Dear WPC friends,

I just returned from Kyoto, where I met with a number of key leaders in the Parkinson’s space and I can report that there is great enthusiasm for the 5th World Parkinson Congress to arrive in Kyoto, Japan in June of 2019. It will be the first time we take the WPC to Asia and the Japanese Parkinson's community is looking forward to welcoming you to their amazing country and beautiful historical city of Kyoto. The Mayor of Kyoto, Mr. Daisaku Kadokawa greeted us warmly in his office and happily donned the WPC 2019 hat and commented that Parky the Raccoon was an outstanding mascot. He said he thought the work the WPC was doing was "changing the Parkinson's landscape." We could not agree more. He is enthusiastic about the WPC 2019 being held in Kyoto and supports our plans for making the city "Parkinson's Ready", which is our program where we train the key employees around the city who are most likely to meet our delegates, including hotel staff, convention center staff, police officers, taxi drivers and others who are
interested. I was joined by our Local Organizing Co-Chairs, Drs. Nobu Hattori and Ryosuke Takahashi for the meeting. We had fun, as you can see in the photo!

I also spent time while in Kyoto gearing up for our volunteer program, which is always a very robust and exciting part of the WPC. Volunteers are crucial to keeping the WPC delegates moving in the right direction, comfortable during the long meeting days, and ensuring the overall feeling of the WPC is upbeat and stress free. I met with students from Kyoto University Medical School and Kyoto Prefecture Medical University to encourage them to sign up as volunteers. They were quite excited about the opportunity. I suspect some of the faces you see below will be greeting you in June of 2019.

Planning each WPC begins the day the previous one ends. It's a huge effort and there are already teams of people working to outline the program, promote the congress, prepare for the video competition and more. If you are looking for a way to get involved, why not consider becoming a WPC Delegate Leader? We are also working now to raise support for the WPC Travel Grants fund. Even if you cannot
attend the WPC, perhaps you can help support someone else who wishes to attend. Every bit of support helps and it would be a great gift for the holidays!

Happy Holidays from the WPC to you and your family.

Elizabeth "Eli" Pollard
Executive Director

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WPC Blog Highlight

*Medical Community Stuck on Therapeutic Strategies That Are Counter To Scientific Evidence*

by Oscar S. Gershanik, MD

When I was asked to write a piece for this blog I thought of the many things that could be of interest to people with Parkinson and carers, and I came up with the subject title of my contribution. One of the advantages of having a prolonged experience dealing with patients from all over the world is that I have been frequently exposed to the therapeutic habits of colleagues with different degrees of expertise and awareness of the scientific basis that lend support to our medical decisions. I chose three topics that I believe provide an example of the
involuntary mistakes that are often made and that have a significant impact on the quality of life of our patients.

A.) Administration of levodopa three times a day and moreover in non-fixed intervals

Levodopa remains the gold standard of treatment for Parkinson’s disease and there are no drugs in the pipeline that will eventually replace it. Therefore it is, in my view, of paramount importance to use it in the most effective way and based on our knowledge of its pharmacological properties and limitations. Let us review the facts first:

Throughout the world, levodopa is usually indicated to be taken three times a day (t.i.d.) during the waking hours, and very often without instructing the patient on the need to adhere to a strict dosing interval. The question therefore is, “why is this wrong?” To answer this question we need to review the scientific facts, or, using the term that is applied to drug therapy based on scientific knowledge, “what is the evidence?”

Levodopa is a drug with a very short half-life, about 2 hours, which in simple terms means that its duration of action is indeed very short, and its concentration in plasma correlates to some extent with the concentration achieved in the brain where it produces its therapeutic benefit. We also know that its beneficial effect is produced by its conversion to dopamine in the brain; dopamine being the naturally occurring neurotransmitter that is deficient in the brains of people with Parkinson; therefore levodopa is used to restore dopamine deficiency. Under normal conditions, dopamine is produced by dopaminergic neurons and released in a rather stable and constant fashion to achieve its desired effect on the control of motor activity. Therefore, we should attempt, if possible, to restore stable concentrations of dopamine in the brain to resemble the physiological conditions.

Read The Rest Here . . .

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The 5th World Parkinson Congress will once again unite the global Parkinson community for a high-level, scientific, and educational program. We expect delegates to come from more than 60 countries and to represent neuroscientists, movement disorder specialists, people with Parkinson's, care partners, policy makers and others. The World Parkinson Congresses provide a unique opportunity for the Parkinson community to learn about the latest developments in the field of Parkinson's disease and for sponsors to meet some of the world's leaders across the Parkinson's space. We look to our supporters in the pharmaceutical industry, corporate world, and non-profit community to ensure the success of this very important meeting through contributions and partnerships.

**Review the Sponsor & Exhibitor Prospectus Here**

**Reach Out To A WPC Ambassador**

Our ambassadors are poised to answer your questions and to provide guidance for local organizing efforts for those planning to attend WPC 2019. They will also be sending out email updates specific to their regions. To be added to the emailing list for the ambassador closest to your region, click here. Ambassadors will send periodic messages for those planning to attend WPC 2019.

**Become A WPC Delegate Leader**

Ambassadors can help you build a team closer to home. A WPC Delegate Leader works with the WPC to build a group of people interested in attending the congress. Once registration opens in September, the Delegate Leader will work with their local group to coordinate travel plans and make sure people meet important deadlines. It's so much more fun to travel together! To learn more click here!

**See You in Kyoto!**

Send us your picture

**Highlight from WPC 2016:**

What's Up With Glutathione and Why Does It Get A Bad Wrap?
Marcia and Parkinson’s medical service dog, Maggie fighting together as a team and bring PD awareness to folks under 60.

