The end of the year is upon us and it's a perfect time to look back and reflect on the experience that was WPC 2023 and the lasting impact of the Congress on the Parkinson's community.

It's also a good opportunity to get cozy on the couch with a hot cocoa (or beverage of your choice) and re-watch some of the highlights from the 6th World Parkinson Congress that took place this past summer in Barcelona, Spain. Just head over to the WPC Youtube page to watch those highlights, including the WPC Award ceremonies, opening ceremony and informational sessions, such as the WPC Masterclasses and Hot Topics.

WPC is founded on the idea that the more interconnected the community is, and the more we understand what others are doing, (or at least trying to do), the faster we'll find answers and advance scientific research. For nearly six years the WPC has been using its Blog to bring the community together and demystify science, both basic and clinical, and to help raise awareness about
what people with PD and care partners are really experiencing.

The **WPC Blog** is a virtual space for educating, connecting, and inspiring readers. We are grateful to Supernus Pharmaceuticals for supporting our Blog in 2023.

We wanted to take a minute to share the 10 most popular blogs this year, but because we had so many great posts we went ahead with the top 11 entries.

Grab a cup of your favorite beverage, and enjoy these inspiring posts as we head into a 2024 with more hope than ever for advancing our understanding of Parkinson’s.

Happy New Year from the WPC team!

"GOOD DAYS AND BAD DAYS" WITH PARKINSON'S DISEASE
by Peter A. LeWitt, MD

NUTRITION AND PARKINSON’S: WHY DOES IT MATTER?
by Richelle Flanagan

BETTER ADVICE I HAVE NEVER RECEIVED
by Rebecca Miller, PhD
NLX-112: A FIRST-IN-CLASS, DUAL-ACTING, NON-DOPAMINERGIC, DRUG CANDIDATE FOR TREATMENT OF PD
by Adrian Newman-Tancredi, PhD, DSc

THE SECRET SAUCE: WHAT MAKES WPC THE BEST SCIENTIFIC CONFERENCE ON PARKINSON’s IN THE WORLD?
by Sara Riggare, MSc, PhD

WHAT’s SYNUCLEIN, GOT TO DO, GOT TO DO WITH IT?
by Laura Volpicelli-Daley, PhD

PARKINSON’S: WHEN ANXIETY BECOMES A CENTRAL SYMPTOM OF THE DISEASE
by Kathy Dujardin, PhD
GOOD NEWS ABOUT BAD SEEDS
by David G. Standaert, MD, PhD

"UPDATE ON PRODROMAL PARKINSONâ€™S"
by Michele Hu, PhD, MBBS, FRCP

WHICH EXERCISE IS THE BEST TIME INVESTMENT?
by Miriam Rafferty, DPT, PhD

PD GENERATION: CREATING THE LARGEST PD GENETICS REGISTRY STUDY IN NORTH AMERICA
by Kamalini Ghosh Galvelis, MS
Shop the **WPC Store** this Holiday Season! Support the World Parkinson Coalition and the WPC Travel Grant Program by shopping online at the WPC Store this holiday season.

**When you purchase any merchandise from WPC 2023, we will send you a surprise vintage item from a past World Parkinson Congress!**

We only have a few **Parky the Raccoon stuffies** left in stock. Parky the Raccoon is the mascot for the World Parkinson Congress. This would make a wonderful gift for anyone in the Parkinson's community.

Sara Riggare, Former WPC 2019 Ambassador & Parkinson's Advocate, has once again created dozens of gorgeous bracelets. Consider a **"Fight PD"** bracelet for you or a loved one. This would make a great
If you would like to **support the work of the WPC this Holiday Season**, you can do so by clicking [here](#). You can help keep the momentum of the World Parkinson Congress alive by making a tax deductible donation today.

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**Proactive Integrated Management and Empowerment in Parkinson's**

*by Dr Katie Lloyd MBChB MRCP (UK) BSc*

Parkinson's disease (PD) affects more than 6 million people worldwide*. This number has more than doubled over the past 25 years and projections predict a similar increase over the next 30, making it the fastest growing neurological condition. People with Parkinson's (PwP) are a high needs population; they have reduced quality of life compared to aged-matched controls, are more likely to be admitted to hospital with longer stays and have more than double the healthcare associated costs. This burden extends to family and friends who commonly act as informal caregivers. As the prevalence and burden of PD continues to increase, so does the need for effective healthcare services to deliver care to PwP.  [Read more](#)
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Our mailing address is:

1359 Broadway, Suite 1509, New York, NY 11018