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Research Institute

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# PRC Newsletter

PARKINSON RESEARCH CONSORTIUM



SPRING 2014



## April is Parkinson's Disease Awareness Month

### QUICK FACTS

- Parkinson's disease is a devastating neuro-degenerative disease
- Parkinson's disease affects 1 in 100 people over the age of sixty
- The exact cause of the disease is unknown
- The disease was discovered almost 200 years ago and still today there is no cure or proven treatment available

For those living with Parkinsons, their experiences are different from anyone else's. Some had no idea they were at risk while others have a family history but never thought they would be affected. Either way, Parkinson's disease, once diagnosed, has no cure.

While the ultimate cause of Parkinson's disease is unknown, the main motor symptoms are thought to result from the death of brain cells that produce a chemical called dopamine. Important research is being conducted with the common goals of understanding how and why these brain cells die, and applying this knowledge to the treatment of those with the

condition.

Parkinson's disease symptoms occur differently in different patients. Many patients experience some symptoms and not others, and even the pace at which the disease worsens varies from person to person.

There are obvious symptoms such as tremors, slowness of movement and rigidity and also non-motor symptoms such as cognitive impairment, dementia, mood disorders and anxiety.

Living with Parkinson's is a challenge most of us don't understand or can relate to. It affects over 100,000 people in Canada with 8,000 living in Ottawa.

### There is help.

The Parkinson Research Consortium, comprised of world-renowned scientists and clinicians, are working together to generate novel findings that will hopefully lead to a cure for this devastating disease.

The PRC is unique in the world of medical research in that it actively encourages collaboration among researchers.

Today's researchers are confident that they can find a cure and a treatment to prevent the progression of this disease and improve the quality of life of those suffering.

## Living with Parkinson's

**Alice Templin, Sharon Pickle and Gordon Mamen** have a few things in common, first, they are all living with Parkinson's. Although living everyday with PD symptoms, they continue to be active in their everyday life with the support of their friends and family.

They were strangers before,

living their individual lives and this new reality brought them together with an understanding that only someone living with the disease can relate to. They are now friends, who are committed to using this challenge to raise awareness, support and funds for a much needed cure.

**We are so inspired by their stories that we will share them with you in the months to come.**

Another common link is that on May 31, 2014 they will participate together in the new cycling event **Lap the Gats for Parkinson Disease**. They will ride as a team, supporting and relying on each other as they do in real life. **Help us support Alice, Sharon and Gordon and the thousands of others who are affected by this disease with no cure.**



## Lap the Gats for Parkinson's

Together we can  
*Lap the Gats* to find a cure!

**May 31, 2014**

The Parkinson Research Consortium (PRC) is hosting the Lap the Gats for Parkinson's

A charitable cycling event taking place in Gatineau Park to raise funds and awareness for Parkinson's disease research.

Plus, get fit and have fun!  
Prizes to be won in all categories!  
Suitable for all skill levels.

[www.LaptheGats.org](http://www.LaptheGats.org)



Win a \$1,600 Prologue bike frame  
kindly donated by:

**euro-sports**  
*Your Multisport Lifestyle Shop*



Win a 6-month Platinum  
Membership worth \$550  
kindly donated by:



**Interested in Opportunities to:  
Participate | Volunteer | Sponsor | Donate?  
We've love to hear from you!**

Please contact Natasha Hollywood at [nhollywo@uottawa.ca](mailto:nhollywo@uottawa.ca) and visit

[www.LaptheGats.org](http://www.LaptheGats.org)