The HealthPartners Parkinson’s Center is growing and we are excited to share some information about our upcoming events and research opportunities in this newsletter.

Over one million people in the United States have a diagnosis of Parkinson's disease (PD). Age is one of the main risk factors for developing Parkinson’s disease, which explains why more people are diagnosed with PD each year as the population ages. If you or somebody you know has Parkinson’s, you are not alone.

While the initial diagnosis can be difficult news for the affected person and their family, with time, people with PD realize that many of their symptoms are treatable. Although Parkinson’s disease is an illness with no cure at this time, early diagnosis and effective treatment, including medications, therapy services, exercise activities, community and family support and sometimes surgery, can help people with Parkinson’s disease to live an active and fulfilling life for many years or decades. Moreover, education and understanding of Parkinson’s are essential parts of living well with the disease.

Help and support are available. At the HealthPartners Parkinson’s Center we support patients with the best possible treatment and education, as well as connecting with their family and caregivers. We are looking forward to meeting you soon, either at one of our upcoming events or in the clinic.

Julia Johnson, MD
Clinical Director, HealthPartners Parkinson’s Center

Community Events

Patient Education Event
For people with Parkinson’s and their family and friends
Tuesday, October 14, 2014
Hudson Hospital & Clinic
405 Stageline Road
Hudson, WI 54016
3—5:30 PM
RSVP to JoAnn Niemi
(651) 254-3705

Keystone presentations
New Treatment Options for Alzheimer’s, Parkinson’s and Other Brain Disorders
William H Frey II, PhD
Tuesday, November 18, 2014
Session 2 • (651) 698-1111
Update on Parkinson Disease
Julia C Johnson, MD
Wednesday, December 10, 2014
Session 4 • (651) 482-1611

Support Group
Are you or someone you know interested in a PD support group in the eastern Twin Cities/western Wisconsin area?

Contact Aleta Svitak for information on any of these events or the support group.
(651) 254-3635

For More Information or Appointments call (651) 254-7474
We are located in the HealthPartners Specialty Center
HealthPartners Parkinson's Center
401 Phalen Boulevard, Saint Paul, MN 55130
healthpartners.com/parkinsons
Our providers work as a team for your care. Your team may include specialists from neurology, neuropsychology, neurosurgery, rehabilitative therapies, sleep medicine, and more. With providers in different specialties, you are getting the best in care that fits with your needs at that time.

This may include:
- Comprehensive neurological examinations
- Medication management
- Rehabilitation therapies (physical, occupational, and speech)
- Neuropsychology/Psychiatry
- Deep Brain Stimulation (DBS)
- Patient and caregiver education
- Link to resources and support services
- Botox
- Evaluation and treatment of other movement disorders including dystonia, tremor, tics, difficulty walking
- Research opportunities

**Interested in Research?**

*We are excited to start our new research study examining the effects of aerobic endurance exercise on brain function in people diagnosed with Parkinson’s disease*

Call the project coordinator, Aleta Svitak, at (651) 254-3635 for more information

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**How to Donate**

Secure on-line donations to support research on the treatment and prevention of Parkinson’s disease and other movement disorders can be made at www.healthpartners.com/parkinsons. If you have questions, wish to discuss a planned gift or special bequest, call 651-254-3864. Gifts made to the Center are processed through Regions Hospital Foundation, a charitable organization that as part of its mission raises funds on behalf of HealthPartners Parkinson’s Center and other programs in patient care, medical research and education.