

We are the only **PARKINSON'S FOUNDATION CENTER OF EXCELLENCE** in the region with comprehensive care including doctors specialized in the diagnostics, treatment, research, and education of Parkinson's disease. We have a large multi-disciplinary team including healthcare professionals specialized in Parkinson's disease in the areas of psychology, speech, physical therapy, occupational therapy, dietetics, social work, pharmacy, neuropsychology, and neurosurgery, including a large deep brain stimulation program.

We would like to introduce Kim Lee, KU Parkinson's Foundation Center of Excellence Coordinator!

Kim has worked with the University of Kansas Health System since 2012. She joined the Parkinson's Disease and Movement Disorder center in 2015 as Dr. Rajesh Pahwa's clinical nurse. She recently transitioned to become the PD Center of Excellence Coordinator and research nurse. She is also one of our Care Champions for our Team-Based Palliative Care Initiative for Parkinson's Disease to help improve the quality of life for persons with Parkinson's disease and their families throughout the disease course. Kim completed a Master's of Science Management in 2019. Outside of work, Kim has a teenage son who just passed his driving test!



RAJESH PAHWA, MD

Laverne and Joyce Rider
Professor of Neurology
Director, Parkinson's
Disease and Movement
Disorder Center



KELLY LYONS, PhD

Research Professor
of Neurology
Director, Research and
Education, Parkinson's Disease
and Movement Disorder Center

TREMOR CORNER

ET Studies Starting This Month!

JZP385 – ET with moderate to severe arm/hand tremor. Cannot be taking ET medications

PRAX-944 – ET for at least 3 years with at least moderate arm/hand tremor. Cannot be taking primidone.

SAGE-324 – ET for at least 3 years with at least moderate arm/hand tremor. Cannot be taking other medications for ET.

If you are interested in participating in a research study or would like more information, please email pdetcenter@kumc.edu or call 913-588-7159.

CLINICAL STUDIES RECRUITING

We have multiple ongoing and upcoming studies for Parkinson's disease and essential tremor. There is no cost to participate in studies. We are currently enrolling patients in studies of the following areas:

- Newly diagnosed PD patients**
 - K0706** – PD patients diagnosed within the last 3 years and not taking any PD medications
 - CVL-751** – PD patients diagnosed for < 3 years and taking no PD medications except for an MAO-B inhibitor
- Stable PD patients**
 - PADOVA** – PD patients taking only an MAO-B inhibitor OR levodopa diagnosed within the last 3 years
- PD patients experiencing OFF time (poor control of symptoms) during waking hours**
 - CVL-751** – PD patients with at least 2.5 hours of OFF time per day
- PD patients experiencing at least 2 hours of dyskinesia (wiggling movements from levodopa)**
 - ADX-301** – PD patients with at least 1 hour of dyskinesia between 9 a.m. and 4 p.m. daily and not currently taking amantadine or willing to discontinue
 - BK-JM-201** – PD patients with at least 1.5 hours of troublesome dyskinesia daily and not taking or willing to stop amantadine
- PD Generation Mapping the Future of Parkinson's Disease** – Testing for 7 genes associated with Parkinson's disease. Anyone diagnosed with Parkinson's disease in our region can participate.

If you are interested or have patients who are interested in learning more about any of these research studies, please contact PDETCenter@kumc.edu.

Why Try A Mediterranean Diet?

Mediterranean diet (MedDiet) is shown to be associated with a reduced risk of neurodegenerative and other chronic diseases. MedDiet focuses on the daily intake of red, green, orange, and yellow vegetables, fruits and whole grains which are rich sources of fiber, antioxidants, vitamins, and minerals. Fresh fruits & vegetables such as bananas, onions, garlic, leeks, asparagus, artichokes, cooked dry beans & whole-grain foods, act as prebiotics and help promote the probiotics in the gut. MedDiet encourages at least two servings of low-fat dairy products such as cheese and yogurt daily. These dairy products are rich sources of calcium and probiotics. MedDiet incorporates cooking with olive oil, consumption of avocados, fish, nuts, and seeds which provide a high amount of mono-unsaturated and Omega-3 fats. It also promotes high intake of fish and seafood which are high in healthy unsaturated fats.

Tips for incorporating MedDiet in your daily meals:

- Eat a handful of unsalted walnuts, almonds, sunflower, or pumpkin seeds daily
- Add whole grains such as barley, rye, quinoa, and couscous to meals
- Begin a meal with salad made of dark greens, avocado, red peppers, or other seasonal vegetables
- If you are in a habit of eating potatoes use sweet potatoes.
- Use Greek yogurt as vegetable dip and cook with olive oil
- Eat more seafood instead of red meat. Eat fish 3-4 times per week
- Eat cooked lentils, chickpeas, beans, or dry peas at least 3 times per week
- Decrease consumption of high fat & sugar snacks and beverages
- It is best not to drink alcohol. People who chose to drink alcohol should replace beer or liquors with wine no more than two 5-ounce glasses per day for men, and one glass per day for women.

We welcome any feedback, questions, or comments at PDETcenter@kumc.edu.

Visit our website: KUMC.EDU/PARKINSON