

LIVING WELL WITH PARKINSON'S DISEASE

Fall 2025

Introducing our team's Nutritionist- Kay Stolwyck, MS RD CDN



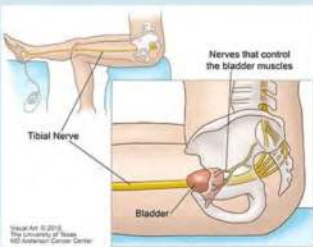
Introducing CUIMC's Newest Urologist- Dr. Wai Lee

Nutrition is an important part of treatment and health maintenance. Our registered dietitians (and Kay Stolwyck specifically) are experts in food and medical nutrition therapy for patients with Parkinson's. A registered dietitian can help motivate, counsel, and advise patients on what, when, and how much to eat and drink. Following a balanced, whole-food, plant-focused diet can benefit people with Parkinson's through providing essential antioxidants, fiber, and probiotics. When challenges arise with medication timing around meals, dysphagia, weight loss, or constipation, a registered dietitian works with patients with Parkinson's to address their individual health needs goals. For patients with Parkinson's, we offer outpatient medical nutrition therapy services through the NYP Outpatient Nutrition Practices. A referral from a doctor is required. Insurance coverage varies by plan.

We have created a Committee Advisory Group to help guide us in developing a Healthy Eating Initiative in partnership with APDA. Stay tuned to learn more!



People with PD (PWP) often experience urinary storage issues, such as frequency, urgency, and urgency incontinence. These patients may benefit from counseling on conservative measures (e.g., constipation and caffeine reduction), overactive bladder medications (while avoiding anticholinergics), and minimally invasive therapies like bladder botox or neuromodulation.



Neuromodulation options include office-based weekly electroacupuncture (PTNS), implantable tibial stimulators, or sacral neuromodulation (bladder pacemaker). Additionally, PWP may struggle with emptying symptoms due to bradykinesia of the rhabdospincter, particularly in men with enlarged prostates. In such cases, urodynamic testing can be highly beneficial. To schedule an appointment with Dr. Lee, please call 212-305-0114.

PD Patient Support Group
Meets the third Tuesday of every month from 2:00PM-3:30PM.

Caregivers Support Group
Meets the first Wednesday of every month from 2:00PM-3:30PM.

Deep Brain Stimulation (DBS) Informational Sessions
Meets quarterly the first Friday of the month from 1:00PM-2:00PM.

Deep Brain Stimulation (DBS) Support Group
Meets the first Friday of October and November from 1:00PM-2:00PM.

To register for our support groups, and/or our DBS informational sessions, please contact Erika Adelman, LCSW, SIFI at 929-695-0282 or via email at: era2142@cumc.columbia.edu.

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

Speech for PD
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.

Interested in learning more about CUIMC's current research studies and clinical trials?



Please contact our research team at 347-882-4315 or via email at mdresearch@cumc.columbia.edu.

APDA's CONNECTING THROUGH ART PROGRAM

Join us on Monday, October 20th from 3:30PM-5PM via ZOOM for a free creative arts program designed specifically for people with PD, care partners., and other family members who are supporting a love ones living with Parkinson's. Program Instructor and art therapist, Molly Gage, will be guiding participants through a fun and inclusive activity where you'll design your very own superhero through drawing and imagination. No previous art experience is required. This is also an intergenerational activity so children and grandchildren are welcome to join us. Dressing up is encouraged, but optional too. All art supplies will be provided. To register, please call Erika Adelman, LCSW at 929-695-0282 or email era2142@cumc.columbia.edu by no later than

Monday, October 13th.



SHAKEN NOT DETERRED: A YOUNG ONSET PARKINSON'S DISEASE GATHERING

Join the Marlene Mayerson JCC Manhattan in collaboration with the APDA and the Parkinson's Foundation on Sunday, October 26th from 10AM-3:30PM either via ZOOM or in-person at the Marlene Mayerson JCC, which is located at 334 Amsterdam Avenue at W 76th ST NY, NY 10023, for a YOPD event specifically for people living with PD who were diagnosed with young onset and their care partners. There will be panel discussions on work, life, and finance, treatments, wisdom from those who've been there, table discussions, movement breaks, lunch, and childcare will be provided for those who attend in-person. To learn more or to register, please visit shakennotdeterred.org, or call 585-743-1266.



Division of Movement Disorders

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212-305-1303
www.columbianeurology.org/patient-care/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 **646-761-0915** or mr3134@columbia.edu.

The 2025 Parkinson's Policy Forum

[excerpted from: www.parkinsonsnewstoday.com](http://www.parkinsonsnewstoday.com)



The 2025 Parkinson's Policy Forum occurred on September on Capitol Hill, bringing Parkinson's advocates from the Parkinson's organizations as well as people living with Parkinson's together to lobby for increased federal research funding, to ban hazardous chemicals, and to advance the National Parkinson's Project. Over the course of two days, more than 250 attendees met with members of Congress to share their personal experiences and called for action on the aforementioned priorities. The advocates are hoping for a commitment of \$600 million in annual funding by 2028 to advance research and treatments as well as to reduce the burden of the disease. With over a million people in the United States diagnosed with Parkinson's disease and a new diagnosis made every six minutes ... we call on Congress to recognize Parkinson's disease as a national priority," said Anne Hubbard, APDA's chief public policy officer.

If you have a question regarding Parkinson's and its treatment that you would like featured in the next newsletter, 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.

"Don't count the days, make the days count."

-Muhammad Ali, diagnosed with PD in 1984