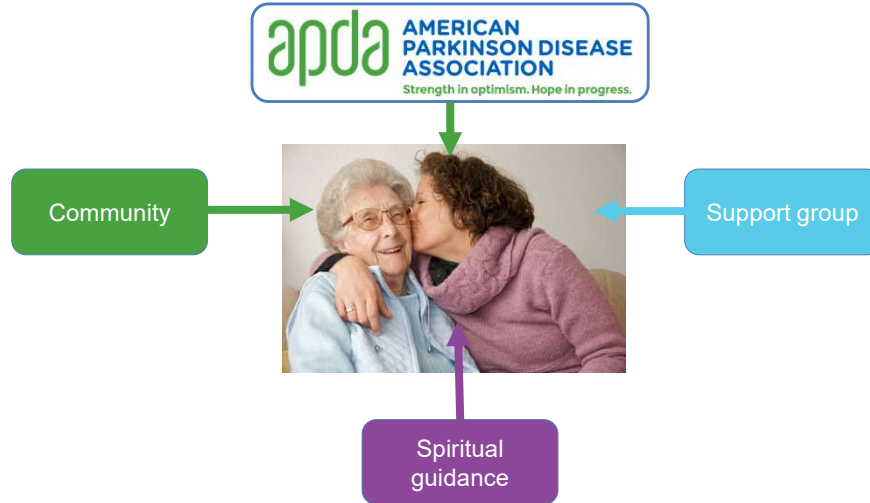
YOU AND YOUR HEALTHCARE TEAM



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YOU, YOUR CARE PARTNER, AND YOUR SUPPORT TEAM



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AMERICAN PARKINSON DISEASE ASSOCIATION

To find out more about our programs and services, contact us at:

Toll-free: 800-223-2732

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FINANCIAL DISCLOSURES

Annette Kluge

Grant Support: None

Honoraria: None

Speakers Bureaus: None

Equity & Consulting Agreements: None

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HABILITATION FOR INDIVIDUALS WITH PARKINSON'S DISEASE

EVERYDAY DISEASE MANAGEMENT

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WHAT IS HABILITATION AND WHY DOES BANNER NEURO WELLNESS BELIEVE IT'S THE SOLUTION TO MANAGING PD THROUGH THE CONTINUUM?



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THE CHALLENGE
OF THE CURRENT
MEDICAL SYSTEM
IN THE
TREATMENT OF
PARKINSON'S
DISEASE

Accessibility to Movement Disorder Neurologist.

Limitations and duration of therapy services.

Mental health often remains unaddressed.

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WHAT DOES THE INDIVIDUAL WITH PD AND THE FAMILY NEED?

