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- **Professor of Neurology**
Baylor College of Medicine
- **Director, Parkinson's Disease Research, Education and Clinical Center (PADRECC)**
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CONTACT INFORMATION

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SPECIALITY

- Movement Disorders
- Parkinson's Disease
- Sleep Medicine

CERTIFICATIONS

- American Board of Psychiatry and Neurology, Neurology
- American Board of Psychiatry and Neurology, Neurology with Special Qualifications in Sleep Medicine
- American Board of Sleep Medicine

EDUCATION

- M.D., Dow University of Medical Sciences, Karachi, Pakistan
- Internship, Internal Medicine, Baylor College of Medicine, Houston, Texas
- Residency, Neurology, Baylor College of Medicine, Houston, Texas
- Fellowship, Movement Disorders, Michael E. DeBakey Veterans Affairs Medical Center, Houston, Texas
- Fellowship, Sleep Medicine, Baylor College of Medicine, Houston, Texas

CLINICAL INTERESTS

Parkinson's disease and other movement disorders, sleep medicine

RESEARCH INTERESTS

- Neuroprotection
- Movement disorders
- Sleep medicine

BCM HONORS

- STAR Faculty Award for Excellence in Patient Care
- 2020 Norton Rose Fulbright Faculty Excellence Award in Educational Leadership
- 2014 Fulbright & Jaworski L.L.P. Faculty Excellence Award in Educational Leadership.
- 2014 Fulbright & Jaworski L.L.P. Faculty Excellence Award for Teaching and Evaluation.
- 2014 Member of the Academy of Distinguished Educators — This award recognizes the educational scholarship of faculty members involved in all of the educational missions of Baylor College of Medicine.

JOURNAL PUBLICATIONS

1. Shah C, Jackson GR, Sarwar AI, Mandava P, Jamal F. Treatment patterns in essential tremor: A retrospective analysis. *Tremor Other Hyperkinet Mov (N Y)*. 2022;12:10. PMID: 35415009.
2. Troyanskaya M, Pastorek NJ, Jamal F, Jackson GR, Sarwar AI, Wilde EA, et al. A pilot study of olfactory function in veterans with a history of deployment-related mild traumatic brain injury. *Neurocase*. 2022;:1-8. PMID: 36576237.
3. White DL, Kunik ME, Yu H, Lin HL, Richardson PA, Moore S, et al. Post-traumatic stress disorder is associated with further increased Parkinson's disease risk in veterans with traumatic brain injury. *Ann Neurol*. 2020;88(1):33-41. PMID: 32232880.
4. Sarwar AI. Trazodone and parkinsonism: The link strengthens. *Clin Neuropharmacol*. 2018;41(3):106-8. PMID: 29634584.
5. Calleo JS, Amspoker AB, Sarwar AI, Kunik ME, Jankovic J, Marsh L, et al. A pilot study of a cognitive-behavioral treatment for anxiety and depression in patients with Parkinson disease. *J Geriatr Psychiatry Neurol*. 2015;28(3):210-7. PMID: 26047635.
6. Rothlind JC, York MK, Carlson K, Luo P, Marks WJ, Jr, et al. Neuropsychological changes following deep brain stimulation surgery for Parkinson's disease: Comparisons of treatment at pallidal and subthalamic targets versus best medical therapy. *J Neurol Neurosurg Psychiatry*. 2015;86(6):622-9. PMID: 25185211.
7. Mehanna R, Moore S, Hou JG, Sarwar AI, Lai EC. Comparing clinical features of young onset, middle onset and late onset Parkinson's disease. *Parkinsonism Relat Disord*. 2014;20(5):530-4. PMID: 24631501.
8. Patel AJ, Sarwar AI, Jankovic J, Viswanathan A. Bilateral pallidal deep brain stimulation for X-linked dystonia-parkinsonism. *World Neurosurg*. 2014;82(1-2):241 e1-4. PMID: 24076056.
9. Hou JG, Wu LJ, Moore S, Ward C, York M, Atassi F, et al. Assessment of appropriate medication administration for hospitalized patients with Parkinson's disease. *Parkinsonism Relat Disord*. 2012;18(4):377-81. PMID: 22236581.
10. Vanek Z, Sarwar A. Dystonia - A review of current concepts and their application in Pakistan. *Pak J Neurol Sci*. 2008;3(1):20-6.
11. Davis TL, Brodsky MA, Carter VA, DiFazio M, Frishberg B, Lai EC, et al. Consensus statement on the use of botulinum neuro-toxin to treat spasticity in adults. *P&T*. 2006;31(11):666-82.

BOOK CHAPTERS and OTHER PUBLICATIONS

1. Hirshkowitz M, Sarwar A, Sharafkhaneh A. Evaluating sleepiness. In: Kryger MH, Roth T, Dement WC, editors. *Principles and practice of sleep medicine*. 5th ed. Philadelphia: Saunders; 2011.
2. Sarwar A, Trail M, Lai EC. Assessments and outcome measures for Parkinson's disease. In: Trail M, Protas E, Lai EC, editors. *Neurorehabilitation in Parkinson's disease: an evidence-based treatment model*. Thorofare (NJ): Slack Inc.; 2008.

