



### John P. Hammerstad Neurology Teaching Award



**C**ongratulations to Dr. Amie Peterson for being the 2013 recipient for the prestigious John P. Hammerstad Neurology Teaching Award. The award is presented to a staff neurologist for their outstanding teaching contributions to the Oregon Health & Science University Neurology (OHSU) Residency Program. The current resident class votes on this award and Dr. Peterson was unanimously chosen for the award. Dr. Peterson was selected based on her involvement with inpatient services, Movement Disorders Clinic, as well as for staffing the VA Resident Clinic. "Dr. Peterson takes every opportunity to teach in these settings by helping to improve our Neuro exam, teaching basic pathophysiology, as well as clinical pearls that will make us better practicing Neurologists," commented Justin Meuse, OHSU Neurology Chief Resident.

### National VA PD Consortium

**T**he NW PADRECC would like to welcome Laurie Weisensee, MD from Black Hills VA Healthcare System as the newest member to join the consortium. The National VA PD Consortium is a professional society comprised of VA physicians, nurses, therapists, and pharmacists with interest and expertise in the field of movement disorders. The Consortium was launched in 2003 by the PADRECCs to expand PD awareness and education across the VA Healthcare System. The Consortium offers peers: networking, mentorship, education and training. For more information about the Consortium and how to become a member visit: ([www.parkinson.va.gov/PARKINSONS/Consortium](http://www.parkinson.va.gov/PARKINSONS/Consortium)).

### Provider Education

**W**e offer additional support to providers who wish to learn more about treating patients with movement disorders through a mini-residency. A mini residency consists of approximately three and a half days of participation in our movement disorders clinics, as an opportunity to learn the tricks used by specialists. There are opportunities to improve skills on utilization of Botox, improve skills in DBS programming, gain assistance in managing difficult cases currently seen in practice through case consultations, and receive exposure to the larger scientific neurological and movement disorders community. The NW PADRECC's mini-residency program hosted two participants this year. Dr. Xuesheng Feng from the Sioux Falls VA Medical Center on June 10 – 14, 2013 and Dr. Daniel Rodriguez from Billings, Montana on July 15-20, 2013. The mini-residency program allows a provider from the NW PADRECC service area to visit Portland for a week long training with the Parkinson's Disease and movement disorder specialists in the NW PADRECC, improving care to veteran patients within the service area. As part of the mini-residency program, Drs. Feng and Rodriguez attended movement disorder clinic and met individually with PADRECC faculty. Dr. Feng presented "Difficult Cases in Movement Disorders" at Movement Disorders Journal Club. Dr. Rodriguez participated in the Portland International Neuroscience Symposium. Travel was funded by the National Parkinson's Disease Consortium. NW PADRECC is currently looking to recruit a physician to participate in the mini-residency program for FY14. For more information pertaining to the mini residency please contact Carolina Main, PADRECC Administrative Officer, at (503)220-8262 x55203.

## Health & Wellness Fair

On June 7<sup>th</sup>, 2013, the NW PADRECC held its first-ever Health & Wellness Patient Fair for Parkinson's Disease and Movement Disorders. The event was held in the Portland VA Medical Center auditorium, with 32 exhibitors from inside and outside the VA. Booths included Speech Therapy, Research, Physical Therapy, Deep Brain Stimulation (DBS), Home Care, Parkinson's Resources of Oregon (PRO), the SW Washington Agency on Aging and Disabilities, an "Ask the Experts" booth with our PADRECC neurologists, Dance for PD, Tai Chi, and Social Work – among others. The Fair drew locals and Veterans from as far away as Seattle, with an attendance of 95 Veterans, family members/caregivers, and VA employees. For more information pertaining to the program, please contact Carolina Main, PADRECC Administrative Officer, at (503)220-8262 x55203.

## PADRECC Welcomes New Movement Disorder Fellow



Marian Livingston, M.D. joins NW PADRECC as a new Movement Disorder Physician Fellow. Dr. Livingston earned her medical degree from Medical University of South Carolina. She completed her neurology residency at Maryland Medical Center. Dr. Livingston enjoys swing and Argentine tango dancing and outdoor activities in her spare time. She is excited to further her knowledge of DBS programming and teaching. The NW PADRECC welcomes Dr. Livingston to the team!

