His participation in the DOD NETPR review process allowed him to explore the array of new medical technologies being discovered across a broad spectrum of disciplines. Today, he continues his career and lifetime training to “never give up.”

Sleep disturbances in PD include frequent awakenings, which can be related to difficulty rolling over in bed, tremor, having to use the bathroom, or other body movements. These movements can be simple twitches and leg jerks, or complex movements related to dream enactment behavior. When PD patients act out their dreams, they might have a condition called REM sleep behavior disorder (RBD), which affects 30-50% of PD patients. RBD is an active research area because symptoms of RBD can appear several years before the motor symptoms of PD emerge and could therefore identify people who might someday benefit from earlier treatment interventions.

Another common sleep-related problem in PD is daytime sleepiness. This can be so pronounced that it can have a significant impact on safety. Possible causes of daytime sleepiness include brain changes related to PD, nighttime sleep problems such as sleep apnea or leg jerks, or medications.

It is very important to discuss any of these sleep issues with your physician because many of them can lead to injury to yourself or your bed-partner. Further, these conditions can be effectively treated with medications or other interventions, or simply by adjusting medication timing.

One of the most effective ways to improve sleep is to make sure that you use good sleep hygiene. This includes keeping a consistent bedtime schedule every day, as well as avoiding TV, electronics, or reading in bed. Sleep relaxation techniques such as meditation and progressive muscle relaxation can also help you fall to sleep more easily.

For more information about research opportunities in PD, visit apdaparkinson.org/publications.

What’s Happening at APDA

A high school senior honors his grandfather’s legacy. Nicolas Hoffman lost his grandfather Frank Tangorra to Parkinson’s disease in 2013. Since then, Nicolas has been paying tribute to a man who meant so much to him. On April 5, Nicolas traveled with APDA to the New York State Capitol in Albany to receive a resolution from Governor Andrew M. Cuomo declaring April as Parkinson’s Awareness Month. He was joined by his grandmother Louise Tangorra, fellow classmates, APDA Board Members and people living with Parkinson’s disease and their care partners. Additionally, on April 23, Nicolas also joined with his teacher Rachael Monaco and a team of 150 dedicated students to participate in the Parkinson’s Unity Walk in Central Park.

NEW Oral Health supplement is available! APDA recently released a supplement called Oral Health in Parkinson’s Disease. To download the supplement, please visit apdaparkinson.org/publications.

We recently released our 2015 Annual Report. Thanks to the generosity of people like you, we accomplished so much in the past year. In 2015, APDA provided more than 900 support groups to 60,000 individuals with Parkinson’s and their care partners. On the research side, we invested $1.3 million to support four Post-Doctoral Fellowships, eight Research grants to junior investigators, three Summer Student Fellows and eight APDA Centers for Advanced Research. Download the full 2015 Annual Report at apdaparkinson.org/AnnualReport.

Educational supplements are now available in Spanish. APDA recently collaborated with volunteer, Jose Ricardo Lopez Castellanos, MD, to translate a variety of supplements for patients who speak Spanish which include: Como Vivir Bien con la Enfermedad de Parkinson, La Fatiga, and Compartir.

To read all of our supplements, please visit apdaparkinson.org/publications.

For more information, visit our website at www.apdaparkinson.org, or call (800) 223-2732. To make a donation online, visit www.apdaparkinson.org/SummerInsights.
Dear Friends,

Summer is finally here! For those of us living in the Northeast, we made it through the winter! But no matter where you’re from, let’s celebrate summertime and the good weather to come.

Being active is so important to our physical and mental wellbeing. That’s why this edition of APDA Insights includes information about our new exercise booklet called Be Active and Beyond.

Daily exercise for people with Parkinson’s disease is now recognized as a vital part of their treatment plan. Throughout the country, APDA Chapters and Information & Referral Centers offer exercise classes including: stretching, yoga, Tai Chi, boxing, rowing, tango and many more.

Through APDA’s National Rehabilitation Center for people with Parkinson’s disease, we continue to provide support, information and referrals to local experts and programs to encourage everyone with Parkinson’s to develop a fitness regimen.

What better time to start exercising than the summer. There are so many activities you can do outside – and wearing a Fitbit or exercise tracking app this summer. There are so many activities you can do outside – and wearing a Fitbit or exercise tracking app.

Engaging in exercise over the long term is an important part of the treatment of Parkinson’s disease. Although exercise is important at all stages, we recommend starting as early as possible. Consulting with a physical therapist can also help to make sure your exercise program is individualized to meet your specific needs.

We hope that Be Active and Beyond launches you into an exercise program that you enjoy and that helps you live life to the fullest! To download Be Active and Beyond please visit apdaparkinson.org/BeActive.

If you have any questions about exercise, please contact our APDA National Rehabilitation Center at 1-888-606-1688 or rehab@bu.edu.

Sincerely,
Leslie A. Chambers
President and CEO
American Parkinson Disease Association

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**Be Active and Beyond**

**Terry Ellis, PhD, PT, NCS**

We are proud to announce the release of our new exercise booklet, *Be Active and Beyond*. The goal of this manual is to help you optimize wellbeing through exercise. This booklet has been updated to reflect a surge in the evidence revealing the essential role that exercise plays in improving day-to-day function and quality of life for people with Parkinson’s disease.

**Be Active and Beyond** contains some exciting new features including:

1. A summary of how research informs exercise recommendations in Parkinson’s disease
2. Tips to overcome barriers to exercise to help you get started
3. National Exercise Guidelines including the types and dose of exercise recommended
4. Clear, easy-to-see photos of people with Parkinson’s disease performing the exercises
5. Clear and concise instructions on how to perform and progress the exercises
6. The exercises are presented with three levels so that all exercisers, from the novice exerciser to the lifelong fitness buff, can be appropriately challenged

**Parkinson’s disease and the Blue Book**

Whenever the SSA receives an application for disability benefits, they will compare your medical records and test results to their own guide known as the Blue Book. The Blue Book lists hundreds of conditions that are potentially disabling, as well as the test results or symptoms you’ll need to be approved for benefits.

Parkinson’s disease is listed under Section 11.06 of the SSA’s Blue Book — Parkinsonian syndrome. To qualify under this listing, you will need to show that you experience a progressive disease, you may find work more challenging as time goes on. Fortunately, there is help available for you. The Social Security Administration (SSA) offers financial benefits for people with Parkinson’s who are no longer able to earn income due to the disease.

**Coping with sleep problems caused by Parkinson’s disease**

**Amy Willis Amara, MD, PhD**

Physicians and researchers who study Parkinson’s disease (PD) are becoming increasingly aware of the non-motor symptoms that affect patients with PD. One particularly common non-motor symptom is sleep dysfunction, which can have a significant negative impact on quality of life for patients and their family members.

Sleep issues have become an active area of research. At the University of Alabama at Birmingham, my lab is investigating the effects of exercise on sleep and daytime alertness in PD. In this study, patients are randomized to receive exercise or a sleep hygiene intervention and evaluated with overnight sleep studies and other measures. We know that exercise can improve motor symptoms in PD, but want to find out if it improves sleep as well. We are also studying a home-based computer game intervention to determine if this improves safety related to daytime sleepiness. In this study, we are measuring safety with a virtual reality street-crossing task.

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