

NORTH OF SCOTLAND PARKINSON'S RIG

Newsletter August 2022

Local Research

Podcasts

NoSPRIG have and will be recording two podcasts over the next few months to be followed by a live joint Q and A session. The podcasts will be with the following speakers;

Carl Counsell – Clinical Leader and Honorary Consultant in Neurology, University of Aberdeen. He trained in neurology, epidemiology and movement disorders in UK and Australia before moving to his current post in Aberdeen where he is clinical lead for Movement Disorders and runs a research programme in Parkinsonian disorders

Angus Macleod – also at University of Aberdeen and has a research interest in the epidemiology of Parkinson's and other neurological conditions

The speakers will be interviewed by Julie Jones who is a physiotherapist with a specialist interest in Parkinson's. She is a Clinical Academic Fellow, jointly funded by Parkinson's UK and the Chief Scientist Office and is a senior lecturer at Robert Gordon University. She is also a member of the Strategy Advisory board of Parkinson's

UK in Scotland and Chairs the Scotland wide Parkinson's Active project. Julie will also be interviewed by a member of NoSPRIG.

Details on accessing the podcasts will be circulated shortly.

Focussed Ultrasound

Focused Ultrasound uses real-time MR imaging to target cells in the thalamus, a part of the brain involved in essential tremor. Once these cells are located, high-frequency ultrasound waves magnify and coalesce in one spot to create a thermal lesion. The lesion destroys the cells, disrupting the process of tremor. A seminar with Dr Tom Gilbertson was held on 31st March and recording is now available by clicking on undernoted link.

<https://www.youtube.com/watch?v=viJFiFx916U>

It is a very interesting Seminar but it appears that at present it has very limited use for Parkinson's patients.

Virtual Biotech

In the last Newsletter, it was intended to hold a seminar on this subject in **June 2022**. This suggestion overtaken however by the Gretschen Amphlet Memorial Lecture held on 24th May. It can be viewed using undernoted link.

<https://events.parkinsons.org.uk/event/accelerating-research/home>

National Research

Understanding which Components drive Exercise benefits in Parkinson's Disease

For many years now PwP have recognised that one of our biggest weapons in slowing the progression of PD has been exercise. And now the medical world is openly accepting of these benefits.

No Silver Bullet has arranged a talk on **19th September at 7.30pm** by one of the World's leading Neurologists, Co-author of the best-selling book "Ending Parkinson's Disease" and writer of over 850 publications, Professor Bas Bloem

Professor Bloem will share with us his research on this important topic and help us understand how to best manage our symptoms through exercise

Use the following link to register for the event.

<https://www.eventbrite.co.uk/e/prof-bas-bloem-what-type-of-exercise-is-best-for-people-with-pd-tickets-389813020237>



Edinburgh Parkinson's Annual Lecture

This year's Edinburgh Parkinson's Lecture will be delivered by Julie Jones from the School of Health Sciences, Robert Gordon University, Aberdeen.

Julie is the holder of the first Clinical Academic Fellowship jointly funded by the Scottish Chief Scientist Office and Parkinson's UK. She is also the joint lead of the Excellence Network's Exercise. The title of her lecture is: The importance of exercise for people with Parkinson's: evidence, empowerment and enablement.

The lecture will take place on the evening of **Wednesday 28 September** at the Royal College of Physicians in Edinburgh.

Booking information for this and other upcoming events can be accessed on underlined link and should be available shortly;

<https://www.parkinsons.org.uk/research/research-events>

Possible Research Project on drumming

Exercise drumming is suitable for all age groups and abilities, it aids cognition, improves strength and balance and promotes a feeling of wellbeing. Five initial online taster sessions are proposed via Zoom as below:

Tue 30 Aug 14:30

Fri 02 Sep 11:00

Mon 05 Sep 14:30

Wed 07 Sep 19:00

Thu 08 Sep 11:00

If you are interested in joining one of these please contact Jo Holland (jhollandparkinsons@gmail.com) or Heather Kirk (hkirkparkinsons@gmail.com)

Depending on demand, ongoing sessions are proposed on Monday @ 14:30, Wednesday @ 19:00 and Fri @ 11:00, these could be online or face to face in local halls throughout Moray. Again, notes of interest or questions should be directed to Jo or Heather.

Funding has been achieved for these initial classes and there is interest in potentially running this as a pilot research project in its own right.

Does the repurposing of diabetes drugs offer hope for Parkinson's patients

This lecture was given on 29th June by Professor Tom Foltynie who is Professor of Neurology in the Department of Clinical and Movement Neurosciences, UCL Institute of Neurology, and Consultant Neurologist at the National Hospital for Neurology and Neurosurgery, Queen Square, London.

He is responsible for Movement disorder patients, particularly Parkinson's disease (PD) patients undergoing advanced treatments such as Deep Brain Stimulation (DBS), Apomorphine, and Duodopa.

He is chief investigator for a series of trials of Exenatide- a potential neurorestorative treatment for PD, as well as the lead clinician at UCL for trials of alpha-synuclein vaccination for PD and Oxford Biomedica/Axovant's gene therapy product for PD, and the Transeuro PD cell transplantation programme.

It was an excellent presentation and can be viewed on the following YouTube channel.

<https://www.youtube.com/watch?v=36Fe1bvXdnM>

New Research Articles

Information on new research articles is available on the Parkinson's UK website;

<https://medium.com/parkinsons-uk>

In addition, you can download a list of all research projects Parkinson's UK currently fund;

<https://www.parkinsons.org.uk/research/our-research-projects>

Parkinson's need your help.

You can find out more about research opportunities through the dedicated Take Part hub on Parkinson's UK website including taking part **in 5 important clinical studies that are currently at risk of closure due to the covid pandemic.**

When the pandemic hit back in 2020, a number of active Parkinson's trials had to close their sites, pause their research to keep people safe and redeploy staff to the covid frontline.

Now, 2 years on, these trials are open and recruiting but their time is running out to recruit all the people needed to ensure they can continue.

The undernoted link provides more information about these trials;

<https://www.parkinsons.org.uk/news/save-parkinsons-clinical-research-take-part-today>

Other News

Devices and Apps

Did you know Parkinson's UK has an Apps and Devices Library? The charity worked with Our Mobile Health and a panel of people living with Parkinson's to create a list of the best and most useful apps and devices on the market. You can find the

library here:

<https://www.parkinsons.org.uk/information-and-support/apps-and-devices-parkinsons>

Everything in the library has been reviewed by people with the condition. If you'd like to become part of the technology testing panel, you can find out more and apply online:

https://surveys.parkinsons.org.uk/s/technologypanel/?_ga=2.40825122.1830000655.1646043691-453656430.1632999524 or email devicesandapps@parkinsons.org.uk.

Future Events

We would like to hear from you on subjects that might make a viable event/seminar. If you have any ideas please email Liz Nash, Research Support Network Manager on

lnash@parkinsons.org.uk

PARKINSON'S^{UK}
SCOTLAND
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.