Fall 2025 Newsletter

AMERICAN
PARKINSON
DISEASE
ASSOCIATION

INSIGHTS

A NEW CHAPTER IN ADVOCACY AND IMPACT BEGINS

APDA Launches Public Policy Department, Welcomes Anne Hubbard as Chief Public Policy Officer

The American Parkinson Disease Association (APDA) has taken a major step forward in its mission to support those impacted by Parkinson's disease (PD) with the creation of a new Department of Public Policy and Advocacy. Anne Hubbard, MBA, has been appointed as APDA's first Chief Public Policy Officer (CPPO), a role designed to elevate Parkinson's disease as a national priority and drive meaningful policy change.

Hubbard brings a wealth of experience in strategic leadership in health policy and advocacy through stakeholder engagement, along with a strong record of effectively working directly with Members of Congress and various federal regulatory agencies.

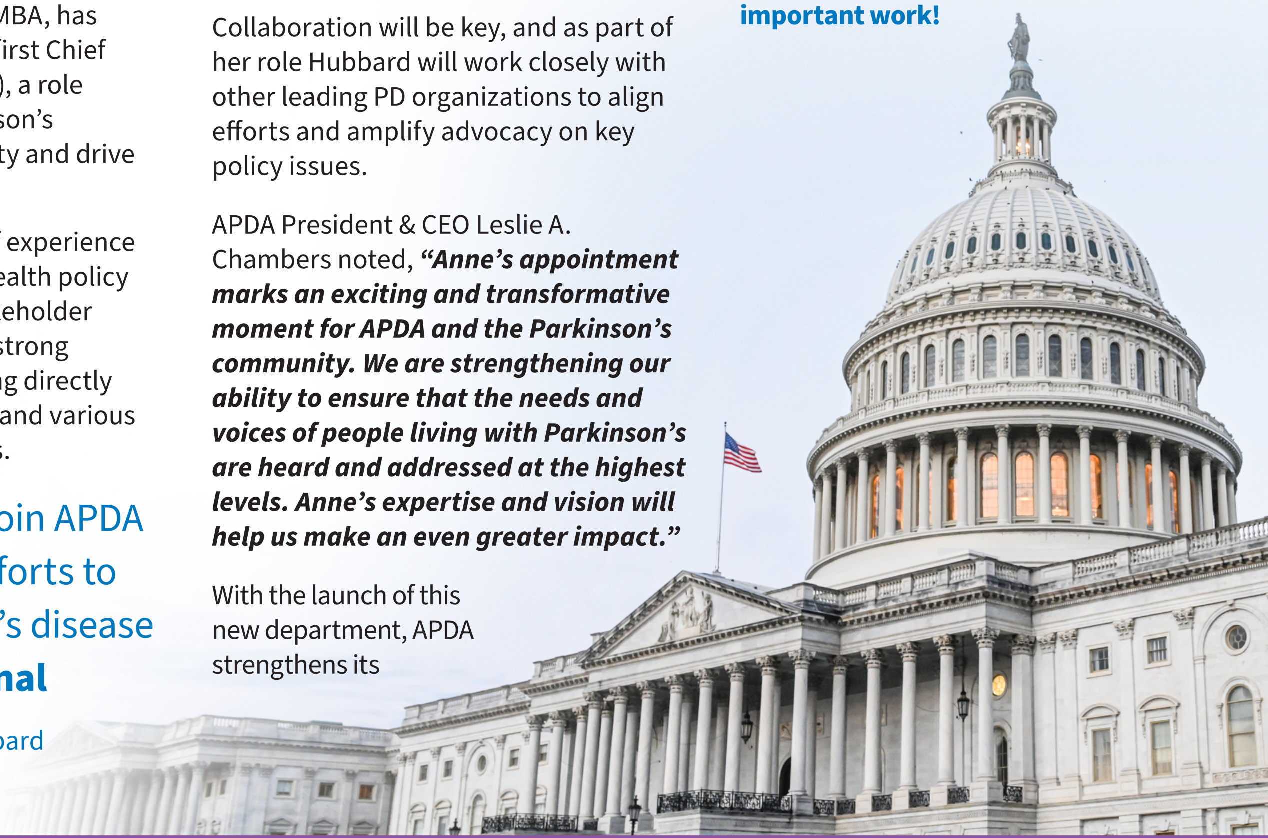
> "I'm honored to join APDA and help lead efforts to make Parkinson's disease a **greater national priority**." — Hubbard

"Our goals include advancing the National Parkinson's Project, securing federal research funding, reducing environmental risks, promoting early diagnosis, and improving patient care and outcomes."

