



Dear friends,

Kyoto and the WPC 2019 may be behind us on the calendar, but it's still front and center for us, despite the header on this email which highlights our next destination!

We are still sifting through WPC 2019 photographs, stories, survey data, and even some of the not-so-fun aspects like financial reports and paying the bills. Keep an eye out for our photo albums and be sure to listen to the podcasts that were taped throughout the WPC by our friend Larry Gifford. You can hear his interviews and stories below in this eNews with just a simple click.

Professor Caroline Williams-Gray from UK spoke at the WPC about a hot topic these days, cognitive deficits in Parkinson's disease. If you missed her talk, you can still read her abstract on the subject, which is below for easy reading and for those who want to dig deeper on all the WPC abstracts, download the full digital book of WPC 2019 abstracts. We

believe information should be accessible to everyone, so we ensure our abstracts are posted for all to see and download for free – indefinitely.

Thirteen years ago, at the 1st World Parkinson Congress, we hosted a museum quality art exhibit highlighting the art work by people with Parkinson's from around the globe. It was a huge undertaking and helped give recognition to the power of creativity on Parkinson's symptoms. The first exhibit housed a painting by Niska, a Quebec-based artist and person living with Parkinson's. We are honored to announce a joint project with Niska, his wife Elona, and the Canadian-based company Pierre Belvedere in the production of a beautiful puzzle that highlights Niska's artwork. Puzzles are a great way to work on manual dexterity, challenge the brain and bring people together. Learn more about this initiative below. One hundred percent of all puzzle sales go directly to the World Parkinson Coalition. We are humbled by this generous donation and excited by this collaboration. You'll be hearing more about this project soon, but if you'd like to pre-order copy now for Thanksgiving or the holidays, you can do so on the WPC store.

Did you take an amazing photograph at the WPC? Send us your favorite picture, tell us who is in it, (if you know who the folks are) and we may share it on social media. Our two photographers most probably missed a few shots as they rushed from room to room. We'd love to see the WPC through your eyes. See the bottom of this email for a link to upload your favorite photograph. Send us your favorite photo!

While much of this eNews focused on the past WPC, we are eagerly looking ahead as well. In our fall eNews you'll start to learn more about the 6th World Parkinson Congress. Stayed tuned for more get ready for some paella in Barcelona.

Kind regards,

A handwritten signature in black ink, appearing to read "EAP Maud". The signature is written in a cursive, slightly slanted style. It is positioned to the left of a vertical line that extends downwards from the signature area.

Elizabeth "Eli" Pollard  
Executive Director

## WPC 2019 Podcast

WPC 2019 was the first time Larry Gifford, host of the podcast program *When Life Gives You Parkinson's*, attended a World Parkinson Congress. Each day he recorded his experiences and what he learned. You can listen to the final four episodes of his World Parkinson Congress series by clicking the links below.

Episode 11: [World Parkinson Congress - Day 1](#)

Episode 12: [World Parkinson Congress - Day 2](#)

Episode 13: [World Parkinson Congress - Day 3](#)

Episode 14: [World Parkinson Congress - Day 4](#)

Subscribe to *When Life Gives You Parkinson's* on [Apple Podcasts](#), [Spotify](#), or wherever podcasts are found.

## WPC 2019 Abstract Highlight

### **Cognitive deficits in Parkinson's disease: Clinical features, diagnosis, and evolution**

Caroline Williams-Gray University of Cambridge, Cambridge, United Kingdom

People with PD are around 2.5 times more likely to develop dementia than other people of a similar age, and nearly half will have developed dementia by 10 years into their illness. This has a major impact on quality of life, care requirements, and survival. Milder cognitive problems occur earlier in the disease, with one quarter to one third having 'mild cognitive impairment'. Subtle cognitive deficits have even been reported to occur in some 'prodromal' PD cases, before movement problems emerge.

Several different domains of cognitive function can be affected, including executive function (which includes planning and organisational abilities), memory, and visuospatial function. In more advanced PD, cognitive

problems can be associated with behavioural changes and visual hallucinations. Diagnostic criteria for PD-Dementia have been established by the Movement Disorder Society, which are based on neuropsychological test scores, evidence of progressive decline, and impairment of day-to-day functioning due to cognitive deficits. Diagnostic criteria have also been developed for PD-associated Mild Cognitive Impairment (PDMCI). However, there has been some debate about whether this is a useful diagnosis, as early cognitive impairment in PD is highly variable and not all patients with 'PD-MCI' will go on to develop a dementia.

Through studying a population-representative cohort of Parkinson's patients from diagnosis over time (the CamPaIGN study), we have demonstrated that there are distinct cognitive syndromes in PD which evolve differently. In particular, early problems with semantic memory and visuospatial function are predictive of developing a dementia, whereas problems with executive function are not necessarily predictive of dementia, and can even improve over time. We have used genetic and brain imaging studies to demonstrate that these syndromes have distinct underlying biological bases: semantic/visuospatial problems reflect a posterior cortically-based process which is influenced by ageing and genetic variants promoting formation of protein aggregates in the brain; in contrast, executive problems reflect dysfunction in frontostriatal dopamine networks and are influenced by genetic variants affecting dopamine breakdown, and by dopaminergic medication. Through better defining and understanding these separate cognitive syndromes, we can give more accurate prognostic information to patients, and target these different syndromes with more tailored therapies.

[\*\*CLICK HERE TO DOWNLOAD THE WPC 2019 ABSTRACTS\*\*](#)

## **Niska Puzzle Fundraiser**

Pierre Belvedere, a Canadian industry leader in fine Stationery and Educational Toys, is Partnering with the World Parkinson Coalition to offer



this one of a kind puzzle showcasing artwork by the Quebec-based artist, and person living with Parkinson's, Niska.

100% of the net proceeds of this Niska puzzle will help support young researchers and people with Parkinson's to improve lives through WPC educational grants.

### **About the Artist: Niska**

For more than fifty years, Niska's singular focus was researching the soul on canvass. After his diagnosis with Parkinson's he discovered relief from his tremors when in a creative state. Elona Kogan, Niska's wife and a geriatric social worker, is spearheading this creative endeavor and ensuring that Niska art continues to reach the world and bring joy to those who see it.

"The WPC is a testament to the power of working together. Like a jigsaw puzzle each piece of the WPC plays a significant role in the outcome of the finished product. The WPC understand the importance of each person, and the value of bringing people with PD and families to the table. Like a puzzle, we can find success without everyone's voice being heard," said Elona.

We invite you to get your own puzzle to enjoy on your own or gift to someone. Share this beautiful gift, while supporting the World Parkinson Congress. You can pre-order the puzzle through the WPC store. We will start shipping the puzzles in August 2019.



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to share your photos  
of WPC 2019 with us!**

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Pick up your WPC 2019 gear  
before it's gone!**



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