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Hackensack
Meridian Health
JFK Medical Center



Hackensack
Meridian Health
JFK Johnson
Rehabilitation Institute

***PDU*Update No. 19Xtra**

JFK's Parkinson's Newsletter

Special Support Group – This Monday, August 23rd at 4:05 pm via ZOOM

EXCITING NEWS - Are tremors affecting your quality of life?

On June 14, 2021, Hackensack Meridian's Hackensack University Medical Center became the first and only center in New Jersey — and one of only a few in the country — to offer **noninvasive MRI-guided focused ultrasound** to treat hand tremors. If your meds haven't improved your symptoms, and you don't want to go through DBS surgery, **focused ultrasound** is a groundbreaking treatment that "can deliver immediate and outstanding results" according to **Florian Thomas, M.D., Ph.D.**, professor and chair of the Department of Neurology at Hackensack University Medical Center and at Hackensack Meridian School of Medicine.

Hooman Azmi, M.D., director, Division of Functional and Restorative Neurosurgery at the Hackensack University Medical Center Neuroscience Institute and associate professor of neurosurgery at Hackensack Meridian School of Medicine treats patients using focused ultrasound technology. "MR-guided focused ultrasound has the potential to instantaneously decrease or eliminate tremors and improve quality of life for millions of patients who are living with a movement disorder."

Dr. Azmi will speak to us about this amazing development on Monday at 4:05 pm!

You may join all of our Zoom meetings at

<https://us02web.zoom.us/j/2128260907>

Support Group Dates for 2021 - Mark your calendars!

Parkinson's Support Groups (3rd Monday of every month)
September 20, October 18, November 15 & December 20

Care Partner Support Groups (4th Monday of Even months)
October 25, December 27

DBS Support Groups (4th Monday of Odd months)
September 27, November 22

Newly-Diagnosed Meetings (TBA) Next Meeting September 9th at 5:00 pm

Newly-Diagnosed News – Last Thursday's joint ZOOM meeting with the Mentors and Mentees was very successful. In fact, it was so well-received by the mentees that we will have a follow-up meeting on **Thursday, September 9th at 5:00 pm**. For those mentees who were unable to attend last time, please make every attempt to attend the next one. You will find the atmosphere low-key and enlightening, and you will definitely find that you are not alone with your diagnosis!

Moving Day New Jersey is on Saturday, October 2, 2021

Moving Day is right around the corner! Let's begin some serious fundraising for our first in-person post-COVID event! Everyone has the ability to form a team with friends, teams, clubs, and organizations. This will result in wider coverage and will increase our fundraising efforts. OR, you may join an existing team. Let's get to work!

<https://movingdaywalk.org/event/moving-day-new-jersey/>

Parkinson's Foundation HelpLine and Website

The Parkinson's Foundation's HelpLine at 1-800-473-4636 is always a great resource for all PD-related questions and resources. The Parkinson's Foundation Website is at:

<https://www.parkinson.org>

Check us out on Facebook!

For topics, details, photos, and updates, go to **Facebook:** Public Groups, Parkinson's Support Group at HMM JFK University Medical Center.

COMING SOON - Our Brand New Website for People with Parkinson's (PwPs) will be flying under the banner, ***The JFK Parkinson's Advocate!*** The website will advocate for PwPs by offering basic information about the disease, its diagnosis and treatment. In addition, it will contain helpful resources about local programs, support groups, special events, and webinars that will be of importance to the newly-diagnosed, the young-onset, and those living with the disease for a number of years. Finally, we will point you in the right direction for clinical trials and fundraising opportunities so that one day, this will all seem like a distant chapter in our lives. This site is intended to supplement the JFK and HMM websites.

Get the Latest Parkinson's News from JFK University Medical Center
PDUpdates will be e-mailed directly to you. All you need to do is send me your name and your e-mail address indicating you would like to receive your own copy when it is published. As noted below, your information will remain confidential, and you may opt out at any time.

Stay Safe and *Keep Moving!*

John Kolaya,

JFK Parkinson's Patient Advocate

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WE WILL NEVER QUIT!

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