The following is the abstract submitted by Laurie Mischley, ND, MPH, PhD for the WPC 2016:

Glutathione (GSH) is an essential brain nutrient that is both produced in the body and obtained through diet. Several studies have demonstrated that GSH depletion occurs early in the PD brain and laboratory research suggests GSH deficiency contributes to free radical damage, inflammation, mitochondrial dysfunction, and dopaminergic cell death. Social media has popularized anecdotal reports of symptomatic improvement in PD symptoms following GSH administration. While there is substantial evidence for GSH deficiency in PD, few attempts have been to evaluate whether deficiency is associated with disease severity or whether fortification strategies are capable of treating symptoms or slowing disease. Oral GSH is Generally Recognized As Safe (GRAS) by the Food and Drug Administration (FDA), although it is
poorly absorbed and no data exists to support the idea that oral supplementation effectively raises brain GSH concentrations. In recent years, researchers have attempted to supplement GSH via intravenous and intranasal routes to individuals with PD. While both of these forms of administration have been shown to be safe and tolerable, whether or not they offer sustainable symptomatic improvement or slow the rate of disease progression has yet to be determined. The strong biological plausibility, ready availability, and preliminary reports of symptomatic improvement have resulted in public demand for GSH therapy. As a safe, naturally occurring molecule, patients and providers are in a unique position to use GSH therapeutically, before the appropriate research studies have been done to determine effectiveness. Providers are commonly asked for opinions and prescriptions for various forms of GSH and must decide on a case-by-case basis whether the potential benefits may outweigh the potential risks of supplementation, knowing the appropriate studies have yet to be conducted. When conventional providers discourage oral GSH, or refuse to prescribe intravenous or
intranasal GSH, patients often treat themselves with over-the-counter oral GSH or seek the therapy from alternative medicine providers. Patients turning to different physicians when they don't get the answer they want from the first, poor communication between providers, and a lack of long-term efficacy data all contribute to the frustration surrounding GSH as a therapy in PD.

**Send us a picture of yourself holding a "See you in Kyoto" sign to us here.**

We will share it in our newsletter and on our social media pages. It may even show up onsite in Kyoto...you'll have to wait and see.
If you regularly read our newsletter, you already know that all profits from the sale of Parky the Raccoon are used to fund the Travel Grant Program. Over the past two years Parky has raised over $10,000 to help people with Parkinson’s, medical professionals from low income countries, and junior clinicians and researches attend the congress.

We would like to share the following quotes from past Travel Grant recipients:

We are pleased to announce that the World Parkinson Congress is one of three winners of the Incredible Impacts Award in recognition of the congress’s commitment to inclusivity, accessibility and making each city the congress is held in a better place for people with Parkinson’s.

Patricia Davies, WPC Board Member and person with Parkinson’s attended the ICCA Congress in Prague, Czech Republic to accept the award on November 13 and to give a
"Beyond the indelible imprint of the personal encounters with people with PD, the interaction with professional colleagues and PD advocates from across the globe has motivated me to adjust the approach to caregiving at my movement disorders clinic, and dedicate time to less formal interactions, group counseling, and a strong possibility of starting a support group led by people with PD and their caregivers here in Lagos."

Prof. Njideka U. Okubadejo, MBChB, MACP, FMCP
Lagos, Nigeria

"Specifically, it was amazing to speak with patients at my poster presentation and discuss my work, as well as their own experience in clinical trials and so on. The plenary lectures were also of great importance, relating again to the overlap of scientist, clinician and finally, patient. I have learned so much scientifically and personally from this meeting. I would recommend any scientist to go to and really see how their research can and should affect people."

Katrina Albert, PhD candidate
Helsinki, Finland

presentation, with Parky the Raccoon by her side, on the impact the World Parkinson Congress has had on the Parkinson’s community since its founding in 2004. Professionally, Patricia Davies worked in the meeting industry organizing large international conferences for over 35 years before she retired. She’s been involved with the WPC since 2010. It’s with great pleasure that the WPC was able to invite a person living with Parkinson’s to showcase our impact.

We believe that people with Parkinson’s are at the center of everything we do, and having Pat present about the WPC helps drives that message home.

The World Parkinson Congress was nominated for the award by the Glasgow Convention Bureau, the Montreal Visitors Bureau, the Kyoto Convention Bureau, and JPdL. The WPC shares this honor with two other awardees: The World Confederation for Physical Therapy and the World Thrombosis Day Campaign.

The World Parkinson Coalition is, at 13 years old, a very young organization. To be recognized by the global meeting industry as hosting a stand out meeting that other organizations should strive to
If you are looking for a meaningful gift this holiday season, consider giving yourself or someone you love an a Raccoon and contribute to the WPC Travel Grant. If you or your loved ones are immune to the adorableness of Parky, or you would like to make a larger gift to the program, you can contribute to the WPC Travel Grant Program by visiting [worldpdcoalition.org](http://worldpdcoalition.org).

See all the places that Parky has been on [whereisparky.org](http://whereisparky.org).

**Order Your Own Parky Here**
**Share Your Parky Photo Here**

emulate is a real honor. While we do the work because we love what we do, the staff at the WPC are inspired by the community. In everything we do, people with Parkinson's are at the core as advisors, committee members, speakers, volunteers and more.

So to our volunteer committee members, speakers, partners, Ambassadors, Bloggers, delegates and others, thank you for helping make the WPC what it is today.

**Useful Links**

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