University of Nebraska Medical Center
Department of Neurological Sciences

Presents:

Parkinson’s Disease in 2019:
Optimizing the Quality of Life
A Conference for Parkinson’s Disease Patients
& their Family/Caregivers

Monday, October 14, 2019
8 a.m. – 3:30 p.m.

Thank you to our generous sponsors:
Thank you!

Today’s symposium is an informational event that UNMC’s Department of Neurological Sciences is holding as part of our service to the community. We have donated the many hours of staff and physician time that have gone into producing this event. A special thanks goes to the Brian Grant Foundation, Brian Grant Speaks and Brian Grant himself for being our keynote speaker at today’s event.

We would also like to offer our sincere thanks to our sponsors and exhibitors, who have made this symposium possible. We hope you’ll visit them during program breaks.

Lastly, we would like to offer our deepest thanks to all of you, who have come from near and far to be here with us today. We hope that you will learn from us, but we are confident that we will also learn from you. We are honored to be a part of the PD Community and to have this opportunity to offer information that we hope will improve your health and wellbeing.

Sincerely,

The Movement Disorders Program
Department of Neurological Sciences
University of Nebraska Medical Center
Thank you to the Brian Grant Foundation and Brian Grant Speaks!

“Brian Grant was an NBA player, known for tenacious rebounding and a fearless attitude on the court. During his 12-year career, he played for five teams and became a strong contributor to his surrounding communities. Today, Brian continues to inspire as a speaker, philanthropist, and a patient who insists on thriving with Parkinson’s disease. His mission is to help people become their best, even when it seems impossible.” –briangrantspeaks.com

briangrant.org

BRIAN GRANT SPEAKS
Neurological Sciences
Movement Disorders Program

**John Bertoni, MD, PhD**
Dr. Bertoni is a Professor in the Department of Neurological Sciences at the University of Nebraska Medical Center and the Director of the Parkinson Disease Clinic. His specialties and interests include Parkinson Disease, Epidemiology, Toxicology, and New Clinical Therapies. Currently Dr. Bertoni is seeing patients with Parkinson Disease and participating in several Parkinson Disease related studies.

**Danish Bhatti, MD**
Dr. Bhatti is an Assistant Professor in the Department of Neurological Sciences at the University of Nebraska Medical Center. His specialties and interests include Parkinson Disease, Deep Brain Stimulation Surgery and advance therapies for PD. Dr. Bhatti evaluates patients with movement disorders including Parkinson Disease, Chorea, Dystonia, Spasticity, Gait Abnormalities and Ataxia. Currently Dr. Bhatti is involved in several research studies for Parkinson Disease, including Driving in PD, digital technologies for better diagnosis of PD and neuroprotection trials for PD with Parkinson Study Group (PSG). He is also passionate about Distance learning and online learning using modern tools and techniques.

**Amy Hellman, MD**
Dr. Hellman is an Assistant Professor in the Department of Neurological Sciences at the University of Nebraska Medical Center and Director of the Huntington Disease Society of America (HDSA) Center of Excellence at Nebraska Medicine. Her specialties and interests include Parkinson Disease, Huntington Disease, Chorea, and Dystonia. Dr. Hellman evaluates patients with movement disorders including Parkinson Disease, Chorea, Dystonia, Spasticity, Gait Abnormalities and Ataxia. She also performs Botulinum Toxin injections and Deep Brain Stimulation. Her research interests include Parkinson Disease and Huntington's Disease.

