



# CATALYST

Growing Funds for Parkinson's Research

## Research funded by The Parkinson Alliance praised at International Conference.

Two research projects conducted by The Parkinson Alliance were presented at the 36th Annual meeting of the International Neuropsychological Society in Kona, Hawaii in February 2008. This important conference contributes greatly to the understanding of the effects of complex medical illness on brain and behavior. Our research entitled "Differential Impact of Coping Styles on Quality of Life for Individuals with Parkinson's Disease with and without DBS" was designated as "particularly meritorious and of special interest."

This research found that more active strategies, such as using distraction techniques, being problem-solving focused, and maintaining a positive

attitude lead to higher ratings of quality of life than those who approach coping through being emotionally pre-occupied, using a passive, self-soothing approach, or maintaining a negative or pessimistic attitude. Understanding the coping strategies of individuals with PD can be instrumental in helping them improve their quality of life.

The other research endeavor that was given attention was entitled, "The Relationship between Sleep and Emotional Well-being in Individuals with Parkinson's Disease with and without DBS." A few of the pertinent findings of this study included: 1) those with DBS reported longer amounts of sleep, less sleep disturbance, and were generally sleeping better than the

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can be attributed to the reduction of the motor symptoms and possibly to the reduction of some of the PD medications; 2) both groups experienced significant levels of anxiety and depression; 3) the Non-DBS group was found to be experiencing greater anxiety than the DBS group; and 4) sleep problems have a strong relationship with anxiety and depression.

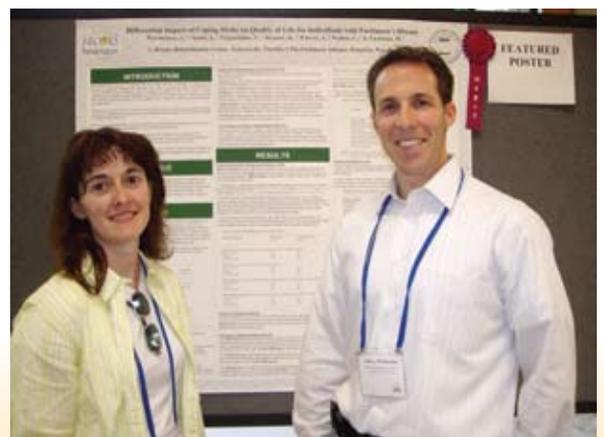
Many researchers and clinicians lauded the contributions of The Parkinson Alliance. For a detailed summary of these research projects, please visit [DBS-STN.org](http://DBS-STN.org)

g r o u p ,  
w h i c h

### The Parkinson Alliance receives the Chairman's Award



John Chiminski, GE Healthcare, President and CEO of Medical Diagnostics, presents a special Chairman's Award check from the General Electric Company to Carol Walton, CEO of The Parkinson Alliance and Chairman, Martin Tuchman.



Researchers Julie Fitzgerald Smith, Ph.D and Jeffrey Wertheimer, Ph.D

## The 14th Parkinson's Unity Walk introduces new and exciting ways to raise money for Parkinson's disease research

The Unity Walk has grown at amazing speeds each year, and it is thanks to you, the Parkinson's community. It is your time, dedication and spirit that brings it all together and helps it continue to grow. This year, our goal is to raise two million dollars.

The Parkinson's Unity Walk is committed to increasing awareness of and understanding about this disease while raising money for research. We are doing everything we can to reach a larger audience to let them know about the Walk.

For the past eight years, Boehringer Ingelheim Pharmaceuticals, Inc. has been a proud partner and Premier sponsor of the Walk. Each year they step it up a notch and offer something great to make the Walk even more successful than the previous year. And this year was no different, except that they took a really big step forward. Thanks to the highly knowledgeable and dedicated staff at Ketchum Public Relations, we've received increased exposure for the Walk and increased donations for research. We were able to do things like offer an extensive fundraising guide, make our website more user friendly and easy to navigate, and design and post a YouTube video.

The YouTube video captures a lot in one minute and it's sure to touch everyone's heart. Check it out at our website [www.unitywalk.org](http://www.unitywalk.org).

This year's Unity Walk was seen on our website LIVE by thousands who could not attend. From 11am to noon, we had a camera on 'Find a Cure Boulevard' interviewing Walkers, Sponsors and Organizations and from noon to one, webcast viewers were able to watch the entire program. This is another way in which Boehringer Ingelheim Pharmaceuticals, Inc. and Ketchum worked together to help get more support for the Walk by getting increased exposure.

Many of our advocates planned Unity Walk parties around the webcast, taking ideas from Super Bowl parties, and the feedback has been incredible.