Collaboration will be key, and as part of her role Hubbard will work closely with other leading PD organizations to align efforts and amplify advocacy on key policy issues.

APDA President & CEO Leslie A. Chambers noted, ***"Anne's appointment marks an exciting and transformative moment for APDA and the Parkinson's community. We are strengthening our ability to ensure that the needs and voices of people living with Parkinson's are heard and addressed at the highest levels. Anne's expertise and vision will help us make an even greater impact."***

With the launch of this new department, APDA strengthens its voice in the fight against Parkinson's, championing policy solutions that will bring hope, equity, and progress to the one million people in the US who are living with the disease. **Stay tuned for updates and ways for you to get involved in this important work!**



For more information, or to learn about the many ways you can support APDA, visit our website at apdaparkinson.org/MyRenewalGift or call (800) 223-2732.

AMERICAN PARKINSON DISEASE ASSOCIATION
Strength in optimism. Hope in progress.

A MESSAGE FROM OUR PRESIDENT & CEO

Dear Friend,

As we move into the fall season, I want to take a moment to thank you for your continued support. Your generosity plays a vital role in helping people with PD live better today, while also pushing forward the research that will lead to a brighter tomorrow.

In this edition of *Insights*, we take a closer look at the launch of APDA's new Public Policy Department and to warmly welcome Anne Hubbard as our new Chief Public Policy Officer. I'm especially excited to share how APDA helped two exceptional undergraduate students immerse themselves in cutting-edge neurology research related to PD.

The progress we're making together is meaningful, and it's only possible because of people like you. As the year begins to wind down, I'm hopeful about what we can continue to achieve in the months ahead.

Warm regards,

Leslie A. Chambers

Leslie A. Chambers
President & CEO

APDA SUPPORTS FUTURE LEADERS IN PARKINSON'S RESEARCH

This past summer, APDA was proud to sponsor two exceptional undergraduate students participating in the prestigious Barrow Neurological Institute Summer Undergraduate Internship Program in Phoenix, AZ. This highly competitive ten-week program immerses students in cutting-edge neurology research and provides hands-on experience in world-class laboratories.

APDA's sponsorship covers each student's stipend, travel, and room and board — eliminating financial barriers and opening doors for emerging scientists to explore PD research firsthand.

Karishma Sivakumar, a student at Boston University, worked in the laboratory of Dr. Brad Racette. Her project focused on the neuroepidemiology of Progressive Supranuclear Palsy (PSP), using Medicare data to better understand the disease's patterns and risk factors.

Garv Sharma, a student at the University of Arizona, worked in the laboratory of Dr. Rita Sattler. He studied the disease-specific cellular and molecular mechanisms of the two subtypes of Lewy Body Dementia (LBD) — PD with dementia (PDD) and Dementia with Lewy Bodies (DLB) — using a human patient-specific model system often called a *"brain-in-a-dish."*

Through partnerships like this one, APDA continues to foster the next generation of PD researchers and deepen our collective understanding of the disease. We are honored to help build a pipeline of talent that will lead to better treatments and, ultimately, a cure. We are grateful to the generosity of The Simone Charitable Foundation, Inc., which helped make this sponsorship possible.

PD VOICES MATTER: INTRODUCING THE VOICES OF PARKINSON'S COUNCIL

APDA recently launched its first Voices of Parkinson's Council to ensure that the perspectives and priorities of the Parkinson's disease (PD) community are central to our work. The experiences and insights of people living with PD and their care partners help shape and enhance our programs, research, advocacy, and resources.

The Council currently includes fifteen members from across the country — a diverse group of individuals living with PD and care partners, representing a wide range of ages and years with the disease. Applicants shared their personal connection to PD and motivation for joining, and each participated in an interview with a member of our Programs & Services team before the final selection. Over time, we plan to grow the Council and will be sure to share information when applications reopen.

