

LIVING WELL WITH PARKINSON'S DISEASE

Summer 2025



FDA Approves New Adaptive Deep Brain Stimulation, aDBS

excerpted from: www.ucsf.edu

Starting today, people with Parkinson's disease will have a new treatment option, thanks to U.S. Food and Drug Administration approval of groundbreaking new technology.

The therapy, known as adaptive deep brain stimulation, or aDBS, uses an implanted device that continuously monitors the brain for signs that Parkinson's symptoms are developing. When it detects specific patterns of brain activity, it delivers precisely calibrated electric pulses to keep symptoms at bay.

The FDA approval covers two treatment algorithms that run on a device made by Medtronic, a medical device company. Both work by monitoring the same part of the brain, called the subthalamic nucleus. But they respond in different ways.

A "fast" algorithm detects patterns associated with symptoms and immediately suppresses them. A "slow" algorithm provides stimulation that maintains the person's brain activity within a range where symptoms are reduced.

The fast approach was developed by UC San Francisco neurologist Simon Little, MBBS, PhD, in 2013, while he was a Wellcome Trust clinical research fellow at Oxford University with Peter Brown, MBBS.

aDBS is a significant advancement over a treatment called continuous DBS, or cDBS, which delivers constant stimulation to the brain. cDBS has been used to improve Parkinson's symptoms since it was approved by the FDA in 1999.

aDBS, unlike cDBS, can sense and adjust when a patient's brain activity changes, which often happens when people with Parkinson's take their medications. aDBS's constant monitoring also enables it to smooth out the peaks and valleys of brain activity, fending off symptoms like stiffness and involuntary movements before they arise.

Patients and their health care providers will be able to choose which adaptive algorithm to use and be able to easily switch from one to the other using software that communicates with the device via Bluetooth.

Crexont

excerpted from: www.michaeljfox.org

Crexont (carbidopa/levodopa extended release) was approved in 2024 by the U.S. Food and Drug Administration (FDA) for the treatment of Parkinson's disease. It contains a new formulation of immediate- and extended-release levodopa with carbidopa. (Levodopa is converted in the brain to dopamine, the chemical that goes missing in Parkinson's; carbidopa helps levodopa get into the brain and decreases side effects.) Crexont can ease motor symptoms (tremor, slowness and stiffness) and potentially give more "on" time (when symptoms are controlled) with fewer daily doses. The pill maintains medication in the blood longer, leading to less frequent dosing.

A Phase III clinical trial found that, compared to immediate-release levodopa/carbidopa, Crexont gave an additional 0.5 hours more "on" time, and that was with three doses versus an average of five doses of immediate-release levodopa. An analysis of data following the clinical trial suggested that each individual dose of Crexont may last, on average, about 1.5 hours longer than a dose of immediate-release levodopa.

As with other oral levodopa drugs, Crexont can compete with dietary protein for absorption. If the medication does not work optimally, such as wearing off before the next dose is due or taking a long time to start working, you may consider separating the medication from meals. Typically doctors recommend you take 30 minutes before or 60 minutes after a meal, if possible.



Parkinson's Support Group (Virtual)
Meets the third Tuesday of every month from 2:00PM-3:30PM via ZOOM.

Caregivers Support Group (Virtual)
Meets the first Wednesday of every month from 2:00PM-3:30PM via ZOOM.

PD 101 (Hybrid)
Meets Wednesday, June 25th from 5-7PM at the Columbia Community Partnership for Health located at 390 Ft. Washington Avenue between 177th and 178th ST and via ZOOM.

PD 201 (Virtual)
Meets Friday, June 27th from 5-7PM via ZOOM.

To register for our support groups, PD 101, PD 201, and our Connecting Through Art program, please contact Erika Adelman, LCSW, SIFI at 929-695-0282.

Access to Care Orientation (Virtual)
Meets the first Wednesday of every month from 1-2PM via ZOOM. Please use meeting ID: 969 2820 4317 to log in.