The webcast will be on our website for a year. You may check it out at [www.unitywalk.org](http://www.unitywalk.org). ↻



## Team Parkinson® Success at the 2008 Los Angeles Marathon

Team Parkinson completed its 9th year as an Official Charity of the Los Angeles Marathon on March 2nd fielding close to 200 athletes in the three races...bike tour, marathon and 5K. We were once again a formidable sea of blue t-shirts in the streets of Los Angeles increasing awareness of Parkinson's disease. We want to thank every participant who came out early in the morning to make this happen and for an amazing fundraising effort! Team members this year, including the L.A. and San Francisco Marathons and the Golf Classic, have raised close to \$250,000!

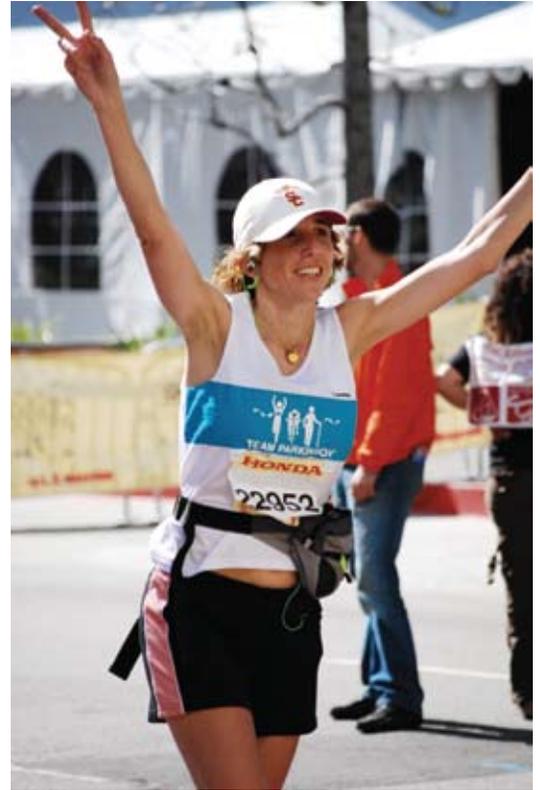
Our Grand Prize winner this year, Lisette Ackerberg and her incredible team of 43 members, raised almost \$20,000! Go Team Ackerberg! Honorable mentions go to our longtime supporters and champions Aaron and Harriet Moretzsky and Team Frankel.

In L.A. we spent two days at the Quality of Life Expo, where we were able to meet many of our participants as they dropped by our booth to pick up t-shirts. On Saturday evening we hosted our carbo-loading dinner for 120 people. The dinner was sponsored by the generous support of Norm Reeves Honda Superstore and coordinated by our own Justine Lassoff. It was a great evening of presentations highlighted by researchers Dr. Mickie Welsh and Dr. Allan Wu. Everyone left excited and motivated about the work that Team Parkinson is doing toward funding research for a cure.

Our continued success would not be possible without our generous sponsors who have come through for us. Thank you to our premier sponsor, Valeant Pharmaceuticals, and the Paul W. Zuccaire Foundation, the H.N. & Frances C. Berger Foundation, the Aidekman Family and USC Parkinson's Disease and Movement Disorders Center.

Thirty athletes completed the 26.2-mile marathon course, running in honor of or in memory of loved ones. Five exceptionally brave individuals ran this race with Parkinson's disease! They are John Ball (his 17th marathon, all with PD), Roar Eikenes (his 50th marathon overall and 10th with PD), Gary Miller, Willard Crick and Kevin Adams (his 1st marathon with PD).

We look forward to our next events...the 3rd Annual Golf Classic on June 30 and the San Francisco Marathon on August 3. Please visit our website [www.team-parkinson.org](http://www.team-parkinson.org) for more information about these events. ☺



*Dr. Giselle Petzinger of USC runs her first marathon.*



*5K participants*

## Upcoming Events to Support Parkinson's Research — 2008

### 3rd Annual Team Parkinson Golf Classic

Monday, June 30, 2008

Whittier, CA

### Team Parkinson at the San Francisco Marathon

Sunday, August 3, 2008

San Francisco, CA

### Putting for Parkinson's Golf Outing

Tuesday, September 9, 2008

E. Jamesburg, NJ

### Carnegie Center 5K and Fun Run

Saturday, September 27, 2008

Princeton, NJ

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### Start your Fundraising Now! Join the Parkinson's Unity Walk

For more information, please visit our website at [www.unitywalk.org](http://www.unitywalk.org)  
or call

1-866-PUW-WALK  
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100% of net proceeds from all events goes directly to Parkinson's research.

For the latest news on upcoming events,  
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