Introduction

Irene Litvan, M.D.
Tasch Endowed Professor
Director, UCSD Parkinson & Other Movement Disorder Center
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<td>9:00 – 9:30 am</td>
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<td>Welcome Introductions</td>
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<td>PD Medication</td>
<td>9:45 – 10:05 am</td>
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<td>Making the Most of Your Medications</td>
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<td>Intimacy</td>
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<td>Q&amp;A</td>
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UC San Diego Health

Our 2019 Supporting Exhibitors

Qualcomm

AbbVie

ACORDA Therapeutics

Parkinson’s Foundation

Boston Scientific

ACADIA Pharmaceuticals

ADAMAS

San Diego Parkinson's Support Group Network
Who we are and what we do

Our Team

Neurologists, Neurosurgeons, Nurse Practitioner, Neuropsychologists, Social Worker

Irene Litvan, MD
Fatta Nahab, MD
Stephanie Lessig, MD
Brenton Wright, MD
David Barba, MD
Jennifer Friedman, MD
Jody Corey-Bloom, MD, PhD
Kathy Huynh, NP
Vincent Filoteo, PhD
Sharona Ben-Haim, MD
Dawn Schiehser, PhD
Eva P. Turk, PhD
Adriana Gonzalez, LCSW
Our Team
Rehabilitation Program

Kim Bond, OTR, CLT, ATP
Occupational Therapist

Allison Helm, MOT, OT/L
Director, Rehabilitation Services

Carter McElroy, MPT
Physical Therapist

Kristine C. Negrete, PT, DPT, NCS
Physical Therapist

Jessie Altman, PT, DPT
Physical Therapist

Julie Larsen, OTD, OTR/L
Occupational therapist

Lindsey A. Unger, M.S., CCC-SLP
Medical Speech-Language Pathologist
Research & Clinical Coordinators & Administrator

Ileana Rubio, BA
Research Manager

Christina Addington, BA
Clinical Trials Coordinator

Edward Ceballos, BS
Research Coordinator

Uroosa Khan, BS
Research Associate

Lisa Damron, MS, CMC
PF Clinical Coordinator

Priscilla Mendoza, EA
Executive Assistant
What we do

- Clinical Care
- Clinical & Basic Research
- Community Education & Outreach
- Education of Health Care Professionals
What we offer

Clinical Care

- Provide personalized and evidence-based medical and rehabilitative services to our patients and caregivers
- Provide state-of-the-art diagnostic and care
  - Pharmacologic
  - Botox treatment for dystonia, drooling, eyelid apraxia
  - Surgical interventions (Deep brain stimulation)
  - Rehabilitation services (PT, OT, ST)
  - Neuropsychological evaluation
  - Social worker Services
  - Urological Services
  - ENT services
- State-of-the-art approach to clinical care including an interdisciplinary movement disorder team designated Parkinson Foundation Center of Excellence and recently CurePSP Center of Care and LBDA Research Center of Excellence
Research

- **Search for cause/s** of cell death in neurodegenerative diseases with parkinsonism or dementia
- Continue search for **Rx** to **slow down**, prevent and possibly even cure these diseases
- Develop and evaluate **current & emerging Rx**
- **Search for markers for diagnosis** (i.e., Parkinson Progression Markers Initiative)
- **Improve access to health care and research**

**Thankful Patients**
II. Refine & develop biomarkers for early diagnosis & disease progression determination

- **NPF APPRISE Sub study**: Longitudinal follow-up, to determine the utility of Personal KinetiGraph movement recording system data in the clinical management of PD.

- **Predictors of dementia in PD**: Evaluation of cognition, MRI and CSF to determine which biomarker predicts dementia.

- **NPF POP Study**: Observational study of 500 PD patients at UCSD followed yearly to determine clinically disease progression.

- **Electronic Sensors**: Sensors to determine the various causes for falls, levels of levodopa, and orthostatic hypotension in parkinsonian pts to better their management.

- **4-Repeat Tauopathy Neuroimaging Initiative – Cycle 2 (4RTNI-2)**: Determination of best methods to track patients with Progressive Supranuclear Palsy (PSP) & Corticobasal Degeneration (CBD) using neurologic, eye tracking, cognitive, blood/urine, and imaging (MRI and PET Amyloid and AV1451 scans) assessments over 2 years.

- **UCSD Biorepository for genetic, CSF & blood biomarkers in parkinsonian disorders**

- **Dementia with Lewy Bodies Consortium**: Evaluation of progression of patients with Lewy body dementia (LBD) or LBD/MCI over 2 years with detailed clinical information, collection of biospecimens, and imaging data in search for biomarkers.

