

American Parkinson Disease Association
 135 Parkinson Avenue
 Staten Island, NY 10305

YOUR STAMP
 ADDS TO
 PARKINSON
 RESEARCH

DID YOU KNOW?
 In the United States, every nine minutes
 someone is told they have Parkinson's disease.

APDA'S GRASSROOTS REACH
 We're in cities, towns, and communities across
 the United States. It's what makes APDA unique.

The American Parkinson Disease Association (APDA) is the largest grassroots network dedicated to fighting Parkinson's disease (PD) and works tirelessly to assist the more than one million Americans with PD live life to the fullest in the face of this chronic, neurological disorder. Founded in 1961, APDA has raised and invested more than \$170 million to provide outstanding patient services and educational programs, elevate public awareness about the disease, and support research designed to unlock the mysteries of PD and ultimately put an end to this disease.

APDA aims to support every person and every family impacted by the disease. Through its nationwide system of Chapters and Information & Referral (I&R) Centers, APDA uniquely delivers education, support, and patient services to Americans with Parkinson's and their families each day.

APDA proudly invests in the most promising clinicians and scientific projects focused on the discovery of the cause(s) and finding the cure for PD. APDA is committed to scientific research and has been a funding partner in most major Parkinson's disease scientific breakthroughs, investing more than \$46 million in research since 1961. Many APDA-funded researchers have successfully leveraged pilot data to secure multi-million dollar grants through the National Institutes of Health and other funding partners.

Generous support for this brochure
 was provided by:



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Your tax-deductible contribution supports:

- Health and wellness initiatives that deliver programs to help people maintain independence and optimism
- Education, communication, and support programs that share care and treatment options and connect people with Parkinson's disease to one another
- Expedited and innovative research to develop promising clinical approaches and better outcomes
- Funding of the next generation of scientists dedicated to finding new treatments and a cure

Here are just a few ways to donate today:

- Become a monthly supporter, and your recurring gift ensures stable funding throughout the year.
- Double your gift through a corporate matching gift program. Ask your company's human resources office to find out if your company has one.
- Give a donation as a memorial or tribute to honor a loved one or dear friend while at the same time giving hope and optimism to others.
- Leave your legacy by naming APDA in your will – planned giving is one of the simplest and most effective ways to make a difference.

To make your donation now, visit the APDA website at apdaparkinson.org or call (800) 223-2732.

American Parkinson Disease Association is exempt from federal income taxes under Section 501(c)(3) of the Internal Revenue Code.



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ABOUT PARKINSON'S DISEASE

Parkinson's disease (PD) is a progressive neurological condition that affects more than one million people in the United States. Approximately 60,000 people are newly diagnosed each year. Onset commonly occurs after age 50; however, up to 10% of individuals with PD will receive an earlier diagnosis and are considered "young onset."

People with PD experience movement (motor) problems including slowness, rigidity, and tremor. Balance and gait problems may occur as the disease progresses. Some people may also experience decreased facial expression, low voice volume, small handwriting, and difficulty with fine motor movements. A number of non-motor symptoms are associated with PD, including depression and other emotional changes; difficulty in swallowing, chewing, and speaking; urinary problems or constipation; skin problems; and sleep disruptions. It is important to understand that symptoms vary from person to person. The American Parkinson Disease Association (APDA) PD Handbook provides an expanded description of signs and symptoms.

Dr. James Parkinson, an English physician, first described the disease as "shaking palsy" in 1817. It was not until the 1960s, however, that research revealed that in PD there is a reduction of a brain chemical (neurotransmitter) called dopamine. Motor symptoms of PD result from the loss of the pigmented dopamine neurons (brain cells) in the *substantia nigra* region of the brain. Dopamine is responsible for smooth, purposeful movement. Despite advances in research, the exact cause of dopamine neuron loss is still unknown. Decreases in dopamine, however, do not account for all symptoms experienced in PD. Research is ongoing to better understand more about the biology of Parkinson's and all of the changes that occur in the brain due to the disease.

APDA SERVICES

Nationwide Network of Chapters and Information & Referral Centers

APDA's nationwide network of Chapters and Information & Referral (I&R) Centers at leading medical institutions provides information and referral, health and wellness activities, education and support programs, and events to facilitate a better quality of life for the Parkinson's community. I&R Centers are staffed by a medical director and coordinator.

Health and Wellness

APDA offers support groups, as well as programs that focus on exercise, stress, and nutrition, across the country that offer practical information and education about living well with PD.

Education

Up-to-date educational programs and information are provided through the APDA website, a quarterly e-newsletter and printed newsletter, a series of free publications and supplements, and regional programs.

Educational Resources

APDA publishes more than 30 brochures and pamphlets available at no cost to the public. These materials address the clinical and psychosocial symptomatology of PD and offer guidance and information for coping with the disease.

Webinar Education Series

APDA hosts an educational webinar and telephone series to the global PD community. These webinars provide the most up-to-date information on PD, treatments and behavioral information to help people achieve the best quality of life with PD. Featuring PD expert speakers, each program offers downloadable resources which are available after the live broadcasts archived on the APDA website and as podcasts.

Specialized Populations

APDA provides the following unique resources for specialized patient populations.

National Young Onset Resource – Addresses the unique challenges to younger people with PD and their families. Visit apdaparkinson.org, contact (800) 223-2732 or email young@apdaparkinson.org.

National Resource Center for Rehabilitation at the Boston University Sargent College Center for Neurorehabilitation – Provides phone access to a licensed physical therapist who can answer questions about exercise, educational materials, and available resources. Contact (888) 606-1688 or email rehab@bu.edu.

Resources for Spanish Speakers – To ensure that the Spanish-speaking community can get the important care and support they need, APDA provides Spanish educational brochures and supplements in the *En Espanol* section of the APDA website, as well as live phone support in Spanish through the (800) 223-2732 toll-free help line.

National Veterans Resource – The U.S. Department of Veterans Affairs (VA) maintains six Parkinson's Disease Research, Education and Clinical Centers (PADRECC) throughout the United States. Each PADRECC delivers state-of-the-art clinical care, conducts innovative research, and offers outreach and educational programs to all veterans currently enrolled in the VA Healthcare System.

For veterans who cannot travel to a PADRECC, the VA offers more than 50 Consortium Centers around the country—VA clinics that offer specialized PD and movement-disorder specialty care. These VA Consortium Centers work collaboratively with the six PADRECCs to ensure the highest level of care for all veterans. For more information, visit www.parkinsons.va.gov/index.asp or call the PADRECC/Consortium Hotline at (800) 949-1001 x5769.

REQUEST FOR INFORMATION

Name: _____

Address: _____

City/State/ZIP: _____

Phone: _____

Email: _____

Items Available for Request

- _____ Parkinson's Disease Handbook
- _____ Be Active and Beyond: An Exercise Program for People with Parkinson's Disease
- _____ Living Well With Parkinson's Disease – 10 Things You Can Do Now
- _____ Fatigue in Parkinson's Disease
- _____ Constipation & Parkinson's Disease
- _____ Depression & Parkinson's Disease
- _____ Understanding Bladder Symptoms in Parkinson's Disease – What You Need to Know
- _____ Cognitive Changes in Parkinson's Disease

Please detach this page and return it to the National Office or call (800) 223-2732.

For a complete listing of educational materials and patient support resources, please visit apdaparkinson.org/resources-support/download-publications.

Muchos folletos están disponibles en Español!

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