



NEWS RELEASE

Parkinson SuperWalk funded researcher aims to improve quality of life for Canadians living with Parkinson's

TORONTO, ON, August 4, 2010...Want to know what keeps people with Parkinson's up at night? Funds raised at Parkinson SuperWalk enable Parkinson Society Canada to fund Canadian research that's answering this and many more questions. Dr. Postuma has a special interest in sleep disorders, both as risk factors for developing disease and as practical problems that need treatment.

With Parkinson Society Canada funding, Postuma is evaluating a tool that will help patients identify the non-motor symptoms associated with Parkinson's, including sleep disorders. Postuma says people with Parkinson's have trouble sleeping; and many are unaware that these and other non-motor symptoms are related to Parkinson's, and fail to mention them to their doctor. As a result doctors may not understand the relationship or how to treat the symptoms. A physician's guide will advise doctors to detect and recommend therapies for the treatable symptoms of Parkinson's. The tool encourages patients and physicians alike to ask questions and share information.

"Our research puts disease management in the hands of patients. Non-motor symptoms affect quality of life, including depression, loss of sense of smell, sleep disturbances and changes in thinking ability," says Postuma.

This September more than 13,000 walkers will gear up to do their part to reach the \$3 million target for this year's Parkinson SuperWalk event. Proceeds, in part, support Parkinson Society Canada's National Research Program.

Postuma is one of many grateful recipients whose research has been funded by Parkinson Society Canada; more than \$18 million has been invested in over 350 Canadian Parkinson's disease research projects since 1981.

"There have been a lot of little successes including treatment of depression and other non-motor symptoms. By funding these types of research, Parkinson Society Canada is leading the way in connecting all the pieces, motor, non-motor and psychosocial, to better understand (and treat) Parkinson's," says Postuma.

Since 1965, **Parkinson Society Canada** has been the only Canadian charity dedicated to research, education, support and advocacy on behalf of over 100,000 Canadians living with Parkinson's.

Parkinson Society Canada's largest annual fundraising event will take place in 87 communities across Canada to raise funds for education, support services, research, and advocacy, on behalf of Canadians living with Parkinson's. To register online today for your local SuperWalk and begin fundraising, visit www.parkinsonsuperwalk.ca. For tips and ideas on how to get sponsors, follow Parkinson SuperWalk on Facebook. For more information on Parkinson Society Canada, visit www.parkinson.ca.

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