**Daniel Murman, MD**
Dr. Murman is a Professor at the University of Nebraska Medical Center and Director of the Memory Disorders & Behavioral Neurology Program in the Department of Neurological Sciences. His subspecialties and interests include Behavioral, Cognitive and Geriatric Neurology. His research interests include the treatment of neurologic conditions in the aging population and clinical research focused on Alzheimer's Disease, Parkinson Disease and related Neurodegenerative Disorders.
Mara Seier, MD
Dr. Seier is an Assistant Professor in the Department of Neurological Sciences at the University of Nebraska Medical Center. Her specialties and interests include Parkinson’s Disease, Movement disorders and Deep Brain Stimulation. Dr. Seier evaluates patients with movement disorders including Parkinson’s Disease, Chorea, Dystonia, Ataxia, Tremor, Spasticity and Gait Abnormalities. She also performs Botulinum Toxin injections and Deep Brain Stimulation. Her research interests include Parkinson’s disease and Essential tremor.

Diego Torres-Russotto, MD
Dr. Torres is an Associate Professor in the Department of Neurological Sciences at the University of Nebraska Medical Center and the Director of the Movement Disorder Program and the Movement Disorders Fellowship Program. His specialties and interests include Movement Disorders, Deep Brain Stimulation and Dystonia. Dr. Torres evaluates patients with movement disorders including Parkinson Disease, Chorea, Dystonia, Spasticity, Gait Abnormalities and Ataxia. He also performs Botulinum Toxin injections and Deep Brain Stimulation. His research interests include Parkinson Disease, Tremor, Orthostatic Tremor and Dystonia.

Julie Pavelka, APRN-FNP
Julie Pavelka, APRN-FNP is a Nurse Practitioner in the Department of Neurological Sciences at Nebraska Medicine. Her specialties include Memory and Movement Disorders with specific interest in Parkinson’s Disease. Julie is very active with our outreach programs and networking with Parkinson’s Disease patients, families, and caregivers.

Jennifer McKune, MPT
Jennifer attended the University of Nebraska-Lincoln where she earned her BS in Education with an emphasis in Athletic Training. She then went to the Mayo School of Health-Related Sciences in Rochester, MN, where she completed her Masters of Physical Therapy degree. Jennifer began her first job at Nebraska Medicine in 1996. Previous work also includes 3 ½ years at Quality Living, Inc. Jennifer returned to Nebraska Medicine in 2006. Her focus is evaluating and treating individuals with neurological conditions. Jennifer is NDT trained and became certified in LSVT BIG in 2016. She is part of the multidisciplinary clinic team for Nebraska Medicine’s Parkinson’s clinic and ALS clinic.
We provide excellent and compassionate care to patients with Movement Disorders, advance research, educate future generations of physicians and support our communities. Our program is the only Movement Disorders program in Nebraska and the largest in the region.

Our program works closely with the Departments of Neurosurgery, Neuroradiology, Neuropsychology, Psychiatry, Orthopedic Surgery and Rehabilitation to provide comprehensive, state-of-the-art, multidisciplinary care for patients with Movement Disorders. The Movement Disorders Program focuses on diseases of the brain that produce alterations of motor control, including tremor, clumsiness, voluntary or involuntary abnormal movements. Areas of expertise include management of patients with Parkinson Disease, Essential Tremor, Dystonia, Tics, Chorea, Ataxia and Myoclonus. We have a very busy Deep Brain Stimulation program with expertise in challenging Movement Disorders cases. Our Center also manages the largest Dystonia and Spasticity Clinic in the region, providing a full complement of treatments for these conditions, including Botulinum toxin injections, Deep Brain Stimulation and intrathecal baclofen pump therapy.

Our Movement Disorders specialists teach medical, nursing and physician assistant students, as well as Neurology, Psychiatry and other residents, in how to recognize and treat these complex diseases. We also conduct research in Parkinson Disease, tremor, dystonia, chorea and other similar disorders.