Music and Movement Concert Series (Virtual)
Meets the first and third Wednesday of every month from 5:00PM-5:45PM. To register, please contact Vedika at 929-274-0771.

Speech for PD (Virtual)
Meets every Tuesday and Thursday from 11:15AM-12:30PM. For more information and to register please contact Gemma Moya-Gale, Ph.D., CCC-SLP at gm2446@tc.columbia.edu.

BEYOND PARKINSON'S

WOULD YOU LIKE A PORTRAIT OF YOU (OR YOUR LOVED ONES) HOLDING A TULIP (official symbol of Parkinson's) TO SUPPORT PARKINSON'S RESEARCH?



Get your or loved one's portrait drawn and donate any amount you choose! Email your picture or send your questions: artandparkinson@gmail.com Items may be picked up in person at the Neurological Institute, 3rd floor, or shipped by mail. Shipping fees are the responsibility of the buyer. Donations may be made via Zelle or in cash. 10% will be allocated for art supplies, and the remaining 90% will be contributed to the Parkinson's Research Fund at Columbia. *This project is led by Dr. Rongyi Sun under the supervision of Dr. Hiral Shah, Department of Neurology, Columbia University.*

APDA's CONNECTING THROUGH ART PROGRAM

Join us on Friday, June 27th from 10AM-12PM in-person at the Columbia Community Partnership for Health located at 390 Ft. Washington Avenue between 177th and 178th ST. or virtually for a free creative arts program designed specifically for people with PD and their care partners. Program Instructor, art educator Charlecia Joy, will guide participants through a fun and inclusive activity that allows participants to celebrate diversity while unleashing their creativity. No previous art experience is required. All art supplies will be provided. To register, please call Erika Adelman, LCSW at 929-695-0282 or email era2142@cumc.columbia.edu by Wednesday, June 19th. This event will be held every last Friday of the month.



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<https://www.columbiadoctors.org/specialties/neurology/our-services/movement-disorders>

Parkinson's Foundation
National Hotline:
1-800-473-4636

Make a Gift--Make a Difference

Wish to Donate?...

Should you be interested in discussing how you can help support our clinical, research, and patient care activities, please contact Matthew Reals, Senior Director of Development, at **646-761-9015** or mr3134@columbia.edu.

Finding Meaning and Purpose After Parkinson's Disease Diagnosis

The Parkinson's Wellness Project presents the Finding Meaning and Purpose After Your PD Diagnosis event on Wednesday, June 18th. Join us in-person at the Rockland Community College Cultural Arts Center, 145 College Road Suffern, NY 10901 from 4-7:30pm for the art show, expo, and buffet. You can also attend virtually via ZOOM from 5:30- 7:30pm. This event was designed to inform, inspire, and build connections between patients, care partners, and the healthcare community. Admission is free, to register please go to: <https://parkinsonswellnessproject.org/events/finding-meaning-and-purpose-after-pd-diagnosis>



StrivePD: Your Care Companion for Parkinson's Disease

StrivePD is a free iOS disease management application, FDA-cleared, that passively collects daily resting tremor and dyskinesia data via Apple's Movement Disorder API. Explore interactive charts to track your symptoms over time & understand how medications and physical activity impact you. Gain insights to guide your care journey, sharing data with your clinical specialists for a personalized strategy.



Download StrivePD on the Apple store today or visit: www.StrivePD.com



If you have a question regarding Parkinson's and its treatment that you would like featured in the next news-letter, please e-mail your questions and/or inquiries to Erika Adelman, LCSW, SIFI at era2142@cumc.columbia.edu.

The information published in this newsletter is not intended to replace, and should not be interpreted or relied upon, as professional advice, whether medical or otherwise. Please refer to your own professional for all advice concerning legal, medical, or other matters published in connection with this article.

"I have no choice about whether or not I have Parkinson's. I have nothing but choices about how I react to it. In those choices, there's freedom to do a lot of things in areas that I wouldn't have otherwise found myself in." Michael J. Fox