



DAVIS PHINNEY

Foundation For Parkinson's

every victory counts®

Welcomes you to

THE VICTORY SUMMIT® AUSTIN



Saturday, April 13, 2019

Austin, TX

THANK YOU FOR COMING TODAY.

We're glad you're here.

Whether this is your first time at an event focused on Parkinson's or you have attended many in the past, we are **grateful** you put in the time and effort to spend your day with us.

Today, it's okay to be unsure, to ask questions, to step outside of your comfort zone. Everyone in this room is on a unique journey, but we share so much in common. Have a conversation with someone new to you. You might make a valuable **connection**.

Our hope is that, by the time we are saying our goodbyes, you will feel **inspired, motivated**, in charge and ready to live well with Parkinson's today and every day.

Today is just the beginning. Our staff, event partners, organizations in the exhibition hall, our presenters – we will all be available today, tomorrow and beyond to **support** you.

Thank you for coming today. We're glad you're here.

WHAT DO YOU HOPE TO LEARN TODAY?

Before the day begins, we encourage you to consider which topics you hope to learn more about. Hopefully, many of your questions will be answered. For questions that remain, this will help guide future conversations with the Davis Phinney Foundation, our speakers or local resources.

- ☐ Motor symptoms
- ☐ Sleep disturbances
- ☐ Depression & mood
- ☐ Non-motor symptoms
- ☐ Urinary & bowel symptoms
- ☐ Nutrition
- ☐ Cognition
- ☐ Fall prevention
- ☐ Speech & swallowing
- ☐ Exercise
- ☐ Medication management
- ☐ Care partners
- ☐ Surgical therapies
- ☐ Young Onset Parkinson's
- ☐ Complementary therapies
- ☐ Supportive care

Think of something later at home?
Send us an email at contact@dpf.org or give us a call at (866) 358-0285.

MEET DAVIS



Davis Phinney was fresh off of a successful professional cycling career, where he won an Olympic bronze medal in 1984 and was part of the first American team to race in the Tour de France, when he was diagnosed with Parkinson's. He founded the Davis Phinney Foundation in 2004 with the pioneering vision of helping those living with Parkinson's to take action to improve their quality of life through education, inspiration, resources and effective self-care.

Davis' perseverance, coupled with his infectious positive attitude and dedication, inspire the work of the Davis Phinney Foundation and have earned him the reputation as a tireless advocate and mentor for others living with Parkinson's. In spring of 2015, he was honored at the White House as a Champion of Change because of his work in the Parkinson's community.

PROGRAM BOOK GUIDE

- page 7

General Session Agenda
See what's coming up for the first part of the day.
- page 8

Breakout Session Information
Read through the options for our breakout sessions later in the day to determine which ones you want to attend and find out where they are taking place.
- page 10

Speaker Bios
Get to know the incredible experts we have with us today.
- page 17

Thank You's
Take a moment to acknowledge the partners and sponsors that made today possible.
- page 20

Exhibitor List
See who you can meet in our exhibitor hall and/or find their contact information to follow up with them later.
- page 31

Action Steps
Set a new goal and plan the steps that will help you achieve it!



GET MOVING WITH US TODAY!

You'll see this symbol on your agenda a few times. This represents three movement breaks we will take today. During this time, get ready to move your body, activate your mind and maybe try something new.

Movement Break #1: Core & Cardio Burst

Activate the core and get the blood pumping with this quick-hitting movement burst! Visit www.InvigoratePT.com/victory for more Parkinson's specific exercise videos.

Movement Break #2: Move & Shout

This dynamic, fun and high energy seated exercise class is appropriate for all fitness levels. Each exercise is designed to strengthen and extend the physical and vocal capabilities that are affected by Parkinson's. This class includes a cognitive element that will keep you thinking, in addition to moving.

Movement Break #3: Boxing

Fighters use shadowboxing to hone their boxing craft, but for those living with Parkinson's we use it to challenge the mind and body. By incorporating big, powerful movements and voice activation, it is a well-rounded workout to fight Parkinson's.

For more information about local wellness classes, reference the "Local Resources" insert booklet.

