

On The Move!

The official newsletter for the University of Colorado Movement Disorders Center.

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Telemedicine for Movement Disorders

By: Sarah Rogers

The University of Colorado Huntington Disease (HD) Center of Excellence will soon be expanding its services to include telemedicine. This program will provide remote care to patients with HD who live in underserved areas of the state where resources and access to care is restricted.

Patients' access to quality care is often limited by long distance and the lack of providers specialized in movement disorders. Telemedicine will allow us to build a model for improving access to care, which is critically important for patients with HD.

Telemedicine visits will be comparable to an in-person visit to our clinic at University of Colorado Hospital. Via live video chat, patients will be able to visit with movement neurologists, psychiatrists, spiritual counselors, etc.

The first stage of our telemedicine program will be seeing patients at remote sites in Fort Collins and Lone Tree, where patients will be connected remotely to our specialists by on-site staff.

Next, we will expand this to several nursing homes around the state. We feel that this is vitally important as residents of these homes often struggle with mobility and transportation.

Telemedicine does have some limitations; for example, obtaining a patient's vitals such as heart rate and blood pressure, and other tests that must be administered in-person. However, each remote clinic will have on-site staff who will record this information and administer necessary tests.



Telemedicine is the future of all fields of medicine. Studies have shown to it be successful in long-distance treatment of Parkinson's disease, however, it has not yet been studied in HD.

As we launch this program we will determine if telemedicine is comparable to in-person care, and whether telemedicine would be a preferred method of care for HD patients and their families.

Please stay tuned to future issues for scheduling information as we launch the program.

Disparities in Parkinson Disease

By: Olga Klepitskaya, MD

Parkinson disease (PD) is a common progressive disorder affecting more than one million people in the United States. Treatment of advanced PD involves complex management of multiple motor symptoms (tremor, slowness of the movements, gait instability, abnormal involuntary movements etc.), and non-motor symptoms (decreased memory, concentration, problems with blood pressure control, fatigue, changes in mood and behavior, etc).

Recently, there has been an explosion of developments of more effective treatments for PD: three new medications and a novel pump delivery system were approved by the FDA. Indications for Deep Brain Stimulation (DBS) surgery were expanded to earlier stages of the disease and a DBS system with “steerable” electrodes is now available. In addition, patients have the opportunity to participate in clinical trials to receive efficacious treatments that are in the approval process, or to explore promising experimental options.

Therefore, treatment of PD and requires expertise of a specially trained neurologist – a movement disorders neurologist – working as a part of a team of designated health care professionals (speech and physical therapists, psychologists, psychiatrics, neurosurgeons, etc.)

Despite the complex nature of PD, research has shown that the majority of patients have never seen a neurologist for management of their PD, less so a movement disorders neurologist. Up to 58% of PD patients are being treated exclusively by primary a Primary Care Provider (PCP). This percentage is even higher in women and minorities.

With the rapid development of new treatments, staying up-to-date is unrealistic for PCPs. Consequently, patients are not offered novel therapies, or offered them too late into their disease course when the therapeutic window has closed.

The importance of highly specialized comprehensive neurological care for patients with PD cannot be over-emphasized. Patients under the care of neurologists live longer, are less likely to be placed in a nursing home, and have lower rates of hospitalization. This translates into profound differences in Quality of Life for patients and decreases caregiver burden.

At the University of Colorado Movement Disorders Center, we work together as a multidisciplinary team that includes eight movement disorders neurologists and two neurosurgeons, four fellows in training, three nurse practitioners, designated physical and speech therapists, a psychiatrist, and a rehabilitation physician.

Our team is excited to offer highly specialized care and the most up-to-date treatment options.



Meet the MDC Team: *Samantha Holden, MD* Assistant Professor

Dr. Holden completed a 3-year combined fellowship in Movement Disorders and Behavioral Neurology here at the University of Colorado. She completed her medical internship and neurology residency at Rush University Medical Center. She received her B.S. in Neural Science from New York University and her M.D. from Stony Brook University. She is now pursuing a Masters degree in clinical science through the Colorado Clinical and Translational Science Institute.

During her fellowship, Dr. Holden received a research grant from the Michael J. Fox Foundation for research on cognitive function in Parkinson disease and plans to continue this research in her faculty position.

Dr. Holden will be providing medical care for patients with both cognitive impairment and movement disorders and patients with dementia and palliative care needs.

Have an event you would like to share with the community?

We are happy to include relevant events on our website!
Please e-mail Nicole Leith (nicole.leith@ucdenver.edu) the details, including flyers and registration sites.

Welcome, 2017-18 Fellows

Please join us in welcoming Dr. Kristin Mitrovich and Dr. Kristin King to our Movement Disorders Fellowship Program. They will join Dr. Trevor Hawkins and Dr. Christopher Groth who are staying with us for an additional year of training.

Fellows are licensed doctors who have completed their medical education and neurological training. They have elected to complete an additional year or more of sub-specialized training. Our fellowship provides neurologists with an additional one to two years of training in movement disorders.



Dr. Kristin Mitrovich

The University of Colorado trained its first Movement Disorders fellow in 1992 and officially established its program in 2010. Graduates of the Fellowship now practice throughout the United States, including at UC San Diego and Rush University.

