

PARKINSON'S DISEASE: 200 years later

- 8:30 Check-in and Continental Breakfast
- 9:00 Welcome
- 9:10 Significance of 200 years
- 9:20 Parkinson's & the Promise of Genetics
- 9:50 Nutrition
- 10:45 Break
- 11:00 The Role of Technology in PD
- 12:00 Lunch
- 12:45 Medications: Past, Present & Future
- 1:30 Exercise
- 2:15 Break
- 2:30 Complementary & Alternative Medicine
- 3:30 Closing Remarks

HOW TO REGISTER

This event is free of charge.
Continental breakfast and box lunch included.

Registration is required.

- Register by phone at 713-626-7114
- Register online at hapsonline.org

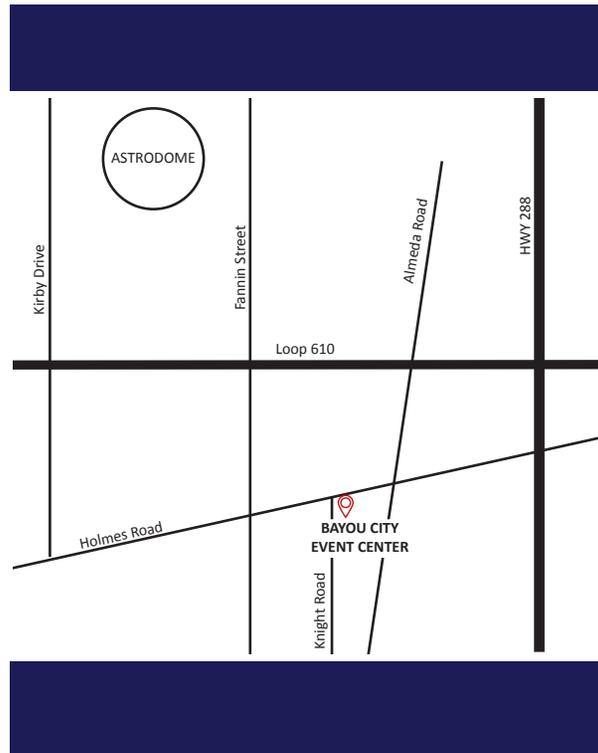
REGISTRATION DEADLINE IS FRIDAY, JULY 28TH

CONFERENCE LOCATION

Bayou City Event Center
9401 Knight Road
Houston, TX 77045

The Bayou City Event Center building is located on the corner of Holmes Road and Knight Road - near the Astrodome between Fannin Street and Alameda Road on the south side of Loop 610.

For additional directions, please contact the HAPS office at 713-626-7114.



Houston Area Parkinson Society is a local, independent non-profit organization that has provided services, education and advocacy to those whose lives are affected by Parkinson's disease throughout an eight county area of metropolitan Houston for over forty years.

2017 EDUCATIONAL SYMPOSIUM



SATURDAY
August
5TH
8:30 AM
TO
3:30 PM

BAYOU CITY
EVENT CENTER
9401 KNIGHT ROAD
HOUSTON, TX 77045

HOUSTON AREA PARKINSON SOCIETY



In 1817 Dr. James Parkinson published his *Essay on the Shaking Palsy* capturing the clinical picture of the disease in his description of six patients with the condition. This publication was just the beginning of major advancements in science and research leading to what we now know about the disease 200 years later, which is estimated to affect nearly ten million people worldwide.

Biennially, HAPS hosts a full-day educational event for individuals living with Parkinson's disease (PD), their caregivers, family, friends and the general public. In August, as we continue to recognize the extraordinary work of Dr. Parkinson and his later peers, we hope you will join us for *Parkinson's Disease: 200 years later*. This signature conference brings the community together to provide the most up-to-date information and knowledge gained over two centuries about the disease, treatment options and advances toward a cure, presented by local and national experts in the field.

PARKINSON'S & THE PROMISE OF GENETICS

Joshua M. Shulman, MD, PhD

As science and technology advance so does the depth of our understanding of the role that genetics plays in Parkinson's disease. Over the past 15 years research in genetics has formed the basis of new discoveries related to how Parkinson's affects various individuals and increasingly has the potential to lead to new treatments. This session will focus on these accomplishments and describe the possibilities for individualized therapies for persons with PD.

NUTRITION

Heather Zwickey, PhD

Growing research shows that nutrition has an impact on Parkinson's disease. Many of the nutrients thought to improve PD reduce inflammation, contain high levels of anti-oxidants, and promote the production of dopamine to assist the body's natural processes. By choosing the right foods, those with this movement disorder can improve their symptoms and may even slow disease progression. This session will discuss the current research on nutrition and Parkinson's, identify foods that are thought to benefit or harm people with the disease, and suggest practical ways to integrate the lessons from nutrition research into daily life.

THE ROLE OF TECHNOLOGY IN PD

Panel Presentation by Al Fenoy, MD, Arjun Tarakad, MD & Joohi Jimenez-Shahed, MD

Technology plays a growing role in everyday life. This includes treatment, management and research of Parkinson's disease. This presentation will look at recent advances in Deep Brain Stimulation and MRI-Guided Focal Ultrasound. It will also highlight current and potential future uses of technology that support individuals with Parkinson's in self-management of their disease. Additionally, this session will address opportunities technology provides for physicians in the clinical setting with diagnosis and ongoing assessment.

MEDICATIONS: PAST, PRESENT & FUTURE

Erin Furr Stimming, MD

Though levodopa remains the gold standard of medication therapy, there are a multitude of pharmacologic treatment options that have emerged over the years. This session will offer a brief review of well-known currently used Parkinson's medications as well as discuss recent innovations in novel drug delivery systems, medications that address non-motor symptoms, and promising research on Parkinson's therapies in the pipeline as future treatment options for those with the disease.

EXERCISE: WHAT WE HAVE LEARNED

Maggie Abbott, PT, DPT

There is mounting compelling evidence supporting the benefits of regular vigorous exercise outside of a person's comfort zone for improved quality of movement and balance, and for neuroprotective benefits related to Parkinson's disease. Hear the latest in research and exercise: what types are best, how much and how often it is recommended, and take home easy ways to get started today.

COMPLEMENTARY & ALTERNATIVE APPROACHES

Panel Presentation by Bing You, MD, Mya C. Schiess, MD & Ron Tintner, MD

"Complementary" typically refers to therapies that are used in conjunction with mainstream medicine, whereas "alternative" indicates the use of certain therapies used in place of standard medical treatments. This session will discuss various complementary and alternative treatment options including acupuncture; herbs, supplements and vitamins; and marijuana.

Conference Sponsors



Belmont Village Senior Living

Abbott Infinity DBS

HealthSouth

A. Fenoy, MD

Mischer Neuroscience Institute

TTI Home Healthcare

UT Houston Department of Neurosurgery