

A different kind of care.

Imagine being a patient, walking in unsure, nervous, and confused. You get a brief diagnosis for a condition you don't understand, a prescription for medication you've never heard of, and instructions to come back in a year. You leave more overwhelmed and more unsure of what is in store for your future. We hear about the decline in the quality of health care across the United States. According to the NCHS,* the average time for an office visit in 2005 was 19 minutes, average time with a standard neurologist 26 minutes... is that enough time for you?

Instead imagine that you take control of your healthcare and find a center where patients spend a generous amount of time with a Movement Disorders Specialist and at least an hour for the first visit – giving patients and caregivers time to get all their questions answered and to understand all aspects of their diagnosis. The doctor works with you to come up with a well-rounded treatment plan including the latest medication, diet and exercise options. Patients and doctors have a chance to build a personal relationship of mutual respect and trust.

At The Parkinson's Institute Movement Disorders Clinic you will meet with experienced Movement Disorders Specialists. Our Physical and Voice Therapists are specially trained in Parkinson's disease and have developed specific physical therapy and speech therapy geared to Parkinson's as part of our full service program. Be part of our Clinic and get the treatment and care you deserve.

*National Ambulatory Medical Care Survey, 2005

WHAT TO EXPECT AT YOUR FIRST VISIT

Your doctor will ask you questions about how your symptoms developed, other medical problems, and family history. This is followed by a neurological exam to establish what Movement Disorder symptoms you may have. The team will discuss the findings with you, create a treatment plan, and may order additional tests. The doctor will discuss and explain this all with you and answer any questions about your condition and your treatment plan. Family members or a companion may join you during your visit.

THE PARKINSON'S INSTITUTE MOVEMENT DISORDERS CLINIC STAFF

Melanie M. Brandabur, M.D.
Clinical Director

J. William Langston, M.D.
Movement Disorders Specialist

Grace S. Liang, M.D.
Movement Disorders Specialist

Caroline M. Tanner, M.D., Ph.D.
Movement Disorders Specialist

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Medical Director

*Staff fluent in French, Mandarin,
Spanish, Tagalog, and Vietnamese*

Marilyn Basham, PT
Registered Physical Therapist

Randy A. Hoffman, MA
Speech and Language Pathologist

Liza Infeld
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Brandon H. Nguyen, LCSW
Medical Social Worker

Reene Rodriguez
Clinic Manager

Katharine Smith, RN
Clinical Trial Coordinator

Founded in 1988, The Parkinson's Institute and Clinical Center is America's only independent non-profit organization that provides basic and clinical research, clinical trials and a comprehensive movement disorder patient clinic for Parkinson's disease (PD) and related neurological movement disorders, all under one roof. Our mission is to find the causes, provide first class patient care, and discover a cure. Our unique freestanding organization supports a strong collaboration of translational medicine designed to more directly connect research to patient care—from the "bench to bedside".

The Parkinson's Institute and Clinical Center

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OFFICE HOURS:

Monday-Friday 8:30am – 5:30pm
www.thepi.org

The Parkinson's Institute and Clinical Center is recognized as a Center of Excellence by the National Parkinson Foundation.



The
Parkinson's Institute
and Clinical Center



Movement Disorders Clinic

As the premier Parkinson's disease research organization, we provide our patients exclusive access to:

- Exceptional treatment from a team of world-renowned scientists and physicians
- The very latest scientific and medical developments
- Cutting-edge clinical trials and research
- State-of-the-art physical and speech therapies



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What is a Movement Disorders Specialist?

A Movement Disorders Specialist is a type of neurologist who has additional training in diagnosis and management of disorders which produce tremors, jerking, involuntary movements, unusual postures, and certain types of incoordination. They can distinguish between motor problems that result from impairment of the brain's ability to program, plan, and control precision of movements.

Movement Disorders Specialists are especially skilled at Parkinson's disease (and related disorders), essential tremor, dystonia, myoclonus, tics, ataxia, and more. Many general neurologist lack experience seeing patients with these symptoms and may not recognize a pattern of motor behavior that would be readily identifiable by a Movement Disorders Specialist.

Clinical Trials

Developing new medications to treat the effects of Parkinson's Disease requires many volunteers, both

healthy and those affected by the disease. Participating in clinical trials means joining a group of individuals with a common goal of finding a cure for Parkinson's Disease. Our clinical trials are overseen by the FDA and other regulatory bodies and are conducted with the patients' best interest in mind. All studies are voluntary, and a participant may leave the study at any time for any reason, including, if the study doctor feels that the trial is no longer in the best interest of the patient. Many clinical trials volunteers feel they are more actively involved in their health care, as clinical trials often provide more frequent monitoring by PD Specialists and access to new research treatments, often at no cost to the patient. This may be especially beneficial if you have found that available treatments cause intolerable side-effects or no longer work for you.

Physical Therapy

The symptoms of Parkinson's disease may cause you to move more slowly. You may also feel tightness, pain, and weakness, especially in the muscles and joints. Physical therapy may help ease these symptoms. Upon evaluation of a new patient, the physical therapist, along with the patient, will prioritize the major problems that interfere with the patient's quality of life. The therapist may then teach the patient movement strategies to facilitate smooth and



efficient function for walking, transfers, and balance. A home program may be instructed with exercises for strengthening and stretching. The most important goal is to develop healthy habits of movement and alignment for every day tasks so that the patient can more easily 'DO LIFE'.

Speech Therapy

Almost 90% of Parkinson's disease patients will have problems such as soft voice, mumbled speech, monotone speech, and hoarse voice that will progressively diminish quality of life. Medicine and surgery may dramatically improve the other symptoms of PD, but they don't help speech disorders. The best way to improve speech is with speech therapy. Our Speech Therapist, Randy Hoffman—certified in the Lee Silverman Voice Treatment (LSVT)—helps PD patients achieve strong clear and intelligible speech in just four weeks of therapy. Additionally, 95% of people with PD experience some degree of swallowing problems. The muscles you use for speaking are the same ones that you use for swallowing. By strengthening your speech muscles, you are improving your swallowing muscles.

Classes

As part of our multi-disciplinary care, we offer on-site classes including: **DANCE, GAIT AND BALANCE, SINGING GROUP, STRESS MANAGEMENT, NEWLY DIAGNOSED** *CHECK OUR WEBSITE OR CALL 408.734.2800 FOR DATES, TIMES AND MORE INFORMATION*

MOVEMENT DISORDERS WE TREAT

ATAXIA
BLEPHAROSPASM
BRADYKINESIA
CERVICAL DYSTONIA/SPASMODIC TORTICOLLIS
CORTICOBASAL DEGENERATION
DEMENCIA WITH LEWY BODY DISEASE (DLBD)
DYSKINESIAS (PAROXYSMAL)
PAROXYSMAL DYSKINESIAS
DYSTONIA/ESSENTIAL TREMOR
HUNTINGTON'S DISEASE

MULTIPLE SYSTEM ATROPHY
PARKINSON'S DISEASE
PROGRESSIVE SUPRANUCLEAR PALSY
RESTLESS LEG SYNDROME
SPASMODIC DYSPHONIA
TARDIVE DYSKINESIA/DYSTONIA
TICS
TOURETTE'S SYNDROME
TREMOR
WILSON DISEASE

**Remember not all neurologists are
Movement Disorders Specialists,
but all Movement Disorders
Specialists are Neurologists.**