## NW PADRECC Patient Education Events

**September 6, 2013**

10am (PST)

Justin Cetas, MD

Deep Brain Stimulation: Demystifying DBS



**November 1, 2013**

10am (PST)

Lynne Shinto, ND

Alternative Therapies for Parkinson's Disease



All of our patient education events are currently being provide by V-Tel to participating sites. If you want to participate, contact us at (503)721-1091.

## Options & Opportunities 30th Annual Symposium October 12, 2013 Red Lion Hotel Janzen Beach Portland, OR

Join us to hear the latest information on research, treatment, and care for people with Parkinson's disease, their families, healthcare providers, and anyone wanting to learn more about PD. This year, the symposium theme is "Back to the Future: A Better Day Now & Tomorrow," which will focus on cutting edge motor and non-motor management and updates in research in Parkinson's disease.

Speakers include:

- ◆ John P. Hammerstad, MD, OHSU Professor Emeritus of Neurology
  - ◆ Amie Peterson, MD, Portland VA Medical Center PADRECC Staff Neurologist
  - ◆ Jeff Kraakevik, MD, Portland VA Medical Center PADRECC, Education Director
  - ◆ Kathryn Chung, MD, Portland VA Medical Center PADRECC Clinical Director
- OHSU's Parkinson's Center sponsors the event. Please contact (503)94-7231 for further details.

## National PADRECC Provider Education Calls

**"Using a Practical Clinical Model to Communicate about Veterans' Parkinson's Disease Care"**

Karen Connor, PhD & Hilary Siebens, MD

Thursday, September 12, 2013

9-10am and 12-1pm Pacific Time

(800) 767-1750 ext. 53353.

This accredited program will provide participants enhanced knowledge to enable them to provide better diagnoses of patients with Parkinson's Disease and enhance their treatment of movement disorders.

## Recruiting VA Studies

### **Using Multiplex Families to Map Genes that Modify Susceptibility and Age at Onset in Parkinson's Disease (VA IRB # 2371)**

Dr. Kathryn Chung is conducting this research study to identify genes that increase a person's risk of developing Parkinson's disease (PD) or related disorders. The goal of this study is to better understand and treat PD and other related disorders. If a gene or genes that cause (s) PD can be identified and characterized, the diagnosis and treatment of PD will be improved. The overall goal of this study is to find genes that increase the likelihood of developing Parkinsonian symptoms and certain PD-related problems, such as difficulties with thinking and memory. You are eligible to participate in this study if you have two or more individuals in your family that are living with Parkinson's disease. Your family members must also enroll in this study. This study involves one visit to the Portland VA Medical Center. At this visit, you will undergo a physical examination, questions about your family history, a brief test of thinking and memory and have a blood draw of about four tablespoons. This visit will last for about two-and-a-half hours. This is a research study and not for treatment or diagnosis of Parkinson's disease. You may not benefit from participating in this study. However, by serving as a subject, you may help us learn how to benefit patients in the future. There is no compensation for participation in this study. For more information on how to participate, please contact Susan O'Connor, RN, Study Coordinator at (503) 721 - 1091 or by mail at 3710 SW US Veterans Road, P3-PADRECC, Portland, Oregon 97239.

### **The Effects of Vitamin D on Balance in Parkinson's disease (VA IRB #2393; OHSU eIRB # 6482)**

Dr. Amie Peterson is conducting this research study to examine the effect of vitamin D on balance in Parkinson's disease patients. This study involves a total of six visits to Oregon

Health & Science University and lasts 16 weeks with an additional 8 weeks of follow-up. You must be able to walk 50 feet without the use of a cane or other walking device. You must be between the ages of 50 and 75, and have no history of renal stones, or hypercalcaemia. You must not be taking another type of vitamin D supplement. You will be given tests on thinking and memory, questionnaires about your balance, neurological examinations, tests of balance and strength, and keep diaries of near falls and falls. You will be taking calcium supplementation and either vitamin D or a sugar pill for 16 weeks. Neither you nor the study staff will know which pill you will be taking. The first and last visit will last for two hours and the second, third, and fourth visit will last for a half-hour. Each visit will occur four weeks after the last visit. You will be compensated \$10.00 for each visit you complete for a total of \$60.00. This is a research study and not for treatment or diagnosis of PD. You may not benefit from participating in this study. However, by serving as a subject, you may help us learn how to benefit patients in the future. For more information on how to participate, please contact Brenna Lobb, MS MPH, Study Coordinator, at (503) 220-8262 extension 51871 or by mail at 3710 SW US Veterans Road, P3-PADRECC, Portland, Oregon 97239.

