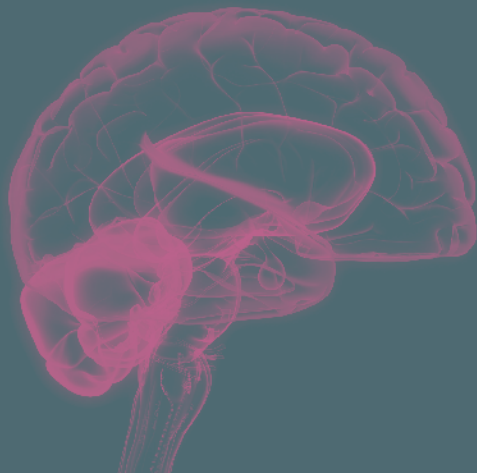


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The Parkinson's Disease Foundation and  
Houston Area Parkinson Society present

# Taking Charge of Your Parkinson's

The last in a series of four educational  
symposia and webcasts, *Parkinson's Science:  
Innovations and New Perspectives*.



Saturday, April 4, 2009 | Houston, TX

Dear Friends and Colleagues:

On behalf of the Parkinson's Disease Foundation (PDF) and Houston Area Parkinson Society (HAPS), we welcome you to "Taking Charge of Your Parkinson's," the fourth and final installation in a series of educational symposia and webcasts entitled, *Parkinson's Science: Innovations and New Perspectives*.

"Taking Charge of Your Parkinson's" will explore the actions – such as exercise and creative activities – that may improve daily life with Parkinson's disease (PD). The day's presentations will be led by some of the leading scientists, physicians and health professionals in the field, including Julie H. Carter, R.N., M.S., A.N.P, Gammon M. Earhart, Ph.D., P.T., Giselle M. Petzinger, M.D., and Concetta Tomaino D.A., MT-BC, LCAT.

We look forward to your participation in what we hope is not only an informative day, but also an interactive one – between PDF and HAPS, between researchers and clinicians, and between you, our participants, and those who are at the forefront of treating and finding the cure for PD. If you have found ways to live more creatively and productively with PD, we encourage you to share these with our faculty, who will be available for a question and answer session.

Please remember that this entire event will be available on the web for 12 months for you to revisit at your convenience. You can find this information on both of our respective websites.

Thank you for joining us.

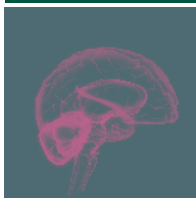


Robin Anthony Elliott  
Executive Director  
*Parkinson's Disease  
Foundation (PDF)*



Anne Thobae  
Executive Director  
*Houston Area  
Parkinson Society (HAPS)*

## PROGRAM



# TAKING CHARGE OF YOUR PARKINSON'S

9:00 AM - 9:55 AM	Registration
9:55 AM - 10:00 AM	Opening Remarks <i>Anne Thobae</i> <i>Executive Director, HAPS</i>
10:00 AM - 10:50 AM	Improving Brain Function with Exercise and Creativity: You Too Can Do It <i>Julie H. Carter, R.N., M.S., A.N.P.</i> <i>Oregon Health and Science University</i>
10:50 AM - 11:05 AM	BREAK
11:05 AM - 12:00 PM	Does Exercise Influence Parkinson's Disease? <i>Giselle M. Petzinger, M.D.</i> <i>University of Southern California</i>
12:00 PM - 12:45 PM	LUNCH
12:45 PM - 2:25 PM	Taking Charge of Your PD Through Music and Dance <ul style="list-style-type: none"><li>• Shall We Dance?: Benefits of Tango for People with Parkinson's Disease <i>Gammon M. Earhart, Ph.D., PT.</i> <i>Washington University School of Medicine</i></li><li>• I've Got Rhythm: The Power of Rhythm and Music to Benefit Those with PD <i>Concetta M. Tomaino, D.A., MT-BC, LCAT</i> <i>Beth Abraham Family of Health Services</i></li></ul>
2:25 PM - 2:55 PM	Question & Answer Panel
2:55 PM - 3:00 PM	Closing Remarks <i>Robin Elliott</i> <i>Executive Director, PDF</i>

*Included in your symposium packet is an evaluation form for today's presentations. We ask that you fill it out and drop it off at the registration desk. Thank you for your input, which will be used by PDF and HAPS to plan future educational programs.*



JULIE H. CARTER, R.N., M.S., A.N.P.

Julie H. Carter, R.N., M.S., A.N.P., is Professor of Neurology at Oregon Health and Science University. She joined the University's Department of Neurology in 1979 and is currently the Associate Director of the Parkinson Center of Oregon (PCO).

Ms. Carter is dedicated to improving the lives of people with Parkinson's disease (PD) and their families. She approaches Parkinson's disease as a family-centered disease and brings this emphasis to her practice as a nurse practitioner and to innovative program development at the PCO. She has created several educational and support initiatives for the center, including the annual family care symposium, family caregiver series, young person with PD symposium, newly-diagnosed workshop, cognitive behavioral group therapy for depression and PD and a community-based PD and pilates program. She also created the role of a family care specialist for the center.

