

Monday, August 31, 2009

12:00 noon

Blue Bird Auditorium, NB-137, Neurosensory Center

Exercise and Parkinson's disease

- **Part I : Clinical Relevance**
- **Part II: Effects of Endurance Exercise on Parkinson's Neurodegeneration and Mitochondrial Dysfunction**

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and Yuen-Sum (Vincent) Lau, PhD
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Objectives:

At the end of this presentation, participants should:

- be aware that exercise is a supplementary therapy for patients with Parkinson's disease
- be informed about the possible impact of exercise for slowing Parkinson's disease progression
- be familiar with the animal models for Parkinson's disease and their limitations.
- associate Parkinson's disease neurodegeneration with mitochondrial dysfunction and learn what exercise may do to prevent mitochondrial defects

References:

- Lau, Y.-S. (2005) Progressive neurodegeneration in the chronic MPTP/probenecid model of Parkinson's disease. In: *Parkinson's Disease* (Eds. Ebadi, M. and Pfeiffer, R.), CRC Press, Boca Raton, FL, pp. 109-115.
- Beal, M.F. (2005) Mitochondria take center stage in aging and neurodegeneration. *Ann Neurol.* 58: 495-505.
- Kwakkel, G., de Goede, C.J., van Wegen, E.E. (2007) Impact of physical therapy for Parkinson's disease: a critical review of the literature. *Parkinsonism Relat Disord.* 13 Suppl 3: S478-87.
- Hirsch M.A., Farley B.G. (2009) Exercise and neuroplasticity in persons living with Parkinson's disease. *Eur J Phys Rehabil Med.* 45:215-229

Target Audience, Needs, Educational Methods, Activity Evaluation:

Physicians, residents, fellows, and other healthcare professionals need to be updated about new advances in the clinical and research areas for the diagnosis, treatment, and management of patients with neurological disorders. Educational methods will include lectures, case presentations, audio/video presentations, and questions & answer sessions. Participants will be asked to complete an activity evaluation.

Accreditation/Credit Designation

Baylor College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. Physicians should only claim credit commensurate with the extent of their participation in the activity.