THE VICTORY SUMMIT® AUSTIN AGENDA

To download today's slides and learn more about our speakers, visit dpf.org/vs-austin

9:30 – 9:40



Opening Movement Break: Core & Cardio Burst

Sarah King, DPT, *Invigorate Physical Therapy & Wellness (Austin, TX)*

9:40 – 10:00

Welcome & Opening Remarks

Bob Sahm, Parkinson's Advocate (Georgetown, TX)
Polly Dawkins, *Davis Phinney Foundation (Boulder, CO)*

10:00 – 10:20

Moments of Victory®

Davis Phinney, *Founder, Davis Phinney Foundation (Boulder, CO)*

10:20 – 10:50

Not Just the Shakes: Non-motor Symptoms

Benzi Kluger, MD, *University of Colorado (Denver, CO)*

Break #1

10:50 – 11:15

Coffee & Connection Break - *Browse exhibitors and meet other attendees*

11:15 – 11:25



Movement Break: Move & Shout

Lauren Lewis, NFPT, *Power for Parkinson's® (Austin, TX)*

11:25 – 11:55

Exercise & Empowerment

Hannah Fugle, DPT, *Northwest Rehabilitation Associates (Salem, OR)*

Break #2

11:55 – 12:45

Lunch - *Delivered directly to tables - Exhibit Hall open*

12:45 – 12:55



Movement Break: Boxing

Kristi Richards, NASM-CPT, *4:13 FITNESS (Austin, TX)*

12:55 – 1:25

Cognitive Challenges & What to Do About Them

Mark Mapstone, PhD, *University of California Irvine (Irvine, CA)*

1:25 – 1:45

The 10 Commandments of Living Well

Susan Imke, FNP, GNP-C, *Senior Health Solutions (North Richland Hills, TX)*

1:45 – 1:50

Closing

Break #3

1:50 – 2:15

Break - *Transition to the Breakout Session of your choice (next page)*

The following sessions will be offered from **2:15 - 2:55 pm**.

ZILKER 1

Eating to Live Well: Nutrition

Robert Izor, MD, *Neurology Solutions Movement Disorders Center (Austin, TX)*

Nutrition can assist in easier digestion, increased energy and medications’ effectiveness. Learn which changes in your diet will benefit you most in maintaining a healthy body with Parkinson’s. This session will include discussion of: common nutritional deficits in people with Parkinson’s, foods and vitamins with advantages for people with Parkinson’s, steps to improving intentional eating and strategies for smart swallowing and eating.

ZILKER 2-3

Panel Discussion: DBS & Surgical Therapies

Tom Jackson, CEO, *St. David’s North Austin Medical Center (Austin, TX)*
Michael Soileau, MD, *Texas Movement Disorder Specialists (Georgetown, TX)*
Anant Patel, MD, FAANS, *Central Texas Brain & Spine (Austin, TX)*
Dhruve Jeevan, MD, *Central Texas Brain & Spine (Austin, TX)*
Dan Stultz, *Parkinson’s Advocate (Georgetown, TX)*
Ron King, *Parkinson’s Advocate (Waco, TX)*

You may have heard of surgical therapies for Parkinson’s, but you might not be sure what they are, who it is for or when to consider it. Come learn from a panel of clinicians and individuals who have undergone the procedures themselves. Discussion will include: Description of DBS therapy and enteral suspension, potential benefits and risk factors of each, who qualifies as a good candidate and when to consider the therapies.

ZILKER 4

Navigating the New Normal: Newly Diagnosed

Jill McClure, *Parkinson’s Foundation (New York, NY)*
Gretchen Rosswurm, MS, *Parkinson’s Advocate (Irvine, TX)*

Everyone reacts to a Parkinson’s diagnosis in a different way. Whatever the reaction, learning to be an active participant in managing Parkinson’s can help individuals live well. There are steps that every person who is newly diagnosed can take to help get through the emotional and physical effects of a diagnosis. This discussion will provide tools and resources that will help now and into the future including goal setting, finding support, learning proactive treatments and gaining confidence to manage symptoms.

The audience will have the opportunity to ask follow-up questions during the final 20 minutes of each of the above presentations.

The following sessions will be offered from **3:05-3:45 pm**.

ZILKER 1

Getting a Good Night’s Rest: Sleep Disturbances

Elizabeth Peckham, DO, *Central Texas Neurology Consultants (Round Rock, TX)*
Terry Peery, DO, *Central Texas Neurology Consultants (Round Rock, TX)*

Difficulty sleeping, constant fatigue and problems falling asleep are all sleep disturbances commonly experienced by people with Parkinson’s. Learn about these disturbances and how to address them. This session will include discussion of: the presence of sleep disorders in Parkinson’s, as well as the measuring and tracking of, practical tips and strategies for, and treatments available for sleep disturbances.