Ms. Carter's family-centered approach extends to her research, where she has a special interest in family caregiving and Parkinson's. She has been an investigator for multiple clinical trials and is an original member of the Parkinson Study Group. Currently, she is the site principal investigator for the neuroprotective consortium clinical trials (NET-PD) study funded by the National Institutes of Health.

Ms. Carter received her B.S.N. and M.S. from Oregon Health and Science University.



## GAMMON M. EARHART, PH.D., P.T.

Gammon M. Earhart, Ph.D., P.T., is Assistant Professor of Physical Therapy, Anatomy and Neurobiology, and Neurology at Washington University School of Medicine in St. Louis, Missouri. As part of the Movement Disorders Group at Washington University, she directs the Locomotor Control Laboratory within the Program in Physical Therapy.

Dr. Earhart's research interests focus on the walking and balance disorders often experienced by people with Parkinson's disease. Her laboratory explores novel rehabilitative interventions to address these problems, including studies into how dance affects functional mobility and quality of life among people with Parkinson's disease. Her work also includes studies on the neural control of walking direction, with an emphasis on turning during walking, and studies of how deep brain stimulation may influence balance and walking.

Dr. Earhart received a degree in Physical Therapy from Arcadia University and her Ph.D. in Movement Science from Washington University in St. Louis, Missouri. She completed a postdoctoral fellowship at Oregon Health and Science University.



## GISELLE M. PETZINGER, M.D.

Giselle M. Petzinger, M.D., is Assistant Professor in the Department of Neurology, Movement Disorders Division at the University of Southern California (USC), Los Angeles, where she heads a laboratory focused on basic and clinical Parkinson's disease (PD) research.

The primary objective of Dr. Petzinger's research program is to understand ways to repair a specific area of the brain called the basal ganglia, in animal models and in individuals with Parkinson's. In collaboration with her colleagues at USC, Dr. Petzinger has demonstrated that in Parkinsonian mice, intense exercise improves normal motor movements, even though the dopamine lost because of a PD-like condition is never fully restored. These findings support the hypothesis that, in animal models, intense exercise may induce the brain to find novel ways to compensate for the loss of dopamine neurons occurring in PD. Dr. Petzinger also studies how intense exercise may alter the release of another neurotransmitter in the brain, called glutamate.

As a clinician, Dr. Petzinger is committed to translating these animal findings to better understand humans living with PD. Therefore, in collaboration with Beth Fisher, Ph.D., P.T., in the Division of Biokinesiology and Physical Therapy at USC, she is also investigating the benefits of intensive exercise - specifically treadmill training - in people living with PD.

Dr. Petzinger received her fellowship training in Parkinson's disease at Columbia University, under the mentorship of Stanley Fahn, M.D.



## CONCETTA M. TOMAINO D.A., MT-BC, LCAT

Concetta M. Tomaino D.A., MT-BC, LCAT, is the Executive Director and Co-founder of the Institute for Music and Neurologic Function and Senior Vice President for Music Therapy at Beth Abraham Family of Health Services in Bronx, NY.

Dr. Tomaino has had a 29-year career at Beth Abraham, where she has helped to create the Institute for Music and Neurologic Function and to restore, maintain and improve people's physical, emotional and neurologic functioning through the systematic use of music. Her clinical practice is specialized in the use of music therapy for individuals with Parkinson's disease, Alzheimer's disease and other neurological diseases.

Internationally known for her research in the clinical applications of music and neurologic function, she lectures on music therapy throughout the world and has authored numerous articles.

Dr. Tomaino holds teaching positions at Albert Einstein College of Medicine and the Brookdale Center of Aging on Hunter College. She is also on faculty for the National Parkinson Foundation's Allied Team Training for Parkinson's II.

# PINS: The One-Stop Shop for Information on Parkinson's!



## Questions about Parkinson's disease?

Find answers today! Visit PINS (*the Parkinson's Information Service*):

- Call our toll-free helpline, (800) 457-6676, from 9 AM – 6 PM ET.
- Submit a question to our "Ask the Expert" online service or view those frequently asked by others.
- Visit [www.pdf.org](http://www.pdf.org) to download PDF publications and order print copies.
- ¿Tiene preguntas sobre la enfermedad de Parkinson? Los expertos pueden ayudarle! Visite [www.pdf.org](http://www.pdf.org), presente sus preguntas, y un especialista le responderá en un plazo de 8 – 10 días.

The Parkinson's Information Service (PINS) is managed exclusively by the Parkinson's Disease Foundation and is supported by Boehringer Ingelheim.

