

## Write Your Own Story



A diagnosis of Parkinson Disease can really throw someone for a loop. Most people don't understand Parkinson's. We know what we see on TV or what we read in the papers, but we are on the outside looking in. Then, following days of tests, exams, scans and doctors visits, you are invited into the club...you have

Parkinson Disease (PD). You are no longer on the outside looking in but on the inside screaming to get out. Your only preparation is the impression of PD you had as an outsider. The next chapter is up to you.

The first step in writing your story with PD is to realize that you have a great deal of control in how the story goes. PD is an unexpected plot twist, but you get to write your response. You are still the author of your life. Like every good writer you must do your research, learn what you can about your options, and partner with your health care team, your family, your community. Learn what resources are available to you and understand them. Be an active participant in your life with PD.

At the HealthPartners Parkinson's Center we want to partner with you. We have one of the fastest growing PD surgical centers in the Midwest, our research program is growing and recently started a study looking at how exercise can help keep the mind sharp in PD. We are partnering with other community PD programs to ensure a high standard of care throughout our area. And this spring we will be breaking ground on the first freestanding Neurosciences Center in the Midwest. We welcome your input on what you want your Parkinson Center to look like. We thank you for the opportunity to partner with you and your family in redefining what is possible. In writing a better story.

David Tullar, PA-C, MPAS  
HealthPartners Parkinson's Center

## Community Events

### Sleep Disorders in Parkinson's

January 27 at 12:00—1:30 PM

Keystone Senior Living  
2750 North Victoria Street  
Roseville, MN

RSVP to 651-482-1611

### Parkinson's Patient Education

Sleep Disorders in Parkinson's and  
Deep Brain Stimulation (DBS)

February 10 at 2:00—4:30 PM

Center Park, Valley Creek Room B  
8595 Central Park Place  
Woodbury, MN

RSVP to 651-254-3705

### Essential Tremor Patient Education

Medical Treatment and Deep Brain  
Stimulation for Essential Tremor

April 16, time TBD

Holiday Inn  
2201 Burns Avenue  
St. Paul, MN

RSVP to 651-254-3645

### Support Groups

Interested in a PD support group  
in the eastern metro or western  
Wisconsin area? Contact  
Aleta Svitak at 651-254-3635.

## Deep Brain Stimulation

Deep Brain Stimulation (DBS) is a surgical procedure used to treat a variety of disabling symptoms caused by certain neurological disorders. Regions Hospital has performed nearly 600 successful DBS surgeries in the past three years. We are the largest non-academic hospital in DBS lead placement in the Midwest.

While the majority of our Deep Brain Stimulation patients are Parkinson's patients, this procedure is also effective for other neurological illnesses like Essential Tremor. Please join us and the International Essential Tremor Foundation on April 16 to learn more about the role of DBS in Essential Tremor. Contact Sarah at 651-254-3645 to be notified when final details are available.



Jon McIver, MD  
Neurosurgery



Julia Johnson, MD  
Movement Disorder  
Neurologist



Maggie Bebler, CNS  
Neurosurgery



David Tullar, PA-C  
Neurology



Sonia Mosch, PhD  
Neuropsychology

**For more information or appointments at the Parkinson's Center and multidisciplinary clinic: 651-254-7474**

401 Phalen Boulevard  
St. Paul, MN 55130  
[healthpartners.com/parkinsons](http://healthpartners.com/parkinsons)

## Research

The HealthPartners Parkinson's Center has a strong interest in clinical research. We are currently conducting an exercise study investigating the effect of aerobic exercise on brain function in people diagnosed with Parkinson's. We are also collaborating closely with the Neuroscience Research Institute at Regions Hospital.

Contact Aleta Svitak, Research Coordinator, for more information about this or future studies at 651-254-3635.

## 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](http://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.