



Dear WPC friends,

The big news of the day is that the window to submit abstracts is getting smaller. The even bigger news is that we are **EXTENDING THE ABSTRACT DEADLINE TO MONDAY, DECEMBER 3. You now have until December 3 to get your abstract submitted.** Take note that the [travel grant application](#) deadline is still December 7.

Over the weekend, I read [the WPC blog post for this week](#), submitted by Richard Windle, patient advocate from UK and long time WPC friend. At one point, he wrote, "...The traditional distinction between doctors and patients has crumbled as both groups realise that it is more productive if they work together." This idea of working together is the gift the WPC helped give to the community. Allowing for a unique interdigitation of the international Parkinson's leaders in science, care, and advocacy was unheard of when we launched the WPC 2006. Now we see the WPC model popping up around the globe and we LOVE it! Richard's blog post dovetails nicely with the highlighted post below by Laurie Mischley where she shows how doctors and patients see things quite differently. Even when just describing Parkinson's symptoms, they seem to be on two different planets. Those differences don't go away on their own, we have to work to eliminate them and what happens at each WPC takes work, open minds, and a willingness to listen.

Kyoto will continue this long tradition of bringing the community together. Join us for this extraordinary experience and return home inspired, smarter, a bit tired, and with a pocket full of names and business cards. The adventure will begin in just over six months!

Elizabeth "Eli" Pollard  
Executive Director

## WPC Blog Highlight



### Patient-Centered Care: A Paradigm Whose Time Has Come

by Laurie Mischley

If you ask a neurologist to describe Parkinson's disease, most will tell you it's a disease defined by tremor, rigidity, slowness, and stooped posture. A few years ago, we surveyed over 1000 people with Parkinson's (PWP) and asked them to describe their symptoms--fatigue, impaired handwriting, loss of smell, memory problems, and muscle pain were the most common.<sup>1</sup>

I have spent the past few years reflecting on the discrepancy between how patients and providers view this disease. I keep coming back to this idea that PD has been defined by the symptoms that providers can observe, not by the symptoms the patient experiences. Currently, PD is understood and managed from a provider-centered paradigm

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## Call for Abstracts EXTENDED to Monday, December 3

There are many paths that lead to the research of Parkinson's disease, and with the exception of those with a personal connection, the path is rarely a straight one. For many science, or medicine, or therapy is a calling, something that they knew that they wanted to do since they were children. The interest in Parkinson's comes later, through a chance placement in a lab, or the influence of an admired mentor, or getting the opportunity to treat people with Parkinson's. Maybe you developed Parkinson's and dived into research as a way to combat the disease. Whatever path led you to the Parkinson's community, we encourage you to share your research at WPC 2019. It's a unique opportunity to share and learn from people working on every aspect of the disease.

The deadline to submit has been extended to Monday, December 3

[Learn more about the Call for Abstracts here.](#)

Don't let finances be the reason you don't submit.

[Learn more about travel grants here.](#)

## Music at WPC 2019



[Click here to listen to the full playlist](#)

Over this summer we held a song competition to find the perfect song to kick off the opening ceremony at the 5th World Parkinson Congress. The competition and the judging criteria were designed by our WPC Choir Director Judith Spencer. She is a lifelong musician and a graduate of the Royal College of Music in London.

The submissions were judged on their emotional impact, harmony, lyrics, melody and chorus. We received more than 40 submissions, which made the judging process extremely difficult. Two songs tied for first place and we are proud to share them with you. These songs will be performed by the WPC choir at the opening ceremony. Listen to them here:

### I Will Fall Down

by Daniel Reed

"My goal with this song was to use my personal experience of Parkinson's as a specific example of the universal truth that all humans struggle with difficulties in our lives. We all fall down, so given that inevitability, what matters is how we react--whether we get back up and keep going. Falling down is both a common, specific experience for People with Parkinson's (PWP), and a metaphor to evoke any number of challenges that we all face in life. So the song speaks both directly to the PD community and also to the whole human family. I hope this song helps the general public to connect and empathize with PWP, and inspires hope in us all."