Disease management

PD exercise and wellness

Peer support

Mental health

Home safety, free from falls

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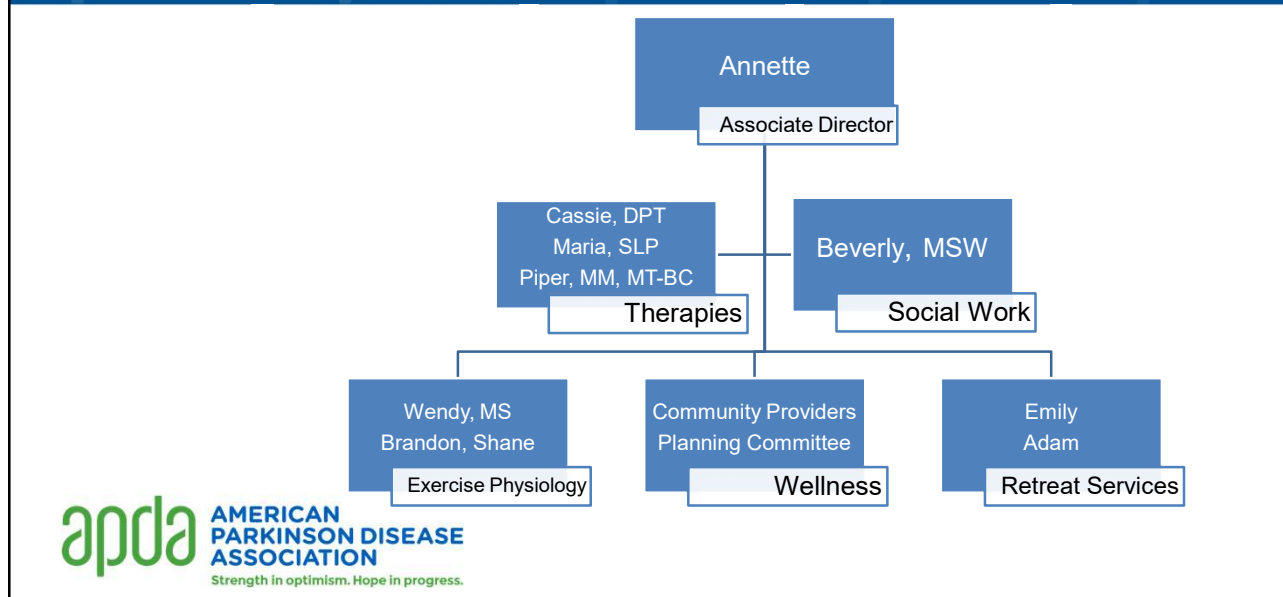
BANNER NEURO WELLNESS ENDEAVORS TO BRIDGE THE GAPS IN CARE THROUGH A COMMUNITY MODEL FOR HABILITATIVE SERVICES.



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OUR BANNER NEURO WELLNESS TEAM



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GAPS FILLED BETWEEN NEUROLOGIST VISITS

- Early intervention 6-week course
- Meet the expert
- Coffee talk speakers
- Peer discussion



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SOLUTION TO LIMITED THERAPEUTIC CARE

- Group exercise
- Boxing
- Yoga
- Dance
- Speaking group
- Music therapy



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ADDRESSING SOCIAL & EMOTIONAL CONCERNS

- Support groups
- Counseling
- Social work services
- Social events



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PROVIDE FOR CARE THROUGH THE CONTINUUM

- Modified class structure
- Skilled interventions
- Care partner support
- Retreat services
- Support at every stage



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SUCCESSFUL OUTCOME OF BANNER NEURO WELLNESS HABILITATIVE MODEL OF CARE

- _____ Disease Management
- _____ Prompt Intervention
- _____ Maintain function and independence
- _____ Slow symptom progression
- _____ Self empowerment and advocacy
- _____ Increased quality of life
- _____ Peer support
- _____ Fall Prevention
- _____ Decrease caregiver burnout



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MEMBER TESTIMONIALS

11:02

X **B** Bonnie Atkins
7 reviews [Follow](#)

★★★★★ 3 months ago

I was newly diagnosed with Parkinson's last year and lost my husband shortly after being diagnosed. It was a rough few months. This January I found Banner Neuro Wellness and started their exercise and wellness group through Zoom. What a Godsend this was. I am feeling stronger and have found many other activities and a wonderful neurologist through contacts here. Thank you to the caring and dedicated staff at Banner Neuro Wellness in Gilbert.

[Helpful](#) [Share](#) ...

11:01

X Kelly Fruin
2 reviews [Follow](#)

★★★★★ 3 weeks ago

What an amazing place! It has changed my life! I have been a member for 5 years and I've gotten stronger with the exercises. I enjoy all the classes they offer from yoga to music therapy. The staff are warm and inviting. So glad we have it here in Gilbert!

[Helpful](#) [Share](#) ...

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FINANCIAL DISCLOSURES

Joanne Ruelas, LMSW

Grant Support: None

Honoraria: None

Speakers Bureaus: None

Equity & Consulting Agreements: None

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CARING FOR YOUR LOVED ONE – RESOURCES AND BENEFITS

Specialty Organizations are excellent at providing education, support groups, and financial resources you may not learn about anywhere else. Local organizations are also great resources.