ZILKER 2-3

Medication Management & Strategies

Alex Armitage, CNL, APRN, FNP-BC, *Baylor Scott & White Health (Temple, TX)*

Keeping track of medications and timing them correctly can vastly improve quality of life. In this session, learn what you can do right now to more comfortably manage your Parkinson’s medications. This session will include a discussion of: Maximizing benefits of Parkinson’s medications, interactions between common Parkinson’s medications, side effects of common Parkinson’s medications and optimal intake strategies of common Parkinson’s medications.

ZILKER 4

Care Partners: Rewriting the Rule Book

Connie Carpenter Phinney, MS, *Care Partner, Board Chair, Davis Phinney Foundation (Boulder, CO)*

The role of a care partner is ever-evolving. Come learn about navigating the world of the care partner in a positive way through self-care. Discussion will include, the importance of self-care, the significance of social engagement, strategies for navigating your role and practical tips for taking care of your own well-being. Care partners, spouses and family members are all encouraged to attend this session.

The audience will have the opportunity to ask follow-up questions during the final 20 minutes of each of the above presentations.

MEET TODAY'S SPEAKERS



ALEX ARMITAGE, CNL, APRN, FNP-BC

Alex Armitage is a board-certified Nurse Practitioner, specializing in neurology and neurosurgery. She trained and worked in New Hampshire before moving to Texas. She has been with Baylor Scott and White, in Temple and Waco, for the past four years, running the Plummer Movement Disorder's Center. She specializes in Parkinson's and has written two books along with numerous publications. She is passionate about teaching and gives lectures on neurology and movement disorders to medical and nursing students, as well as at local and national conferences. Bringing evidence-based practice to the bedside is her passion.



CONNIE CARPENTER PHINNEY, MS, BOARD CHAIR

Connie Carpenter is an entrepreneur, author, artist, life-long athlete and is extremely passionate about her work as a chairman of the Board of Directors for the Davis Phinney Foundation. She particularly enjoys sharing her experiences through the written word and as an eloquent and humorous public speaker. Connie has a master of science degree in exercise science from the University of Colorado and completed her undergraduate work at the University of California - Berkeley. She has two adult children, Taylor and Kelsey, with her husband, Davis Phinney.



POLLY DAWKINS

Polly brings 25 years of for-profit and nonprofit experience to her position as the Executive Director of the Davis Phinney Foundation. She is committed to making wise use of the Foundation's resources, enabling it to extend its reach while staying true to its mission. Polly is passionate about helping people with Parkinson's thrive by providing education, connection to community and funding quality of life research that takes the guess work out of living well.



HANNAH FUGLE, DPT

Dr. Hannah Fugle has extensive coursework and training in neurological rehabilitation. She uses a holistic approach built from her background in international health work, support group facilitation and a deep passion for caring for her patients. Dr. Fugle practices out of the Center for Healthy Aging and Neurology program at Northwest Rehabilitation Associates in Salem, Oregon.



SUSAN IMKE, FNP, GNP-C

Susan Imke holds ANCC-certification as a gerontological nurse practitioner and is the CEO of Senior Health Solutions in North Richland Hills, Texas. She specializes in the neurology of aging, including Parkinson's and other neurodegenerative disorders. Susan is an educational consultant to the Parkinson's Foundation, member of the International Parkinson Disease and Movement Disorders Society and the Texas Coalition for Nurse Practitioners. She has authored numerous publications related to Parkinson's and is a frequent speaker to health professionals, patients and families living with chronic neurological conditions.



ROBERT IZOR, MD

Dr. Robert Izor is a board-certified Neurologist and fellowship-trained Movement Disorder Specialist. Dr. Izor established Neurology Solutions Movement Disorders Center in 2004, which is the only subspecialty movement disorders clinic in Central Texas offering a comprehensive continuum of care that includes medication, nutrition counseling, physical therapy, cognitive and speech evaluation, pain and spasticity control, sleep evaluation and surgical management. Dr. Izor has participated with neurosurgeon Dr. Anant Patel in the deep brain stimulation implant surgeries and programming of nearly 200 patients in the Austin area. Dr. Izor is a member of several professional societies, including the International Parkinson and Movement Disorder Society, the American Academy of Neurology and the American Academy of Sleep Medicine.



