Learn the Basics and Latest Advances in Parkinson’s Care Transcript

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Welcome to the Parkinson's Solutions Summit

Hello, everyone, and welcome to The Parkinson's Solutions Summit 2.0. I'm your co-host, Dr. Barbara Pickut. And together with your host, Dr. Ken Sharlin and the dedicated DrTalks team, we aim to address some of the challenges of Parkinson's disease.

And today, we'll provide some background.

What Parkinson's Disease Is

Let's begin with the fundamentals. Parkinson's disease is a progressive neurological disorder. It occurs when some of the nerve cells in the brain, primarily those responsible for producing dopamine, become impaired or die.

Dopamine plays a critical role in ensuring smooth and coordinated muscle movements, regulating emotions and mood, maintaining motivation and pleasure, supporting cognitive functions, as well as balancing hormones.

Parkinson's is the fastest growing neurological disorder in the world globally. Over 10 million people are living with Parkinson's disease. The incidence rate increases with age, making it more common among individuals age 65 and above.

Risk Factors and Causes

However, younger people are often also diagnosed, and an estimated 4% of people diagnosed with Parkinson's are under the age of 50. The overall increasing numbers highlights the significance of understanding and addressing this disease. Now.

Age is a crucial factor. The older one gets, the higher the likelihood of developing Parkinson's. However, several other factors contribute to the development of Parkinson's.

Although genetics plays a role in Parkinson's, and certain genes have been linked to the disease. Most cases of Parkinson's are not hereditary. Environmental factors such as exposure to pesticides, certain solvents, and heavy metals also increase the risk.

Treatment Approaches and Medications

Stress has been shown as a factor in animal models for Parkinson's, and has been implicated as a risk factor in humans and may play a role in disease progression.

Managing Parkinson's involves an individual approach by their care team. This should be aimed at addressing symptoms to choose a treatment regimen for a specific person, in addition to which medicine or combinations of medicines it is best suited for a particular individual and diagnosis.

This needs to be reviewed periodically over time. Most commonly, the treatment is lever dopa. Typically, this is combined with an inhibitor Carbidopa or Benserazide in some regions to help ensure that the ingested Levodopa gets to the brain, where it can cross the blood brain barrier and be converted to dopamine.

Other medications like dopamine agonists, amantadine, adenosine A2A antagonists help increase dopamine levels or mimic its effects. These treatments aim to improve the quality of life by reducing symptoms such as tremors.

Stiffness, slowness of movement, or braided can easier for some people with Parkinson's, whose symptoms are no

longer manageable with oral medication alone.

Surgical interventions like deep brain stimulation offer hope. Deep brain stimulation surgery involves implanting a device that sends electrical impulses into specific areas of the brain.

Advanced Therapies and Procedures

This can significantly reduce some symptoms and improve motor function. Focused ultrasound, a non-surgical technique, may be considered for some people with Parkinson's whose tremor cannot be controlled with medication.

Pump technologies also exist to deliver medications that bypass the stomach or the intestinal tract tract all together with the aim of increasing the efficacy of the medication beyond medical treatments.

Therapeutic lifestyle factors play a pivotal role in managing Parkinson's, and we have guest speakers in this summit who will be discussing some of these topics.

We have speakers who will address the role of physical therapy in physical activity, such as exercise, for example. We have people who will be talking about nutrition, which is equally important.

Lifestyle Support and Non-Drug Care

A balanced diet can support overall health and well-being, as well as can social support from our family, friends and community. This allows people to foster a positive mental state essential for coping in the face of Parkinson's.

We will be exploring the role of other non-pharmacological interventions, such as mindfulness, that play a role in the improvement of quality of life, and in those and their partners affected by Parkinson's.

Ongoing research and emerging treatments will also be discussed during the Summit. Research in Parkinson's is ongoing, with new treatments and therapies emerging from gene therapy to stem cell research.

Scientists are continuously exploring innovative ways to treat and potentially cure Parkinson's. Staying informed about these advancements provides hope and underscores the importance of supporting research initiatives.

Research, Hope, and Closing Remarks

So I would like to thank you for joining The Parkinson's Solution Summit 2.0. Understanding Parkinson's is the first step towards managing it effectively.

Dr. Sharlin, DrTalks, and I encourage you to watch as many of the interviews as your time allows. Let's work together towards a brighter future for everyone affected by Parkinson's.

And remember, staying informed and proactive can make all the difference. We look forward to seeing you at the Summit, and thank you for watching.