### **Reducing Dyskinesia in Parkinson's Disease With Omega-3 Fatty Acids (RLID-PD) (VA IRB #2907; OHSU IRB #8012)**

Dr. Kathryn Chung is conducting a research study looking at the safety and effectiveness of Omega 3 Fatty Acids. The purpose of this research study is to measure the safety (side effects) of an Omega 3 Fatty acid called docosahexanoic acid (DHA) and measure the dyskinesia (involuntary movements) in Parkinson's disease (PD). In order to take part in the study, participants must have Parkinson's disease, be about to start levodopa, and be able to stand for one minute unaided. This study will last for one-and-a-half years and will

## Recruiting VA Studies

involve six visits. The first visit is a screening visit and includes a neurological examination and completion of several questionnaires. After the screening visit you will be randomized to either DHA or placebo (sugar pill). Neither you nor the researchers will know which pill you will be receiving. The next five visits are overnight stays in the Oregon Clinical and Translational Research Institute (OCTRI) at Oregon Health & Science University (OHSU). You will be admitted to the OCTRI the evening before study tests begin. Your usual PD medications will not be given overnight, so that the levodopa cycle may be observed the next day. You will be studied on a force plate during performance of simple mental task for an entire levodopa cycle the next day. You will be given intravenous levodopa at these visits. You will be compensated \$50.00 for each overnight visit you complete for a total of \$250.00. This is a research study and not for treatment or diagnosis of PD. You may not benefit from participating in this study but will have a no-cost neurological exam. However, by serving as a subject, you may help us learn how to benefit patients in the future. For more information on how to participate, please contact Brenna Lobb, MS MPH, Study Coordinator, at (503) 220-8262 extension 51871 or by mail at 3710 SW US Veterans Road, P3-PADRECC, Portland, Oregon 97239.

### **Pacific Northwest Udall Center (PANUC): Clinical Core and Sample Collection (VA IRB # 2332; OHSU IRB # 6154)**

Dr. Joseph Quinn is conducting this research study to examine the changes in thinking and memory of Parkinson's disease patients over time. A second goal is to determine the role genetics plays in cognitive impairment in Parkinson's disease. You must have a diagnosis of Parkinson's disease to participate in this study. There are two different groups in this study. The first group is the clinical group. The clinical group will make two visits over five years to the Portland

VA Medical Center. At each visit, you will undergo tests of thinking and memory and have approximately four tablespoons of blood drawn. Each visit will last for about one to one-and-a-half hours. The second group is the annual group. The annual group will make five visits over five years to the Portland VA Medical Center. At each visit, you will undergo tests of thinking and memory and have approximately four tablespoons of blood drawn. Each visit will last about two hours. After the first visit, you will undergo a lumbar puncture. A lumbar puncture is known as a spinal tap. A spinal tap is where a special needle is inserted between bones in your back and fluid is removed. The spinal tap will take about two to two-and-a-half hours. You have the option to undergo a second spinal tap three years after the first spinal tap. You will be compensated \$200.00 for each spinal tap that you complete. This is a research study and not for treatment or diagnosis of Parkinson's disease. You may not benefit from participating in this study. However, by serving as a subject, you may help us learn how to benefit patients in the future. For more information on how to participate, please contact Susan O'Connor, RN, Study Coordinator at (503) 721 - 1091 or by mail at 3710 SW US Veterans Road, P3-PADRECC, Portland, Oregon 97239.

### **The Washington State Parkinson's Disease Registry (VA IRB# 31675)**

If you have a diagnosis of Parkinson's disease or atypical parkinsonism, you are eligible to participate in the Washington state Parkinson's Disease Registry which is co-directed by Cyrus Zabetian, MD, MS and James Leverenz, MD. This is a research registry which notifies participants about clinical studies in which they may be eligible to participate. Enrollment occurs by phone and consists of 15 screening questions and an interview about diagnosis, symptoms, medications, and family history. This usually takes less than 30 minutes. For information on how to participate, call toll free (888) 365-9901 or visit our website at [www.registerparkinsons.org](http://www.registerparkinsons.org), where you can start the screening process online.

**PADRECC Website:** Check out the PADRECC Website at: [www.parkinsons.va.gov/NorthWest](http://www.parkinsons.va.gov/NorthWest)