To schedule an appointment with one of our Movement Disorders specialists, please contact us:
Nebraska Medicine Clinical Neurosciences Center-Movement Disorders Clinic: 4242 Farnam Street, Suite 650 Phone: 402-559-8600 Fax: 402-559-9510

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**Anne Mahnke, MOT, OTR/L**
Anne attended College of Saint Mary in Omaha where she earned her Masters of Occupational Therapy in 2015. After graduation, Anne worked at the Life Care Center of Elkhorn where she began treating individuals with Parkinson’s disease and received her LSVT BIG certification in 2016. In 2019, Anne joined the outpatient rehabilitation department at Nebraska Medicine and obtained her certification in Parkinson Wellness Recovery. At this time, Anne evaluates and treats individuals with neurological conditions and is part of the multidisciplinary clinic teams for Nebraska Medicine’s Parkinson’s clinic and Concussion clinic.

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**Victoria Czerwinski, MS CCC-SLP**
Victoria is a Speech Pathologist at the Munroe-Meyer Institute. Her specialties and interests include inpatient care and Parkinson’s Disease. She is certified in the Lee Silverman’s Voice Treatment (LSVT) program and proficient in completing Modified Barium Swallow Studies. She also has her Certificate of Clinical Competence from the American Speech-Language-Heading Association.

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**Jenna Paseka, MS, RD, LMNT**
Jenna Paseka is the nutrition therapist in the Neurological Sciences clinics at Nebraska Medicine. She sees patients with various neurological conditions to improve their nutritional status including Parkinson’s disease, Huntington’s disease, and Amyotrophic Lateral Sclerosis (ALS), muscular dystrophy, epilepsy, multiple sclerosis and stroke.

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Parkinson’s Disease in 2019:
Optimizing the Quality of Life
A Conference for Parkinson’s Disease Patients, Family and Caregivers

Monday, October 14, 2019
8:00 a.m. – 3:30 p.m.
Embassy Suites, 12520 Westport Pkwy
La Vista, NE 68128

AGENDA

8:00 am - 9:00 am  Registration/Continental Breakfast/Exhibits Open

9:00 am - 9:05 am  Opening Comments
Julie Pavelka, APRN, Department of Neurological Sciences, Nebraska Medicine

SESSION 1: Introduction to Parkinson’s Disease:
Motor and Non Motor Symptoms

9:05 am - 9:35 am  Why Is It Difficult to Diagnose Parkinson’s Disease?
John Bertoni, MD, PhD
Professor, Department of Neurological Sciences, UNMC

9:35 am - 10:05 am  Problems in Worsening Parkinson’s Disease: Dementia and Psychosis
Daniel Murman, MD, MS
Professor, Department of Neurological Sciences, UNMC

10:05 am - 10:30 am  Non Motor Symptoms: Light Headedness, Drooling and Sleep Problems
Mara Seier, MD
Assistant Professor, Department of Neurological Sciences, UNMC

10:30 am - 10:45 am  Questions and Answers

10:45 am - 11:00 am  Break/Exhibits Open
SESSION 2: New and Emerging Therapies/Advanced Management

11:00 am - 11:30 am  Advanced Therapies in Parkinson’s Disease: Chemodenervation, DBS & Duopa  
Diego Torres-Russotto, MD  
Associate Professor, Department of Neurological Sciences, UNMC

11:30 am - 12:00 pm  Research Update: How Can We Cure Parkinson’s Disease?  
Danish Bhatti, MD  
Assistant Professor, Department of Neurological Sciences, UNMC

12:00 pm - 1:00 pm  Lunch/Exhibits Open

SESSION 3: Optimizing Quality of Life

1:00 pm - 1:40 pm  Impact of Therapy, Exercise and Nutrition: Case Studies  
Jennifer McKune, Physical Therapist, Nebraska Medicine  
Anne Mahnke, Occupational Therapist, Nebraska Medicine  
Victoria Czerwinski, Speech Therapist, Nebraska Medicine  
Jenna Paseka, Nutrition Therapist, Nebraska Medicine

1:40 pm - 2:00 pm  Living with Chronic Disease: Lessons from Our Patients  
Amy Hellman, MD  
Associate Professor, Department of Neurological Sciences, UNMC

