Dear WPC friends,

As we gear up for the WPC 2019 we are on the edge of sending invitations to speakers, and announcing the core scientific program, which is just outstanding. We hope you are planning now to join us in Kyoto to experience this phenomenal and totally unique program. The scientific sessions are thought-provoking, exciting, and include expanded Round Table sessions allowing for more delegates to meet with our top-notch speakers to ask questions and learn in small group discussions. The Clinical Research Village is also expanding in unique and exciting ways where researchers will be able to share their ideas with patient advocates to get immediate feedback and input on their study and trial design. This is one aspect of patient engagement that will make WPC 2019 more exciting than ever before.

Below you'll find the three top haiku poems submitted to the WPC 2019 Haiku competition. Our judges were overwhelmed with the submissions, which poured in from around the world and we are grateful to every person who took time to write and submit a poem. All poems were shared on the WPC social media accounts, and
we are now exploring how we'll bring them to Kyoto with us. They are just too great to not display at the congress.

In 158 days WPC 2019 registration will open on September 10. **This is the first WPC where we will put a cap on the number of registrants.** We have never had to do this before, but want to ensure the WPC experience remains amazing and totally accessible to all registrants over the four days. This means that those who wish to register, should plan to do so early to ensure a seat. We'll post more details before registration opens in September, but I wanted to notify you now.

**Calling all song writers!** For our WPC friends who are song writers and musicians, don't miss out on the song-writing competition details below. This is a first for the WPC, and will surely be a major part the WPC experience in Kyoto.

Warm regards,

Elizabeth "Eli" Pollard
Executive Director

---

**WPC Blog Highlight**
Physio, Exercise and the Joys of Dual Tasking

by Sue Lord, PhD

As a physio working with people with PD my task is to listen intently, observe posture, movement, and the intent to move. I feel the body’s response to movement, I question, and I try to imagine a world of being that I have only limited insight into. I take my cues from the person I’m working with, from their carers and families. My clinical encounters are an exchange of ideas – we’re working it out together.

It’s an exciting time to be a physio in the world of PD. Over the past decade we’ve learnt a lot about the relationship between movement and cognition, which is critical to understanding motor deficit in PD. We know that both are influenced by pathology, and that dopamine deficiency is only one of the culprits – other neurotransmitters such as cholinesterase and serotonin are keen to be in on the act of degradation. They all influence cognition and therefore motor performance. As physios we test the impact of cognition on motor performance. Have you ever been asked to perform two tasks at once, such as walking and subtracting serial 7 numbers backwards from a given number? If not, I’m sure your turn will come. It’s hard to do without slowing down or stopping altogether. Sometimes during
assessment we ramp up task difficulty even further, to help identify where the problem lies. We may introduce an unexpected task and then observe the motor response. The most concerning threats to balance are unseen or unanticipated, and actions are not always sufficient to prevent a slip or a fall. The challenge is to find ways to improve these responses, which is harder than improving anticipatory balance responses such as reaching or stepping.

Continue Reading . . .

Subscribe to the WPC Blog

Sponsor The 5th World Parkinson Congress!

Thank you to Sunovion and the American Parkinson's disease Association (APDA) for for sponsoring the WPC 2019.

If your company is looking for ways to support the WPC, and would like good online exposure, consider advertising on the WPC Blog or this mostly eNews!

Page 29 of the Prospectus

Round Table Sessions, one of the most popular parts of the WPC provide the opportunity to engage in an intimate small group discussion with the amazing presenters at the Congress. Each session includes 12 tables with unique topics. APDA sponsored one sessions, there are five Round Table Sessions remaining for sponsorship. Grab them before they're gone.

Page 13 of the Prospectus
Announcing the Winners of the WPC 2019 Haiku Competition

A frozen butterfly is taking a rest believing the time will come to fly sooner or later

-Nobuku Haneji, Japan

A stick from found wood will snap without sighs, and yet bundled builds a bridge

-Nancy Picard, United States

Present in all things
Together we are mighty
Love unshaken love

-Madonna Brady, Australia

Honorable Mentions

Little girl chats non-stop
While feeding her mom each bite.
Love is what you do.

-Cheryl Eggers, United States

Unwelcome proteins
Tangling cobwebs in my brain
Don't negate my life

-Kendra Hough, United States

Wind in the trees...watch,
Branches tremble, shimmer, dance

With elephant legs
I heave my body upward

Missing aromas
Fresh bread, lilacs, puppy breath!
Then....the leaves whither.
-Marcia Nodwell, Canada

Perched on mountain
-Pamela Quinn, United States

Thankful for colors
-Luayne Amunrud, United States

Dance sing jump laugh think
Parkinson's gone I am free
But only a dream
-Maria De Leon, United States

Shake rattle and writhe-
PD means never having
To stir your coffee.
-Naomi Honor, United States

ONLY 385 Days Until the 5th World Parkinson Congress!

If WPC 2019 is your first time traveling internationally and/or this your first time attending a World Parkinson Congress, it can be hard to know where to start. Here are some tools on the WPC 2019 website that can help you get started!

**Frequently Asked Questions:** This is a good place to start if you want to familiarize yourself with the congress and what you will need to prepare to travel to Japan. [Go to page]

**Plan your Trip:** This page is to help you plan your budget and includes estimates of flights, hotel costs, food and travel within Japan. This page will be updated as information about the registration fees and our hotel block becomes available. [Go to page]

**Get Connected:** Find out who's going to the congress and reach out to Ambassadors, Delegate Leaders and Organizational Partners to see if you can join their delegations as they travel. [Go to page]

**Abstract Highlight from WPC 2016**

**Phenotypic Spectrum and Biomarkers of Cognitive Deficits in Parkinson's Disease**

by David Burn, FRCP, MD, MA, MB BS

Up to 40% of people with early Parkinson’s (PD) will display **cognitive** deficits on formal testing, but in a majority these deficits have little impact upon activities of daily living. “Mild cognitive impairment (MCI)” associated with PD affects different cognitive domains (e.g. memory, attention, visuospatial function). PD-MCI affects quality of life in the person with PD and their carers. Attentional impairments may be most important in determining poorer quality of life. The pathophysiological
substrate underpinning the early cognitive deficits in PD is varied both neurochemically and neuropathologically. Cognitive deficits mediated by dopaminergic dysfunction (particularly via the caudate nucleus) are common but may not necessarily predict cognitive decline. The role of norepinephrine is yet to fully established, but is likely to be important in mediating attentional function. Perhaps the most “malignant” substrate relates to cholinergic deficiency, which is also a key player in the symptoms of dementia associated with PD...

Download WPC 2016 Abstracts to read the rest of Dr. Burn's abstract on page 12.

Save the Date: WPC 2019 Abstract submission opens July 9 to November 23, 2018.

View the 45 possible topics for abstracts and start getting ready to submit.

WPC 2019 Songwriting Competition

We are looking for an original musical composition or new lyrics to an existing song to be performed by the WPC Choir during the Opening Ceremony of the 5th World Parkinson Congress in Kyoto, Japan.
There are two categories:

1. Original Song with lyrics
2. Lyric Writing to a current song tune*

Entries must be submitted by June 30, 2018.

Read the FULL Contest Rules and Guidelines here

Click here to enter your song