



## MIDWEST PARKINSON CONGRESS August 13th, 2020

The third annual Midwest Parkinson Congress, hosted by the APDA-Greater St. Louis Chapter will take place on August 13th, 2020 at Logan University.

Participants will have the opportunity to hear from a line-up of industry leading professionals discussing the latest in cognition, balance, sleep, assistive technology, research, medical marijuana and relationships. Dr. Jennifer G. Goldman, Section Chief for Parkinson's Disease (PD) and Movement Disorders Rehabilitation at the Shirley Ryan AbilityLab and Professor of Physical Medicine and Rehabilitation and Neurology at Northwestern University Feinberg School of Medicine, will deliver the keynote address, "Cognitive and Other Non-Motor Behaviors and How to Cope with Their Manifestation", which will focus on advancing our understanding of the non-motor and motor features of PD and movement disorders, using neuroimaging and biomarkers, and on interventions to improve or prevent these symptoms.

Thanks to generous support from the JCA Charitable Foundation, Acadia, James and Alison Bates Foundation, Assistance Home Care, Kyowa Kirin, Boston Scientific, Abbott, AbbVie, Acorda, Adamas, Amneal, Bethesda Health Group, Continuum, Inc., Friendship Village, HouseFit, Lundbeck, Medtronic Neuro-Modulation, Senior Helpers, Seniors Home Care, St. Louis Care Alliance and Washington University School of Medicine Physical Therapy we are able to offer the Congress at no cost to participants.

Online Registration is required. Visit <https://www.apdaparkinson.org/community/st-louis/upcoming-events-stl/2020-midwest-parkinson-congress/> to complete the registration and **select two** of six break-out sessions. Doors open at 9:00 am for check-in and vendor visits. We look forward to seeing you there!

### Schedule of Events:

- 9:30 am** - Registration and vendor visits
- 10:30 am** - Welcome, Cathy Krane
- 10:35 am** - Keynote Address: Jennifer Goldman, MD, MS
- 11:35 am** - Exercise/Movement Demo
- 11:45 am** - Lunch Provided
- 12:45 am** - Breakout Session #1
- 1:55 am** - Breakout Session #2

### Breakout Session #1

- Aasef Shaikh, MD, *Parkinson's Disease: A Balancing Act*  
or
- Rebecca Gilbert, MD, *Sleep and Fatigue*  
or
- Bob Cunningham, PhD, OT/L, ATP, *Assistive Technology*

### Breakout #2

- Joel Perlmutter, MD, *What's New in Research*  
or
- Rebecca Gilbert, MD, *Medical Marijuana*  
or
- Debbie Emmelkamp, LCSW, *Relationships and PD*



## MUSIC THERAPY & OTHER COMPLEMENTARY THERAPIES FOR PARKINSON'S

### **Complementary therapies for PD**

Complementary therapies are healing practices, performed in addition to standard treatments, with the goal of improving quality of life.

Some of the complementary therapies that are in use for PD include exercise/movement therapies such as boxing, yoga, and Tai chi, mindfulness techniques such as meditation, manual practices such as acupuncture and massage, and creative pursuits such as singing, music therapy, dance therapy, theater and art therapy.

Most of these complementary therapies have been formally studied in PD patients in some manner, although usually only in small groups of people.

Don't see your therapy of choice mentioned?

Don't worry – the above list is not meant to be comprehensive and does not include every complementary therapy which has been studied in PD patients. However, it is also necessary to point

out that there are many types of complementary treatments marketed to people with PD with no data supporting their use at all. Therefore, before you start any complementary therapy, please discuss it with your neurologist. It is wise to stick with a therapy that has at least some data supporting its use in PD. Always avoid therapies that claim to “cure” PD, as none have been proven to do so and these are false claims.

### **Music therapies for Parkinson's disease**

Therapies that involve music, including both singing to and moving to music, are very popular for PD patients. Music-based therapies may work in a variety of ways to improve PD-related challenges. The types of therapies that utilize the qualities of music are numerous and varied and it is hard to capture the full breadth of what is available. They may include:

### • MUSIC THERAPY

This is a therapy defined broadly by the American Music Therapy Association as “a treatment including creating, singing, moving to, and/or listening to music [through which] clients’ abilities are strengthened and transferred to other areas of their lives.” Music therapy may have a role in helping those with PD. One particular technique is known as rhythmic auditory cueing, in which rhythm is used to facilitate movement and improve gait. People with PD often note that moving or walking to a rhythm helps improve their movement and employing rhythm to help people with PD is frequently used by PD rehabilitation experts. Music is a great way to provide that rhythm.

### • DANCE

Different types of dance have been studied in people with PD including tango, ballroom dancing, and even Irish step dancing. Dance may be helpful in PD by:

1. Imposing rhythmicity on movement
2. Providing exercise – Dance can be a source of aerobic exercise and provides a fun way to increase a person’s fitness level.
3. Working on balance and coordination.

### • SINGING

Both individual singing as well as participation in choirs have been studied for people with PD. Singing may be helpful in PD by:

1. Enhancing voice volume and quality – PD can cause hypophonia (low voice volume) and monotonous speech. Singing as therapy can improve these symptoms.
2. Improving respiration and swallowing – Some studies have shown that singing can also strengthen muscles responsible for swallowing and breathing.

All of these activities may have additional benefits including:

- Providing avenues for socialization – Working with others to perform a dance or a song offers the opportunity for socialization and collaboration.
- Enhancing mood and/or cognitive function – Some studies support the ability of music-based therapies to improve mood and cognition.





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## NOTE FROM OUR EXECUTIVE DIRECTOR

Our lives have changed recently. Just as Parkinson Disease is unique to each person so are our individual responses to these unsettling times. Please know that the APDA - Greater St. Louis Chapter, your chapter, is here, we are available online and by phone and we are thinking about YOU.

Going forward, you will note some changes across the APDA - Greater St. Louis Chapter. This newsletter looks slightly different: daily exercise programs are being streamed on YouTube; some support groups, PD101 sessions and classes are happening via Zoom; and educational programs are to be shared regularly via Facebook Live. Our Friday e-mail News You Can Use has become the most up-to-date means of sharing information with YOU. We have adapted to the circumstances and we are forging forward. With these changes we, as a community, can stay strong, stay inside, stay active, and stay connected. Here are a few ways that YOU can make this transition most effective:

**Stay Connected:** Call us or send an e-mail to ensure we have your e-mail address to allow up to date communications. My e-mail and direct dial are listed below.

**Stay informed:** Like and Follow our Facebook page.

**Stay involved:** Take on-line classes, join a support group, share photos and videos of your at-home experience. We are building a virtual community. Join US!

And if possible, financially support the programs and services of this chapter. An envelope is enclosed or you can go online at <https://www.apdaparkinson.org/community/st-louis/ways-to-give-stl/>.

Programs and services are free to allow access to all the Parkinson's community. We rely on YOUR generosity to sustain the Chapter. Please help us as we take this journey together.

Sincerely,

*Cathy*

Executive Director  
Greater St. Louis Chapter  
ckrane@apdaparkinson.org  
314-449-4670

### APDA Community Resource Center

1415 Elbridge Payne Rd, Ste 150 | Chesterfield, MO 63017

Hours: 8:00 a.m. - 4:00 p.m. M-F

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