



COLUMBIA UNIVERSITY
IRVING MEDICAL CENTER

PARKINSON NEWSLETTER

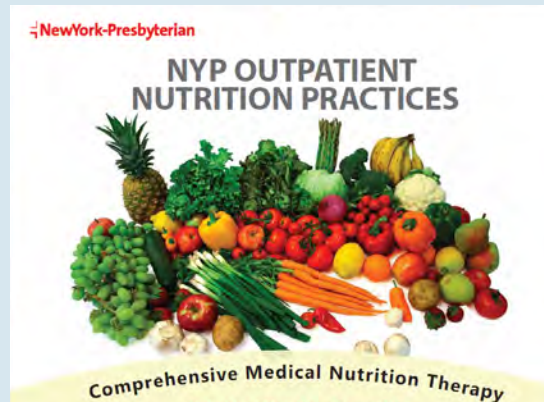
Fall 2020

Meeting Your Nutrition Needs: NYP Nutrition and the PD Care Team

By Shoshana Genack, MS, RD, CDN, CDE
Clinical Nutritionist at New York Presbyterian

“Let Food Be Thy Medicine and Medicine Thy Food”
-Hippocrates

At NewYork Presbyterian outpatient registered dietitians/clinical nutritionists help patients identify what, when and how much to eat and drink to achieve their health related goals. Our nutritionists are part of the Parkinson’s Disease care team.



There are many reasons why a patient with Parkinson’s may benefit from nutrition support and guidance: constipation, trouble swallowing, loss of appetite or weight loss or questions about food / drug interactions with the medications you need to take. Our approach is very individualized and working closely together with each patient we try to incorporate their food preferences to meet their own nutritional needs.

Our clinical nutritionists ‘meet’ our patients with Parkinson’s through video visits – in the comfort and convenience of their homes. How often you meet depends on what each patient and clinical nutritionist decide together will be most productive and beneficial: one visit may be enough to discuss general healthy eating; but follow up visits may be helpful to monitor progress in a patient who has weight loss. You are what you eat, good nutrition is our mission, amazing things happen when patients meet with a dietitian.

For an appointment please call:

622 West 168th Street

Vanderbilt Clinic - 10th Floor, Room 62

New York, NY 10032

Phone: (646) 317-4811

Email: ONPWest@nyp.org

Fax: (212) 746-9456



Support Groups!

The Department of Neurology currently hosts 3 support groups:

- PD Patient Support Group.** Meets the last Tuesday of every month. **NOW VIRTUAL!!**
- Care Partner Support Group** Meets the first Wednesday of every month. **NOW VIRTUAL!!**
- Deep Brain Stimulation (DBS) support group.** **NOW VIRTUAL!!**

For more information and to register please contact Elizabeth Delaney, LMSW at 212-305-5779.

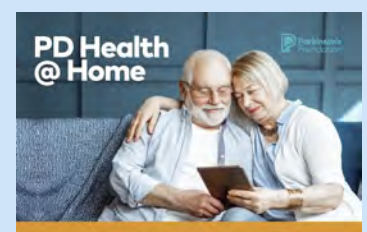
Parkinson’s Foundation Presents:

[Health @ Home](#), a series of virtual events to keep your mind and body active all season long

Start your week with calmness on [Mindfulness Mondays](#)

Learn from experts on [Wellness Wednesdays](#)

Get moving at home on [Fitness Fridays](#)



Center Spotlight! : NeuroNEXT Study, Light Therapy for Impaired Sleep in PD

What is this study?

We are doing this research study to find out if light therapy can help people with Parkinson's disease (PD) who experience difficulties with their sleep. We also want to find out if light therapy is safe and does not cause too many side effects. We do not expect the natural progression of Parkinson's Disease to change due to this study and it is not the target of the research.

What is involved?

If you decide to join this research study, the following things will happen: you will have a physical and neurological exam, answer questionnaires, complete sleep logs and light therapy sessions, and if you are a woman of child-bearing age you will have a urine pregnancy test. It will take you about 4 months to complete this research study. During this time, we will ask you to make 5 study visits to Weill Cornell Medical College and complete 3 phone calls.

Will I be paid to take part in this research study?

We will pay you \$250 if you complete the study. If you do not complete the study, we will pay you \$50 for each visit you complete.

If I have questions, concerns or complaints about this research study, whom can I call?

You can call us with your questions or concerns. Our telephone numbers are listed below. Ask questions as often as you want. Harini Sarva, MD is the person in charge of this research study. You can call her at 212-746-2584. You can also call Gabrielle Auerbach at 212-746-2474 with questions about this research study. If you have questions about the scheduling of appointments or study visits, call Gabrielle Auerbach at 212-746-2474.

Division of Movement Disorders

Columbia University
Irving Medical Center
710 West 168th Street
New York, NY 10032
212-305-1303

www.columbianeurology.org/patient-care/movement-disorders

Wish to Donate?...

Should you be interested in discussing how you can help support our clinical, research, and patient care activities, please contact Matt Reals, Senior Director of Development, at 212-304-7203 or mr3134@columbia.edu

Parkinson's Wellness Project pWp

PWP is a non-profit organization that promotes awareness, education and social interaction for people with Parkinson's disease. Here are some upcoming events and other resources from pWp:



STAY AT HOME SUNDAY: LEARN TOGETHER WHILE APART WEBINARS

-November 1, 2020 12:30-2:00PM

"Your PD A-Team" a panel discussion on the Multi-Disciplinary Approach To Living Better With PD, presents speakers that span the disciplines of Movement Disorder Neurology, NeuroPsychology, and Social Work, as well as actual perspectives from family members.

-November 17, 2020 12:30-2:00PM

"Running Better: Understanding Your Gut" a discussion to delve deeper into the topic of Essential Nutrients according to your Conditions in PD and gastrointestinal dysfunction in PD. A short yoga demonstration to help keep you flowing will be included.

Learn more and register here: <https://parkinsonswellnessproject.org/events>

LIVE! Online ZOOM Workout

Classes

- PD On The Move
- Dance Movement
- Boxing

Learn more and register here:

<https://parkinsonswellnessproject.org/workout>

If you have a question regarding Parkinson's and its treatment that you would like featured in the next newsletter, please e-mail your question to Elizabeth Delaney, LMSW at movementdisorders@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.

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

-Muhammad Ali, diagnosed with PD in 1984