Dear friends,

We are 63 days away from the launch of the 5th World Parkinson Congress and are working furiously to ensure the WPC experience remains as inspiring and engaging as it always has! Just visit the website to see what's been happening!

Vote for People's Choice Award
Time is running out to vote for the winner of the People's Choice Award. Take a look at the Top 12 Videos in the WPC Video Competition and be inspired, but be sure to vote! The People's Choice Award will be shown at the opening ceremony on Tuesday, June 4, 2019. Deadline to vote is April 10.

WPC Store
Have you always wanted to order something from the WPC store but were frustrated by the high shipping costs to reach your corner of the earth? Why not order now and request to pick up your item(s) in Kyoto from the WPC store onsite? It's easily done! When you place your order for a Parky the
Perform at the WPC! Are you a musician, singer, or dancer? Sign up to in the WPC Theater over lunch one day OR to perform at the WPC Music & Movement Lounge on Thursday night of the Congress. Limited spots available. All performance artists invited to apply, that includes our scientists and neurologists...we want to see you on stage as well! Apply HERE.

As we count down the days, speakers are working on their talks, poster tour presenters are gearing up to present their work, and we just added a new room to the Wellness Way section of the WPC - a table tennis room! We're unveiling more details in the new few weeks sharing with you the Hot Topics presenters and WPC Award winners, both of which had tremendous submissions and nominations and were competitive, compelling and exciting. We look forward to sharing these announcements with you in the coming weeks.

Until then,

Elizabeth "Eli" Pollard
Executive Director

WPC 2019 Podcast - Episode 3

Check out episode three of the WPC 2019 edition of When Life Gives You Parkinson's: Is Parkinson's a genetic condition? In this episode, Larry interviews Matthew Farrer (Professor in the Department of Medical Genetics at UBC) on prediction, prevention, and LRRK2. Then, Larry and Sara Riggare
(WPC Ambassador and Swede of the Year in medicine) discuss becoming an expert on your own Parkinson's and the tech she uses to gather information.

Click here to listen to the third episode or subscribe to When Life Gives You Parkinson's on Apple Podcasts, Spotify, or wherever podcasts are found.

Each World Parkinson Congress provides a unique opportunity for organizations to connect with leaders in the Parkinson's field. There are dozens of different ways to make your organization stand out. View the prospectus here.
I’m sitting on a fence right now. On one side of the fence is the classification “advanced Parkinson’s disease,” according to the website Parkinson’s Community. Every day in my Facebook feed I see a message from Parkinson’s Community, listing the following criteria, which they equate with advanced PD:

- Take 4 or more doses of Levodopa/Carbidopa (Sinemet/Rytary)
- But still experience OFF time (can tell when medications are not working)
- And taking OR have taken other PD medications (Azilect, Rasagiline, Selegiline, Pramipexole, Mirapex, Ropinirole, Requip, Rotigotine, Neupro)
- Diagnosed with PD 5 or more years ago

That describes me to a T, and the classification scares me skinny. On the other side of the fence is my life as a Parkie up until now. (I was diagnosed in 2012.) For me, Parkinson’s was mostly an occasional hassle. I worked at my job, I worked out at the gym and town pool, and in summers I swam competitively in open-water races in the ocean and the Hudson River (e.g., click!). I rarely experienced off times; I never froze; I never shuffled with festinating gait; and I never had problems rolling over in bed or getting dressed in the morning.

CONTINUE READING

SUBSCRIBE TO THE BLOG
The WPC 2019 Video Competition had 69 submissions from all over the world and was tough on the judges who narrowed down to the Top 12 Videos that you see listed below! While the judges selected a Grand Prize winner to be announced at the WPC 2019 Opening Ceremony on Tuesday, June 4, 2019, we need YOUR help in selecting the WPC People's Choice Award.

The People's Choice Award will be shown at the opening ceremony.

Help us choose the WPC 2019 People's Choice Award winner by voting for YOUR favorite video. **VOTE TODAY**

- **'My Dad: his Parkinson's through my 9 year old eyes'** by Jonny Acheson
- **PD Cafe HISTORY and FUTURE** by Yojiro Ashina
- **Shaking the stars - a tribute to the life of Tom Isaacs and his many achievements** by Eros Bresolin
- **Living with Parkinson's, Matt Eagles** by Matt Eagles
- **Hand Standing for Parkinson's Disease** by Christine Jeyachandran
- **Keep Hope Alive** by Anders M. Leines
- **This is Parkinson's** by Anissa Mitchell
- **WPC 2019** by Fumiko Moriya
- **Don't Give Up** by José Maria (Lobo) Ramirez
- **Story of my life...Kyrgyzstan** by Cholpon Shambetova
- **When You're Gone - Hope for a Cure** by Omotola Thomas
- **Marc Vlemmix Dance & Parkinson** by Marc Vlemmix

Deadline to vote is April 10, 2019