Dr. Kristin Mitrovich was born and raised in San Diego, CA, where she also completed her B.S degree in Biology/ Chemistry at Point Loma Nazarene University. She then attended medical school at Creighton University in Omaha, NE where her interest in Neurology became evident.

She completed her Neurology training at the University of Utah where she developed a particular interest in helping patients with movement disorders. She also discovered her love of the mountains while in Utah, mostly hiking, skiing, and mountain biking, and is excited to explore the Rockies from a different perspective in Colorado while completing her training in movement disorders.

Dr. Kristin King was born and raised in Southwest Missouri. Her love of medicine started at a young age while working with her father who is also a physician. She attended the University of Missouri where she received her undergraduate degree. She remained there throughout medical school and neurology residency.

Her passion for movement disorders arose from time spent with her grandmother who had severe parkinsonism. She is excited to gain knowledge and expertise in the field so that she can help people with similar conditions in the future.

During this time, she is also looking forward to spending time with her husband and two young children in Denver as well as nearby mountain towns.



Dr. Kristin King

Get Involved!

Our world-class team of physicians and researchers are dedicated to providing the highest quality of care for patients today while developing cures and novel treatments for tomorrow.

Private support is essential to pushing the boundaries of science and bringing life-changing research and care to the patients who need it most. With your support, we will continue providing the region's most comprehensive patient care and conducting innovative research that will transform healthcare around the country.

Learn how you can help:
Carrie Radant Flynn
Carrie.radant@ucdenver.edu
303-724-9146
giving.cu.edu/parkinsons

Boulder & Lone Tree Clinics

The Movement Disorders Center is working hard to increase our accessibility.

On August 18, Dr. Brian Berman and Dr. Drew Kern began seeing patients at the UHealth Family Medicine Clinic in Boulder. Dr. Berman will see patients on the second and fourth Fridays of every month. Dr. Kern will see patients on the first and third Fridays. Both will be seeing new and return patients.

Dr. Heather Baer also sees patients at the Boulder Clinic every Tuesday and Friday.

Christen Epstein, NP is now seeing patients at UHealth's Lone Tree clinic. She sees return visit patients on Mondays and Fridays.

Anschutz Medical Campus
1635 Aurora Court,
Aurora, CO 80045
P. 720-848-2080

Boulder Family Medicine and Specialty Clinic
5495 Arapahoe Avenue,
Boulder, CO 80303
P. 720-848-9200

Lone Tree Health Center
9548 Park Meadows Drive,
Lone Tree, CO 80124
P. 720-848-2200



ARE YOU RECENTLY DIAGNOSED WITH PARKINSON'S?

Join an innovative program designed to help you manage PD and improve quality of life.

What is PD SELF? A national pilot program of the Parkinson's Foundation that provides people with Parkinson's with an in-depth understanding of the disease and the self-efficacy tools to manage it with confidence.

Who is eligible? People with Parkinson's and their care partners within three years of diagnosis who can commit to a nine-session program.

What is self-efficacy? The ability to have influence over the conditions that affect our lives. A scientifically-based approach that is effective in helping people with Parkinson's to develop the motivation and skills to manage PD.

Who delivers the program? A health care professional and a person with Parkinson's both trained in the application of self-efficacy for Parkinson's.

How often does it meet? Beginning fall 2017, once a month for two-and-a-half hours. The program lasts nine months. There is no cost to attend. Space is limited.

To learn more about PD SELF in Denver, CO, contact Team Leader Hal Pottle at 303-319-0626 or hal@halpottle.com. PD SELF is being conducted in Denver with collaboration of the University of Colorado Denver Department of Neurology Movement Disorders Center.

**We're always looking for patients interested in research.
We're currently looking for the following patients:**

- Patients with Parkinson disease who have problems with thinking or memory
- Patients who have recently diagnosed, early stage Parkinson disease
- Patients with Parkinson disease and a wearing off of medication or dyskinesias
- Patients with Parkinson disease and an interest in a brain imaging study
- Patients with Parkinson disease and needs for supportive care or challenging symptoms
- Patients with dystonia or blephrospasm diagnosis
- Patients who have cervical dystonia and an interest in a brain imaging study
- Patients with Huntington's disease
- Patients with Essential Tremor, Progressive Supranuclear Palsy, Corticobasal Degeneration, or Multiple Systems Atrophy
- Patients with a diagnosis of ataxia
- Patients who have Parkinson disease with tremor and an interest in medical marijuana

For more information or to get involved with our research,
please contact our Research Recruitment Specialist.
303-724-4644

Huntington Disease Family Education Day

What:

Day-long event covering Huntington's disease (HD) research, care, advocacy, caregiving, and an opportunity to ask HD experts your questions

When:

Saturday, November 4, 2017

Where:

Hyatt Regency at the Convention Center, 650 15th Street, Denver, CO 80202

Who:

Individuals with HD, families and friends impacted by HD (including youth), health care providers, and anyone interested.

Registration:

Registration is free, but required. 800-487-7671, info@hsglimited.org, or www.huntingtonstudygroup.org