2:00 pm - 3:00 pm  Keynote Speaker  
Brian Grant, Retired National Basketball Association Player  
Founder, Brian Grant Foundation, Brian Grant Speaks

3:00 pm - 3:15 pm  Questions and Answers

3:15 pm - 3:30 pm  Closing Comments and Evaluation  
Julie Pavelka, APRN, Department of Neurological Sciences, Nebraska Medicine
The UNMC Department of Neurological Sciences provides a patient-centered Comprehensive Movement Disorders Clinic every Monday to serve the complex needs of new or advanced Parkinson’s disease (PD) patients. Patients and their families remain in one room and caregivers including Movement Disorders specialists Danish Bhatti MD and John M. Bertoni MD PhD, Movement Disorders fellows, our Movement Disorders nurse Bobbi Roeder R.N., Speech Therapist, Occupational Therapist, Physical Therapist, Dietician, and Social Worker take turns doing formal standardized examinations. The referring physicians and the patients all receive written or electronic evaluations—some of which can be provided before they leave the clinic!

This is especially valuable to the patients and families early in the course of PD: valuable information is provided, and the now proactive patient is well equipped to manage their PD for the rest of their lives! Patients and their families in later stages of PD with multiple issues benefit enormously from the expertise and experience from each member of the team in handling very complicated and challenging cases. The Comprehensive Movement Disorders Clinic then outlines a comprehensive plan of care tailored for the patient to emphasize wellness and a better quality of life.

In a typical morning, six patients are evaluated in this clinic with all specialists involved in discussions and planning. The feedback from patients and families is excellent. This Comprehensive Movement Disorders Clinic streamlines what would otherwise require several trips to several different providers—and delivers a unified coherent plan toward wellness for the patients, families, and referring physicians.

We have been paying special attention to Nutrition and Parkinson Disease in regards to diet, vitamin deficiencies and nutritional status and progression of Parkinson Disease. We have an ongoing quality research in the Comprehensive clinic where our Nutritionist performs a Harvard food preference questionnaire and we screen for vitamin deficiencies that have been recently described as linked with rapid progression of Parkinson Disease. We also take the opportunity of the comprehensive clinic to educate about other ongoing relevant studies and answer any questions patient might have. We are part of a strong network of researchers in PD that includes teams at UNO and UNL in addition to various departments in UNMC.

Emphasis on combining optimizing quality of life, quality of care with trained specialists, and efficiency, makes this clinic a real winner for the patients and their referring physicians!

John Bertoni, MD, PhD
Professor
Co-Director Comprehensive Parkinson Disease Clinic
Director Parkinson's Disease
Department of Neurological Sciences, University of Nebraska Medical Center
2019 Parkinson's Disease Patient and Caregiver Conference
Event Evaluation Form

Please give us your feedback about this symposium to help us plan future meetings!

1. Presentation Speaking Quality:  ○ Excellent  ○ Good  ○ Fair  ○ Poor
   Comments:

2. Presentation Program Content:  ○ Excellent  ○ Good  ○ Fair  ○ Poor
   Comments:

3. Was the program presentation beneficial to you?  ○ Yes  ○ No
   Comments:

4. Did you receive the information you expected?  ○ Yes  ○ No
   Comments:

5. Was sufficient time provided for the presentation?  ○ Yes  ○ No
   Comments:

6. Meeting Location:  ○ Excellent  ○ Good  ○ Fair  ○ Poor
   Comments:

7. Suggestions for Future Topics:

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________________________________________________________________________________
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Julie Pavelka, APRN
Jennifer McKune, MPT
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Jenna Paseka, MS, RD, LMNT

If you’d like to make an appointment with one of our physicians, please call the clinic at (402)-559-8600.

University of Nebraska Medical Center
Department of Neurological Sciences Clinic
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Omaha, NE 68131

Neurological Sciences Home Page:
http://www.unmc.edu/neurologicalsciences/

Copy of today’s presentation:

Parkinson’s Post Newsletter