- **ARTFL**: Determination of motor, cognitive, behavioral, MRI and CSF biomarkers of patients with Frontotemporal Dementia.
III. Biologic interventions to slow disease progression

- **SPARK**: Randomized-placebo controlled study to evaluate the dose-related safety of the \( \alpha \)-synuclein antibody BIIB054 in PD patients diagnosed within 3 yrs

- **Pasadena**: Randomized-placebo controlled study to evaluate the efficacy of the \( \alpha \)-synuclein antibody RO7046015 versus placebo in early PD patients over 52 weeks

- **PSG SURE-PD (Inosine)**: Randomized-placebo controlled clinical trial to test Inosine's efficacy in slowing PD progression over 3 yrs

- **PSG STEADY-PD (Isradapine)**: Randomized-placebo controlled 3-yr study to determine Isradipine's (Calcium channel blocker) efficacy in slowing PD progression

- **Biogen phase II \( \tau \)-antibody**: Randomized-placebo controlled study to evaluate the efficacy of the BIIB092 \( \tau \)-antibody in PSP patient designed to bind to and remove the free eTau (extracellular tau), believed to build up to abnormally high levels in PSP

- **Biogen OLE (\( \tau \)-antibody)**: Long-term efficacy of BIIB092 \( \tau \)-antibody given iv over a course of about 18 months in PSP patients

- **Abbvie**: Randomized-placebo controlled study to evaluate the efficacy of the \( \tau \)-antibody ABBV-8E12 in PSP patients

- **Abbvie/M16-948 (e-\( \tau \)-antibody)**: Long-term efficacy of the \( \tau \)-antibody ABBV-8E12 in PSP patients

UC San Diego Health
Outreach Program & Education

- 2 PD symposia for patients and caregivers per year
- PD symposia for Hispanic patients
- Support Groups
- Exhibiting at local events (PASD walks, brain health fairs, etc.)
- Biweekly movement disorder video rounds for healthcare professional in our community (CME)
- Invited speakers for neurology Grand Rounds & Video Rounds (CME) for healthcare professional in our community
Training of Health Care Professionals Fellowship Program

- **2 US trained Fellows a year**: post-residency positions for US licensed physicians who completed accredited US neurology residency programs.

- **1-2 Research Fellows a year** for trained academic oriented neurologists.

- **1-2 International Observers a year**: post-residency positions for physicians who completed international neurology residency program.
What is Parkinsonism?

1. Slowness / low amplitude
   - Lack of associated arm movements
   - Small stepped gait
   - Slow gait
1. Slowness/low amplitude

2. Rigidity
3. Tremor at Rest

Re-emergent Tremor

4. Postural instability
Parkinsonian Disorders

Neurodegenerative
- Parkinson Disease

Secondary
- Atypical Parkinsonian Disorders
  - Multiple system atrophy
  - Lewy body dementia
  - Progressive supranuclear palsy
  - Corticobasal degeneration
  - Familial—SCA, FTD-P, FTD-TDP43
  - \(\alpha\)-synuclein
  - Tau
  - Ataxin/Tatabox-Binding Protein
  - TDP-43
Definition of Parkinsonism

- Slowness &
- Tremor
  &/or
- Stiffness
MDS 2017 PD Dx Supportive Criteria

1. Dramatic response to dopaminergic therapy
2. Rest tremor
3. L-dopa induced dyskinesia
4. Olfactory loss or cardiac sympathetic denervation on MIBG
Non-Motor Problems of PD

- Lack of smell
- Constipation
- Sleep Problems (i.e., acting out dreams)
- Depression
- Anxiety
- Cognitive impairment
- Abrupt drop of blood pressure when standing
PD Stages

Preclinical
- Abnormal Imaging
- Other Biomarkers?
- Genetic Factors?

Prodromal
- +
- Hyposmia
- iRBD
- Constipation
- Depression

PD Early
- +
- Slowness
- Stiffness
- Tremor

PD Advanced
- +
- Dyskinesia
- Cognitive Problems
- Autonomic Problems
Fluctuations of Non-Motor Symptoms

- Anxiety (66%)
- Drenching sweats (64%)
- Slowness of thinking (58%)
- Fatigue (56%)
- Irritability (52%)

- 1/3 of patients indicate that non-motor fluctuations are more disabling than motor fluctuations

ARE IMPORTANT!
Early & accurate diagnosis is important:

- Appropriate management
- Prognosis
- Participation in clinical research
Thank you!

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