- **Muhammad Ali Parkinson Center** 602-406-4931
- **Parkinson’s Foundation** 800-4PD-INFO (473-4636)
- **APDA (American Parkinson Disease Association)** 800-223-2732
- **Cure PSP** 800-457-4777
- **PMD Alliance (Parkinson & Movement Disorder)** 800-256-0966

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MEDICARE

Who is Eligible

- For people age 65 or older
- Younger people with disabilities
- People with End Stage Renal Disease (permanent kidney failure requiring dialysis or transplant)
- You may also be eligible if your spouse paid into Medicare

Services Covered

- Home Health- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Nursing Visits
- Some DME (Durable Med Equip)
- Some non-skilled services on a limited basis (bathing, dressing, toileting etc.)

www.hhs.gov

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SOCIAL SECURITY

- Some programs are based on taxes paid but not all
- Supplemental Security Income (SSI) – monthly payments to adults & children with a disability or blindness
- Retirement Benefits – Eligibility based on taxes paid into Social Security (benefit may vary depending on when you retire)
- Special rules apply to minors and there are certain disease that qualify for expedited Social Security Disability Benefits.
- Social Security Disability beneficiaries are eligible for Medicare after a 24-month waiting period

Social Security Administration 866-964-4852 (Downtown Phoenix);
800-772-1213 (National contact number)

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IN-HOME VS OUT-OF-HOME CARE

- **ALTCS- Arizona Long Term Care System-** State funded program provides care in home and out of the home- financial and medical qualifications- Key? Make less than \$2000/month
- **Private Duty-** Pay-for-service Caregivers in-home- typically, in Maricopa County, services run \$28-\$32/hour with a minimum of 4 hours/day
- **Placement Agencies-** Provide information and location assistance to find an Assisted Living Facility (ALF), Group Home (GH) or Independent Living Facility (ILF) - no cost; but get paid through 1st month's payment
- **ALF, ILF, GH, or Memory Care Facilities-** Various levels of care
- **Veteran's Pension Plan** (Formerly known as Aide & Attendance)

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RESOURCES

- **Arizona Attorney General:** Obtain Advanced Directive Forms, 602-542-2123 <https://www.azag.gov/seniors/life-care-planning>
- **Arizona 211:** Dial 211 for a database of resources for the state of AZ www.211arizona.org
- **The Area Agency on Aging:** 1366 E. Thomas Rd, Ste 108, Phoenix 602-264-4357 www.aaaphx.org
- **Pima Council on Aging Arizona Long Term Care System** information video. <https://youtu.be/bmMs2TtesBk>
- **Pima Council on Aging ALTCS Simplified** <https://www.pcoa.org/ways-we-help/long-term-care.html/>

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QUESTION & ANSWER



Rebecca Gilbert, MD, PhD
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Annette Kluge
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Banner Neuro Wellness
Gilbert, AZ



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CLOSING REMARKS



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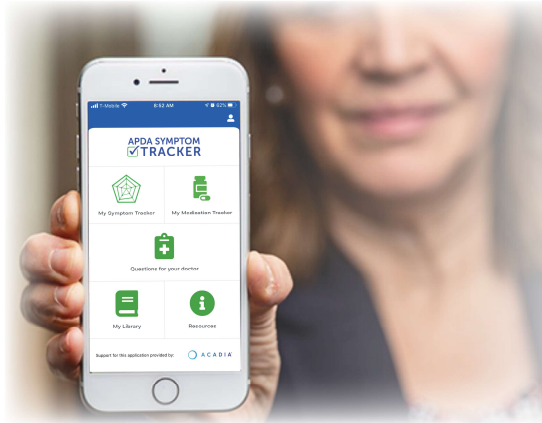
With your help, APDA can deliver more programs and services – like this one – which are needed now more than ever during these challenging times

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APDA SYMPTOM TRACKER APP



Introducing an easier way to track your symptoms and manage your care.

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Available in Spanish!

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ANSWERS TO YOUR QUESTIONS,
OR FOR ADDITIONAL RESOURCES**

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