"The creation of our Voices of Parkinson's Council is a meaningful step toward ensuring that the voices of those living with Parkinson's and their care partners are at the heart of everything we do," says Leslie A. Chambers, President & CEO, APDA. *"Their lived experience, wisdom, and insight bring clarity and perspective that no data alone can provide. We are incredibly grateful for their willingness to guide us, to challenge us, and to help us see where we can do better — so that our programs truly meet the needs of this community and we serve with the respect, understanding, and impact it deserves. Their participation inspires us and will strengthen everything we do."*

This Council has already provided valuable feedback on recent funding requests, weighing in on which grants would be most beneficial to people with PD, and also gave helpful feedback on APDA's new public service announcement which is under development.

WHAT'S HAPPENING AT APDA

Will we see you in Phoenix?

Registration is now open for the World Parkinson Congress (WPC), taking place in Phoenix, AZ in May 2026 — and we'd love to see you there! As a Double Platinum Champion Partner, APDA is excited to support this one-of-a-kind event that brings together the entire Parkinson's community: people living with PD, their care partners, and the medical and research communities. Don't miss this incredible opportunity to learn, connect, and be inspired. Visit **wpc2026.org** to register today and join us for an unforgettable experience!

Breaking News!

Stay up to date on the latest in Parkinson's disease — from research breakthroughs to newly approved treatments and more — in the brand-new APDA Newsroom on our website!

Whenever important news breaks, we post clear, helpful explanations so you can understand what it means and why it matters to the PD community. In the Newsroom, you'll also find:

- The latest APDA press releases
- Articles featuring insights from APDA experts
- An archive of all past issues of this very newsletter

Visit **apdaparkinson.org/news** today and never miss a beat!

“ASK THE DOCTOR”

with Dr. Rebecca Gilbert

Q. ***My husband has PD and has excessive sweating, to the point that he doesn’t want to go out anymore. He needs to change clothes multiple times during the day and night. What can be done?***

A. Excessive sweating can be a very difficult symptom of PD. Here are some strategies to try to manage it:

- *Moisture wicking materials* that absorb sweat and then dry easily
- *Prescription-strength deodorant*
- *Botulinum toxin injections* in key areas like hairline or palms to reduce sweating
- *Topical glycopyrrolate* — This is a gel containing an anti-cholinergic medication that can be applied to areas that are typically sweaty. The medication can have side effects. However, a topical medication is thought to have fewer side effects than an oral pill.
- *Oral medications* — Despite potential side effects, oral anti-cholinergics (such as oral glycopyrrolate) may be appropriate for certain people with PD.
- A variety of procedures are available to reduce sweating. These include:
  - *Iontopheresis* — a medical device that applies a current across the skin that increases the permeability of the skin, or the ability of substances to pass through the skin, used primarily for the hands and feet.
  - *MiraDry* — a handheld device that delivers microwave energy to specific areas of the body, thereby destroying the underlying sweat glands.
  - *Laser treatments*

Q. ***My husband with PD was in the hospital for a urinary tract infection and then was sent to a subacute rehabilitation facility. His mobility is much worse than when he entered the hospital, and he does not seem to be recovering. What should I do?***

A. This type of situation is unfortunately way too common. Hospitalizations can set anyone back in terms of mobility and require rehab to return that person back to their baseline mobility — and this is especially evident for people with PD. The hope is that with rehab now, your husband can slowly return to the way he was before the hospital. It will require a lot of commitment and work from the physical therapy department of the skilled nursing facility that he is in. Your role can be to make sure that the physical therapists at the facility know what he was capable of before the hospitalization. They may assume that since he is not mobile now, he was not mobile before, and they therefore won’t have the right end goals in mind.

Dr. Rebecca Gilbert is the Chief Mission Officer at APDA. She oversees APDA’s research portfolio in conjunction with APDA’s Scientific Advisory Board. She also provides medical and clinical expertise to support APDA programming as well as print and web content.

To learn more from Dr. Gilbert, be sure to check out our Dr. Gilbert Hosts series on our YouTube channel at www.youtube.com/APDAparkinson

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Published quarterly by the American Parkinson Disease Association, P.O. Box 750, Merrifield, VA 22116 (800) 223-2732
Chairman of the Board of Directors: Bernard F. Battista; Chairman of the Scientific Advisory Board: David G. Standaert, MD, PhD; President & CEO: Leslie A. Chambers
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