DHRUVE JEEVAN, MD

Dr. Dhruve Jeevan specializes in the management of neurosurgical disorders of all ages, as well as minimally invasive and endoscopic techniques. Dr. Jeevan is committed to providing outstanding care and expertise to both his adult and pediatric patients and their families. His research interests include refining the targeting and imaging for deep brain stimulation as well as radiation reduction in pediatric imaging.



RON KING, PARKINSON'S ADVOCATE

Ronald King's career spans decades of teaching and administration at multiple universities. After retiring early from teaching, he continued to publish books and earned a seminary degree. Prior to his diagnosis in 2007, Ron was an avid runner. The major turning point in his life occurred late in 2017, when Ron's Parkinson's symptoms became difficult to manage and it was a challenge to remain positive. His doctor suggested the option of Duopa therapy and since starting it, Ron has been able to get back to the things he enjoys.



SARAH KING, DPT

Dr. Sarah King is a passionate Parkinson's advocate who holds a doctorate in physical therapy and is a Parkinson's Wellness Recovery (PWR!®) certified therapist. Her in-person and online programs are designed to help those diagnosed with Parkinson's get out of overwhelm and into action by connecting them with the tools and support they need to thrive over the course of their Parkinson's journey.



BENZI KLUGER, MD

Dr. Benzi Kluger is an Associate Professor of Neurology and Psychiatry and the Director of the Movement Disorders Center at the University of Colorado Denver. He is also on the Parkinson Disease Association of the Rockies program committee and directs the University of Colorado Hospital's Supportive and Palliative Care Program for Neurology, one of the first programs of its kind in the United States.



LAUREN LEWIS, NFPT

Lauren Lewis is a NFPT certified Fitness Instructor with over 30 years of experience teaching group classes and personal training for a variety of fitness levels from competitive athletes to senior citizens. In 2013, she joined Power for Parkinson's, an Austin-based non-profit offering free symptom-directed exercise, dance and singing classes to people with Parkinson's and their care partners. Lauren's Move & Shout videos on YouTube have also engaged a global audience among the Parkinson's community.



MARK MAPSTONE, PHD

Dr. Mark Mapstone is a Professor of Neurology at the University of California, Irvine School of Medicine where he is also a member of the Institute for Memory Impairments and Neurological Disorders (IMIND) and a Fellow in the Center for Neurobiology of Learning and Memory. His research focuses on early detection of neurological disease, especially Alzheimer's and Parkinson's, using cognitive tests and biomarkers obtained from blood. Dr. Mapstone has a special interest in developing strategies to maintain successful cognitive aging through diet, exercise, sleep hygiene and cognitive engagement. He has authored over 75 manuscripts and is the recipient of a Career Development Award from the National Institute on Aging.



JILL MCCLURE

Jill McClure joined the Parkinson's Foundation Helpline in 2012. She thrives on connecting with people and has a background in hospital administration and subject matter expertise for foundations serving the breast cancer and inflammatory bowel disease communities. In her role on the Helpline, Jill gains new insights into Parkinson's every day that she uses to ease the weight of living with Parkinson's or having a family member living with Parkinson's. Her expertise is both personal and professional: her father lived with Parkinson's. When she's not staffing the Helpline, Jill enjoys spending time with her family and dog outdoors.



ANANT PATEL, MD, FAANS

Dr. Anant Patel is a board-certified Neurosurgeon recognized for utilizing innovative surgical techniques. He thrives on combining his interest in technology with his passion for neurosurgery and is continually researching surgical advancements to provide the best possible options for his patients. Dr. Patel has been at the forefront of bringing cutting edge technology to Austin since 1997, including frameless deep brain stimulation, and is a principle on-site trainer for this technology.



ELIZABETH PECKHAM, DO

Dr. Elizabeth Peckham is a fellowship trained Movement Disorder Specialist practicing at Central Texas Neurology Consultants in Round Rock, Texas. Dr. Peckham focuses on the clinical treatment of movement disorder patients (including deep brain stimulation, Duopa and botulinum toxin injections). In addition, she is the Principal Investigator on multiple clinical trials for patients with movement disorders.



TERRY PEERY, DO

Dr. Terry Peery is a fellowship trained Sleep Disorder Specialist practicing at Central Texas Neurology Consultants in Round Rock, Texas. Dr. Peery focuses on the clinical treatment of sleep disorders and epilepsy. He interprets sleep studies and electroencephalograms (EEGs). In addition, he is involved in clinical trial research for sleep and epilepsy patients.