### Side by Side

by Singing4Fun of the Edinburgh Branch of Parkinson's UK

"We are a singing group run by the Edinburgh Branch of Parkinson's UK with some 35 members who are people with Parkinson's, caregivers and friends. We call ourselves Singing4Fun and meet weekly throughout much of the year to do just that--sing for fun. . . The chorus and the title of the song have been inspired by the Side by Side course run annually by the Branch to provide information and support for those who know, live, or work with someone who has Parkinson's. With some work by Penny on a 2-part harmony and final tweaking at a Singing4Fun session we feel we have a song that very much reflects the positive community spirit of the singing group and the Branch as a whole AND we like to think of Congress attendees heartily joining in at the chorus."

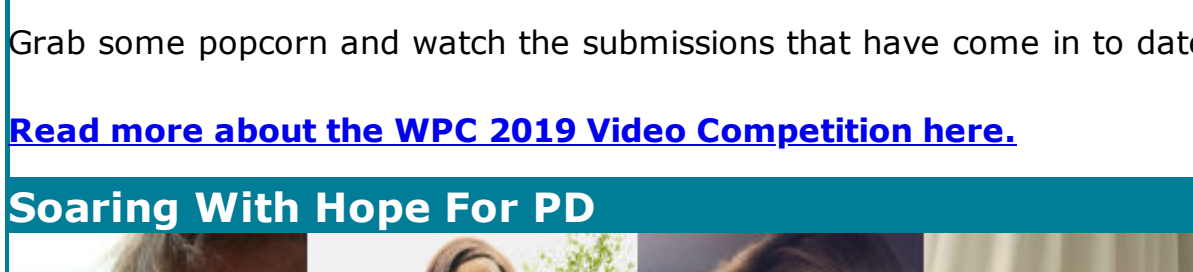
## Video Competition

The WPC invites ALL members of the global Parkinson's community to make a video for the WPC 2019 Video Competition about their experiences living with, treating, researching, or caring for people with Parkinson's. Submission for the competition is NOW OPEN.

Grab some popcorn and watch the submissions that have come in to date!

[Read more about the WPC 2019 Video Competition here.](#)

## Soaring With Hope For PD



### The Project

The WPC is proud to present Soaring with Hope for PD, an Art Exhibit that will be on display during the WPC 2019. This project was made possible with support from US WorldMeds and Britannia Pharmaceuticals. More than 10,000 hand folded paper cranes each inscribed with a message of hope will be displayed in the exhibit halls and will serve as a powerful reminder of the hope we all have for a future without Parkinson's. Learn more at: [soaringwithhope4pd.org](#)

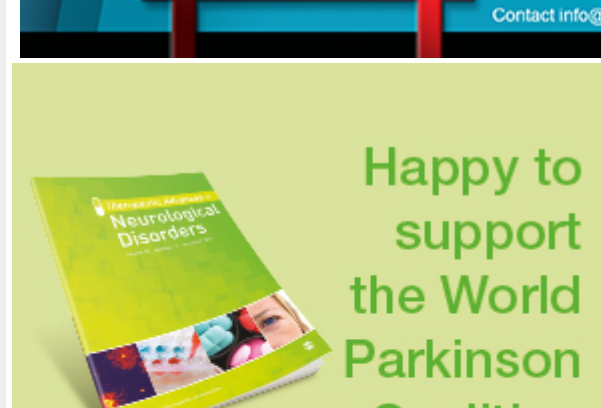
### The Raffle

Two lucky participants will receive a travel grant of \$2,500 USD to attend the WPC 2019. This raffle is made possible by US WorldMeds. Each participant has two opportunities to win.

- For your first chance to win, submit at least ONE message of hope to be displayed on a paper crane at WPC 2019.
- For your second chance to win, submit a photo of yourself holding a paper crane OR your message of hope to be shared on the WPC social media accounts.

The competition ends November 30, 2018, with winners announced in December!

[Enter the raffle.](#)



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