Dear Friends,

Thank you for your incredible support throughout the year. Hard to believe we are winding down the last days of 2021, but when we look at back at everything we accomplished, we have a lot to be grateful for at this time.

Our hats go off to the incredible group of YOPD fundraisers who raised funds to boost the WPC Travel Grants program to ensure more YOPD applicants can get support to attend the 6th World Parkinson Congress. We always get way more requests than we can offer in support. The final fundraiser of the year was Cathy Molohan, former WPC Ambassador, in Germany who raised nearly $12,000 for the fund! She was joined by 21 other folks who all together raised over $70,000! If you would like to support the WPC, please consider donating to the travel grants fund, perhaps in honor of a family member or health professional who has supported you in your journey. Your gift could change the life of a person with PD, or a junior researcher or clinician.

And finally, we want to welcome our newest Organizational Partners who joined the Coalition this year:
The Coalition is stronger when we all work together.

Stay safe, wherever you are, and keep moving!

Elizabeth “Eli” Pollard
Executive Director

WPC activities in January:

**WPC Research Spotlight**
Wednesday, January 19, 2022
11 – 12PM ET/ 4 – 5PM GMT
Professor Ron Postuma from McGill University will discuss the complicated intersection between Prodromal PD and REM Sleep Behavior Disorder. Read his blog.
[REGISTER today](#)

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**The Parkinson Tulip Project**

**SING-A-LONG**
Wed, Feb 9
*Join us for an hour singing and fun!*
[REGISTER](#)

**RESEARCH SPOTLIGHT**
11AM - 12PM ET
Wed, Jan 19
*Discussion with Dr. Ron Postuma, McGill University*
[REGISTER](#)
WPC BLOG HIGHLIGHT

PRODROMAL PD AND RBD: WHAT IS THE LINK?
Dr. Ron Postuma

When we think of Parkinson’s disease, the first image that generally comes to mind is that of a person shaking, or perhaps walking slowly with a stooped posture. Although the motor manifestations of Parkinson’s (slowness of movement, rigidity, tremor, etc.) are still the core features by which a diagnosis is made, there is much more to Parkinson’s that this. Non-motor features, including sleep disturbances, autonomic changes (constipation, bladder and blood pressure changes, etc.), cognitive changes, anxiety, and many more symptoms are common in Parkinson’s disease.

Whereas recognizing and treating non-motor features is critical to ease the burden of Parkinson’s, there is more to the story. We now know that these non-motor features are often the earliest symptoms, starting years or even decades before Parkinson’s is diagnosed. For example, people can lose their sense of smell 20 years before diagnosis, might start to develop constipation, bladder changes, and blood pressure changes 10-25 years before, or can start to have changes in thinking, mood or anxiety levels anywhere from 2-20 years before.

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