KRISTI RICHARDS, NASM-CPT

Kristi Richards is the Founder of 4:13 FITNESS in Austin. She is a certified personal trainer with the National Academy of Sports Medicine with nine years of coaching experience. Three years ago, Kristi launched 4:13 FITNESS and in that short time it has grown to three gyms in the capital area. She has a bachelor's degree from the University of Texas at San Antonio and is a certified Rock Steady Boxing Coach and PWR!Moves® Instructor. Kristi also homeschools her four children alongside her husband, Ben.



GRETCHEN ROSSWURM, MS, PARKINSON'S ADVOCATE

Gretchen Rosswurm joined the Parkinson's Foundation Advisory Council in the Spring of 2018. She was diagnosed with Parkinson's in 2017 at the age of 52. Her commitment to the Parkinson's Community springs from a deep history of Parkinson's in her family while at the same time believing that what seems an impossible challenge creates opportunities for connection, healing and hope. Professionally, Gretchen works for a corporation in Dallas. She also blogs and writes short fiction.



BOB SAHM, PARKINSON'S ADVOCATE

Bob Sahm has eight years of experience as a movement disorders enthusiast at Per Aspera ad Astra. Bob frequently speaks to motivate younger people who have been recently diagnosed with Parkinson's. He also has 30 years of professional experience in public accounting. Bob enjoys running long distances, training for triathlons and linking up with people who tackle difficult challenges.



MICHAEL SOILEAU, MD

Dr. Michael Soileau is a Movement Disorder Neurologist and Owner of Texas Movement Disorder Specialists, which serves both the Georgetown and Waco areas. A native Texan, he received his bachelors of science in education from Baylor University, followed by his medical degree at the University of Texas Medical School in Houston. He then left Texas for his neurology training at the University of Michigan in Ann Arbor, only to return to his medical school alma mater for his fellowship in the medical and surgical management of movement disorders. With a large focus on education, Dr. Solieau serves as a Clinical Assistant Professor at Texas A&M Health Science Center, where he educates resident physicians in addition to traveling regionally and nationally to teach about the advanced treatments of movement disorders. Outside of the office, Dr. Solieau loves spending time with his wife, Janiece, a Pediatric Nurse Practitioner, and his two sons.



DAN STULTZ, PARKINSON'S ADVOCATE

Dan Stultz practiced internal medicine in San Angelo, Texas for 28 years. He retired in 2014 as President and CEO of Texas Hospital Association. In 2007, Dan was diagnosed with Parkinson's and five years later, underwent deep brain stimulation. Dan enjoys welding projects, knife making and spending time with wife of 47 years, three children and eight grandchildren.



THANK YOU TO OUR PARTNERS

4:13 FITNESS

Originally established in 2015 as Rock Steady Boxing Austin, 4:13 FITNESS is the first gym in central Texas using non-contact boxing to help people with Parkinson's fight back against their disease. Our community of fighters, cornermen and coaches will welcome you into the family. You are not alone in this fight.

www.413.FITNESS



MEET OUR AMBASSADORS

Davis Phinney Foundation Ambassadors are Parkinson's advocates that connect with people locally and digitally to help them live well. Ambassadors are available to discuss tools and strategies for improving quality of life with support groups, individuals, families and healthcare professionals. Ambassadors speak on the subject of wellness at local Parkinson's events and support groups, and they also meet one-on-one with individuals and families.

Connect with one of our ambassadors to ask questions, discover new resources and get advice directly from people living with Parkinson's.

dpf.org/ambassadors

Central Texas Neurology Consultants

Central Texas Neurology Consultants (CTNC) is the premier provider of Neurological services in the greater Central Texas region. CTNC has been in existence for over 20 years and currently serves more than 10,000 people. Our doctors are board-certified neurologists and subspecialty trained to diagnose and treat a wide range of neurological disorders – all with a level of care and compassion focused on improving outcomes and renewing hope.

www.CentralTexasNeurology.com



Neurology Solutions Movement Disorders Center

The Neurology Solutions care team is comprised of a board-certified, fellowship trained neurologist, an advanced nurse practitioner, a physician assistant, a physical therapist and physical therapist assistant. A leading Parkinson's treatment center, Neurology Solutions was named the largest private practice deep brain stimulation (DBS) implantation clinic in country and the fourth-largest overall.

www.NeurologySolutions.com



THANK YOU TO OUR PARTNERS

Power for Parkinson’s®

Power for Parkinson’s provides completely free fitness, dance and singing classes for people with Parkinson’s and their care partners in the Austin area, as well as free home exercise videos on YouTube. We engage people with Parkinson’s in regular exercise to combat the effects of Parkinson’s, improve sense of well-being, provide opportunities for socialization and prevent depression and isolation. www.PowerforParkinsons.org