*Improving the quality of life for those affected by Parkinson's disease through services, education and advocacy.*



### SEE WHAT HAPS HAS TO OFFER

- Find a group close to you! HAPS offers over 140 free support groups, exercise, water, tai chi, dance and speech therapy sessions a month
- Free social services provided by licensed master level social workers
- Stay up-to-date with the latest happenings in the Parkinson's community through educational programs, the HAPS website and a free monthly newsletter

# PDtrials

You can play a part in moving  
Parkinson's research forward

## Browse Clinical Trials

### All Trials:

View all posted clinical trials.

### By Location:

Locate clinical trials in your area.

### By Trial Type:

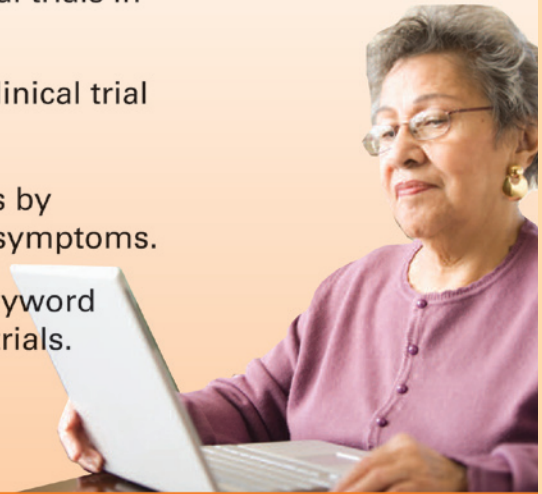
Browse by clinical trial objectives.

### By Symptom:

Browse trials by Parkinson's symptoms.

### By Keyword:

Search by keyword to help find trials.



PDtrials is led by



in collaboration with



and advised by



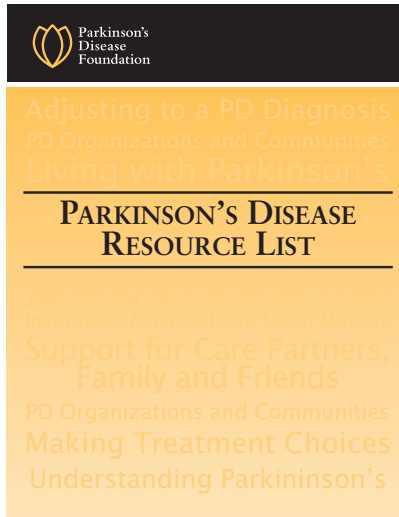
Parkinson Pipeline Project



# COMING SOON...

## Parkinson's Disease Resource List

A comprehensive print and online guide, the PD Resource List allows you to search for resources and to share your favorites with the community.



### The PD Resource List includes:

- national and local Parkinson's groups
- movement disorder centers
- financial, insurance and legal planning assistance
- clinical trials
- medical equipment
- caregiver-specific resources
- personal stories

Visit [www.pdf.org](http://www.pdf.org) or call us in late spring for ordering details!

*The Parkinson's Disease Resource List is supported by an educational grant from Novartis Pharmaceuticals Corporation.*

# PDWEBCAST

Watch all four symposia in this series!  
All events have been taped and are  
available for you to view online.

[www.pdf.org/webcast](http://www.pdf.org/webcast)

## **What's in the PD Pipeline?**

*Aired on May 9, 2008*

With the Parkinson Association of the Carolinas

## **Mind, Mood and Body:**

### **Understanding Nonmotor Symptoms of PD**

*Aired on July 18, 2008*

With the Michigan Parkinson Foundation

## **Surgical Advances in Parkinson's Disease**

*Aired on October 11, 2008*

With the Northwest Parkinson's Foundation

## **Taking Charge of Your Parkinson's**

*Aired on April 4, 2009*

With the Houston Area Parkinson Society

*The content and management of these symposia and webcasts are under the exclusive direction of the Parkinson's Disease Foundation, the Parkinson Association of the Carolinas, the Michigan Parkinson Foundation, the Northwest Parkinson's Foundation and Houston Area Parkinson Society and are made possible by a generous unrestricted grant from UCB, Inc.*



The Parkinson's Disease Foundation® (PDF®) is a leading national presence in Parkinson's disease research, education and public advocacy. We are working for the nearly one million people in the US who live with Parkinson's by funding promising scientific research and supporting people with Parkinson's, their families and caregivers through educational programs and support services. Since its founding in 1957, PDF has funded over \$75 million worth of scientific research in Parkinson's disease, supporting the work of leading scientists throughout the world.

(800) 457-6676 | [info@pdf.org](mailto:info@pdf.org) | [www.pdf.org](http://www.pdf.org)

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Houston Area Parkinson Society (HAPS) is a nonprofit organization whose mission is to "improve the quality of life for those affected by Parkinson's disease through services, education and advocacy." HAPS provides weekly exercise, water and speech therapy sessions under the supervision of licensed physical, occupational and speech therapists, as well as tai chi, tango, dance and meditation groups. Additionally, HAPS provides caregiver, young onset, newly diagnosed, post DBS surgery support groups and newly diagnosed educational programs under the guidance of licensed social workers. Social services, transportation, emergency aid, annual symposia and a monthly newsletter are among the other services offered free of charge.

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