St. David’s Round Rock & North Austin Medical Centers

With over 117 sites across Central Texas, St. David’s HealthCare includes seven of the area’s leading hospitals. The organization has been recognized with a Malcolm Baldrige National Quality Award – the nation’s highest presidential honor for performance excellence. Since its inception in 1996, more than \$518 million has been given back to the community to improve the health and healthcare of Central Texans. www.StDavids.com



Texas Movement Disorder Specialists

Dr. Michael Soileau started Texas Movement Disorder Specialists, PLLC in order to provide compassionate, highly sub-specialized care to patients with various movement disorders. Patients are cared for in a multi-disciplinary fashion, so that they feel confident in their diagnosis, encouraged that there is a way to improve quality of life and educated about their condition. Family members and caregivers will also receive the help and resources they need to empower them and care for their loved ones. www.TXMDS.net



THANK YOU TO OUR SPONSORS

Medtronic

At Medtronic, we’re changing what it means to live with chronic disease. We’re creating innovative therapies that help patients get back to enjoying some of the things in life they thought they had lost forever. To learn more, visit: www.MedtronicDBS.com



Acorda Therapeutics

Biotechnology company developing and commercializing neurology therapies for Parkinson’s, migraine and multiple sclerosis. www.Acorda.com



Lundbeck

Lundbeck is a pharmaceutical company focused entirely on brain disorders, including PD, which is a core area of Lundbeck’s research efforts. Its employees annually participate in hundreds of PD-related events, and proudly support the Davis Phinney Foundation. www.Lundbeck.com/US



Parkinson’s Foundation

The Parkinson’s Foundation makes life better for people with Parkinson’s disease by improving care and advancing research toward a cure. In everything we do, we build on the energy, experience and passion of our global Parkinson’s community. www.Parkinson.org



EXHIBITORS

Connect with national and local resources in our Exhibitor Hall today. Visit after you check-in, before we start the day and during any of the scheduled breaks.

4:13 FITNESS

Boxing and fitness program for those living with movement disorders.
www.413.FITNESS

Abbott

Global healthcare leader that helps people live more fully at all stages of life.
www.Neuromodulation.Abbott/DBS

AbbVie

Global, research-based pharmaceutical company committed to educating patients and caregivers about Parkinson's.
www.AbbVie.com

Acadia Pharmaceuticals

Biopharmaceutical company developing innovative therapies for central nervous system disorders.
www.Acadia-Pharm.com

Acorda Therapeutics

Biotechnology company developing and commercializing neurology therapies for Parkinson's, migraine and multiple sclerosis.
www.Acorda.com

Boston Scientific

Biotechnical company dedicated to transforming lives through innovative medical solutions that improve the health of patients around the world.
www.DBSandMe.com

Capital Area Parkinson's Society

Organization providing free education, support and resource to those living with Parkinson's.
www.CapitalAreaParkinsons.org

Central Texas Neurology Consultants

Premier provider of neurological services in the greater Central Texas region, with doctors that are subspecialty trained to diagnose and treat a wide range of neurological disorders.
www.CentralTexasNeurology.com

Davis Phinney Foundation

National non-profit helping people with Parkinson's transform their lives by providing tools, resources and inspiration.
www.DPF.org

Georgetown Area Parkinson's Support Group

Support group that is creating awareness, educating and providing support services for the Parkinson's community.
www.GeorgetownTXParkinson.weebly.com

Lundbeck

Global pharmaceutical company specialized in psychiatric and neurological disorders.
www.LundbeckUS.com

Medtronic

Global leader in medical technology, services and solutions.
www.Medtronic.com/DBS

Neurology Solutions Movement Disorders Center

Local private practice specializing in the care and treatment of movement disorders.
www.NeurologySolutions.com

Parkinson's Foundation

National non-profit organization making life better for people with Parkinson's by improving care and advancing research towards a cure.
www.Parkinson.org

Power for Parkinson's

Non-profit providing free exercise, dance and singing classes to people with Parkinson's in Austin. Home exercise videos available on YouTube.
www.PowerforParkinsons.org

SpeechVive

Wearable device that helps patients speak more loudly and clearly.
www.SpeechVive.com

St. David's HealthCare

Partnership between a hospital management company and two local non-profits – St. David's Foundation and Georgetown Health Foundation. The proceeds from the operations of the hospitals fund the foundations, which, in turn, invest those dollars back into the community.
www.StDavids.com

Sunovion Pharmaceuticals

Global biopharmaceutical company whose spirit of innovation is driven by the conviction that scientific excellence paired with meaningful advocacy and relevant education can improve lives.
www.Sunovion.us

Texas Movement Disorder Specialists

Highly sub-specialized neurology practice providing multi-disciplinary care to patients with various movement disorders.
www.TXMDS.net

US WorldMeds

Specialty pharmaceutical company that develops, licenses and brings to market healthcare products that improve the lives of patients with Parkinson's.
www.USWorldMeds.com

GETTING BACK TO YOU

Medtronic DBS Therapy for Parkinson's



"Before DBS Therapy, I couldn't tie my shoes, button my shirts, or tie my own tie. After the therapy, I could do all of those things myself."

Jerry
Receiving DBS Therapy

For more information, visit MedtronicDBS.com or call 877-438-3574

Medtronic DBS Therapy for Parkinson's is not for everyone. Not everyone will receive the same results. Patients should always discuss the potential risks and benefits of the therapy with a physician. A prescription is required.

DBS Therapy requires brain surgery. Risks of brain surgery may include serious complications such as coma, bleeding inside the brain, stroke, seizures, and infection. DBS Therapy may cause worsening of some symptoms. See Important Safety Information www.medtronicdbs.com/parkinsons-important-safety-information/index.htm or call Medtronic at 800-328-0810.

Medtronic
Further, Together



We have everything you need to live better with Parkinson's.

We make life better for people with Parkinson's disease by improving care and advancing research toward a cure.



Our Helpline is here for you. **New hours: 9 a.m.-8 p.m. ET**
1-800-4PD-INFO (473-4636) | helpline@parkinson.org
Parkinson.org

Better Lives. Together.

Do you get dizzy when standing?

About **1** OUT OF **5**     

people with Parkinson's may also have symptoms of nOH.

Learn more at nOHMatters.com



Join the community on [Facebook.com/nOHMatters](https://www.facebook.com/nOHMatters)



www.acorda.com

Acorda Therapeutics, the stylized Acorda Therapeutics logo, and LIFE. SCIENCE. are trademarks of Acorda Therapeutics, Inc. © 2019 Acorda Therapeutics, Inc. All rights reserved.

NOTES FROM TODAY

Some people with Parkinson's indicate that **using graph paper helps with micrographia** (small handwriting). Try it out here and see if it helps you, too!

WHAT WILL YOU DO STARTING TOMORROW?

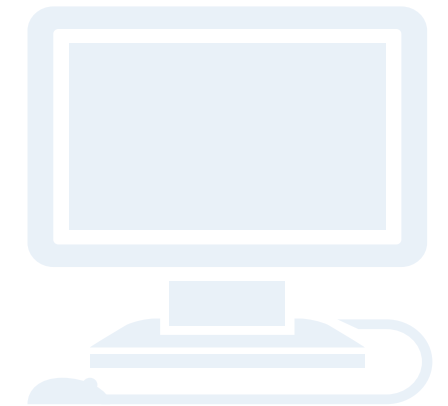


ADDITIONAL RESOURCES

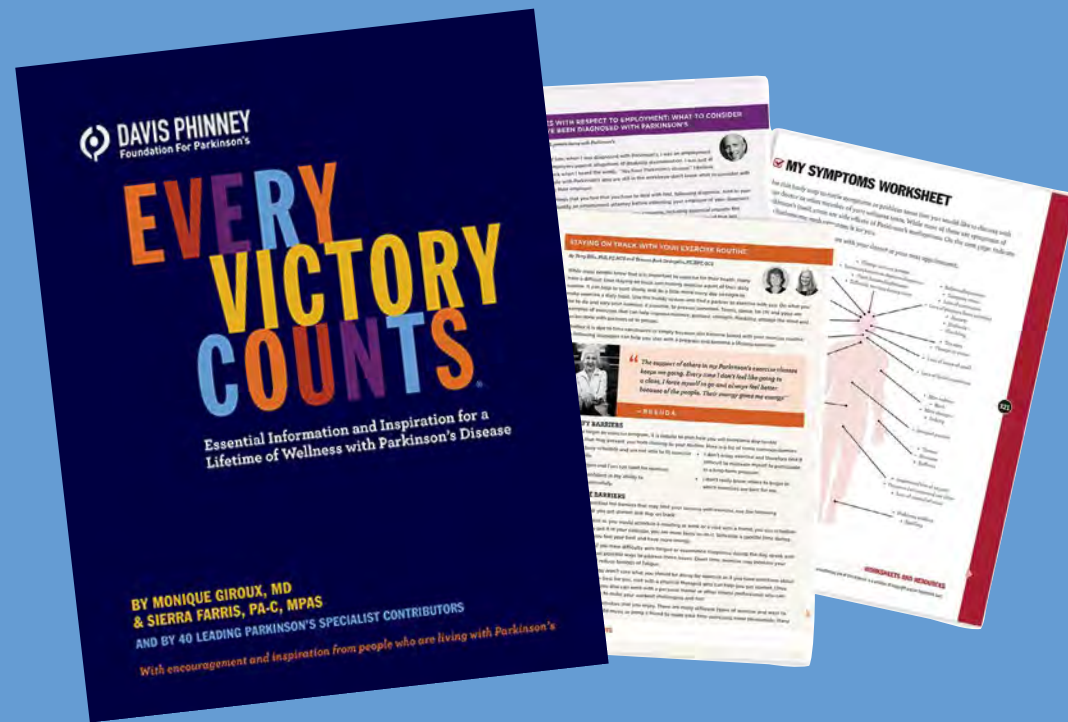
For more information on everything from exercise, treatments, complementary therapies and more, we've created an online resource guide especially for you.

Visit www.dpf.org/vs-resources and you'll find sections on:

- » Parkinson's tools, techniques and technology
- » Care partners
- » Local and national Parkinson's organizations
- » Parkinson's experts and ambassadors
- » Home safety
- » The Victory Summit® event speakers
- » Every Victory Counts® manual
- » *And more!*



In addition, this guide shares a variety of ways that you can stay connected to take what you learned at The Victory Summit event and put it into action to live well today and in the future.



Your go-to guide for living well with Parkinson's

- » In-depth information about exercise, nutrition, emotional health, medication, therapies and more
- » Over 30 worksheets you can start using immediately
- » Insights from over 60 Parkinson's advocates, physicians, therapists and scientists



Download your eBook today at EveryVictoryCounts.org
or call toll-free (855) 744-6639.

Our presence today in Austin was made possible by individuals just like you who made a donation to **“Pay It Forward.”**

We hope you learned a lot today and maybe even had an “a ha” moment or two. With your **tax-deductible donation** to the Davis Phinney Foundation, you can be a part of creating these kind of “a ha” moments in our next city!

Contributions can be made via the envelopes on your table, online at www.dpf.org/donate or by telephone at (866) 358-0285.

Thank you for helping us continue to create these inspirational events.

Polly Dawkins, Executive Director



THE VICTORY SUMMIT EVENT – UPCOMING CITIES

Know someone who you think should attend The Victory Summit event? Check out our list of upcoming cities to refer a friend to this day of information and inspiration!

Learn more about upcoming events at dpf.org/vs.

Indianapolis, IN
July 27, 2019

Philadelphia, PA
TBA

Ottawa, ON, CA
October 5, 2019

LIVE WELL TODAY: BE ACTIVE

Celebrating Moments of Victory

- Strengthen ties to your community and tap into local resources to help you reach your goals
- Find your inner strength; pledge to make tomorrow better than today
- Commit to some form of exercise; a little is better than none
- Look for examples of people who can serve as role models: let their successes provide you with hope and optimism

Not Just the Shakes: Non-motor Symptoms

- Recognize non-motor symptoms and speak to your doctor about them
- Monitor your medications to see if there is a pattern related to the symptoms or any potentially dangerous interactions
- Bring a friend or family member to your doctor's appointments
- Commit to finding time to rest and time to exercise to manage motor and non-motor symptoms

Exercise & Empowerment

- Make an appointment with a Physical Therapist with expertise in Parkinson's
- Choose a type of exercise that best meets your needs, set measurable goals and track your progress
- Make exercise a habit – part of your daily routine
- Add music to help with movement and motivation

The Ten Commandments to Living Well

- Identify two strategies to improve your key relationships
- Choose one nutritional or physical change to improve your health or safety
- Craft a care partner respite plan to implement immediately

PARTNERS



SPONSORS

GOLD LEVEL SPONSORS



SILVER LEVEL SPONSORS



BRONZE LEVEL SPONSORS