POSTER and PLATFORM PRESENTATIONS

1. Jackson GR, Sarwar AI, Mandava P, Jamal F. Age at onset and therapeutic efficacy of primidone in essential tremor. *Mov Disord*. 2023;38(suppl 1):S431.
2. Mack J, Marsh L, Sarwar A, Rodriguez K, King A, Hinojosa-Lindsey M, et al. Expanding the reach of a telehealth psychotherapy hub to advance coordinated depression care for rural veterans with Parkinson's disease. *Mov Disord*. 2023;38(suppl 1):S234.
3. Sarwar AI. Risk factors of sleep disordered breathing in Veterans with Parkinson's disease. *Mov Disord*. 2023;38(suppl 1):S217.
4. Jamal F, Noorbhai I, Jackson G, Sarwar A. Racial differences in essential tremor. *Mov Disord*. 2022;37 Suppl 2:S427.
5. Sarwar A. Chronotype and cognition in veterans with Parkinson's disease. *Mov Disord*. 2022;37 Suppl 2:S550.
6. Noorbhai IZ, Jamal F, Jackson G, Sarwar A. Deep brain stimulation surgery and clinical characteristics of essential tremor in a cohort of veterans. Presented at the Movement Disorder Society (MDS), Virtual International Congress of Parkinson's Disease and Movement Disorders. (Sept. 17-22, 2021).
7. Jamal F, Sarwar A. Age of onset and deep brain stimulation in a cohort of essential tremor. *Neurology*.

- 2021;96(15 Suppl):2393.
8. Ostrem J, Luo P, Weaver F, Follett K, Galifianakis N, Lai E, et al. Ten year clinical outcomes of subthalamic nucleus versus pallidal deep brain stimulation for Parkinson's disease: VA/NINDS CSP #468F. *Neurology*. 2021;96(15 Suppl):4312.
9. Sarwar A. Is chronotype a biomarker for depression in military veterans with Parkinson's disease? *Mov Disord*. 2020;35 Suppl 1:S349-50.
10. Shah C, Jamal F, Sarwar A, Jackson G. Use of botulinum toxin: Experience in a cohort of essential tremor patients. *Mov Disord*. 2020;35 Suppl 1:S699.
11. Shah C, Jamal F, Jackson G, Sarwar A. Treatment patterns in patients with essential tremor. *Neurology*. 2020;94(15 Suppl):1555.
12. Jamal F, Jackson GR, Moore S, Sarwar AI. Age of onset and diagnosis of essential tremor. Presented at the Movement Disorder Society (MDS), 23rd International Congress of Parkinson's Disease and Movement Disorders in Nice, France (Sept. 22-26, 2019).
13. Sarwar AI, Moore S. Is sleep disordered breathing a risk factor for REM sleep behavior disorder in military Veterans with Parkinson's disease? Presented at the Movement Disorder Society (MDS), 23rd International Congress of Parkinson's Disease and Movement Disorders in Nice, France (Sept. 22-26, 2019).
14. Jamal F, Jackson GR, Moore S, Sarwar A. Vitamin D assessment in veterans with Parkinson's disease. *Neurology*. 2019;92(15 Suppl):P5.8-046.
15. Sarwar A, Moore S. Is REM sleep behavior disorder associated with excessive daytime sleepiness in military veterans with Parkinson's disease? *Mov Disord*. 2018;33 Suppl 2:S732.
16. Sarwar A, Moore S, Hirshkowitz M. Is excessive daytime sleepiness related to nocturnal sleep in Parkinson's disease? *Neurology*. 2018;90(15 Suppl):P1.047.
17. Jamal F, Jackson GR, Moore S, Sarwar AI. Vitamin D and clinical phenotypes of Parkinson's disease in veterans. *Mov Disord*. 2017;32 Suppl 2:S897.
18. Sarwar A, Moore S, Hirshkowitz M. Leg discomfort and insomnia in Parkinson's disease. *Neurology*. 2017;88(16 Suppl):P5.004.
19. Sarwar A, Moore S, Hirshkowitz M. Chronotypes, nocturnal melatonin level and excessive daytime sleepiness in Parkinson's disease (PD). *Neurology*. 2016;86(Meeting Abstracts 1):P4.280.
20. Sarwar AI, Carlson K, Luo P, Follett KA, Stern M, Weaver FM, et al. Gait and balance in Parkinson's disease (PD) following bilateral Subthalamic Nucleus (STN) and Globus Pallidus Interna (GPI) stimulation: 36 month follow-up of CSP#468 cohort. *Mov Disord*. 2015;30 Suppl 1:S237-8.
21. Sarwar AI, Moore S, Hirshkowitz M. Impact of post traumatic stress disorder (PTSD) on the clinical expression of REM sleep behavior disorder (RBD) in veterans with Parkinson's disease (PD). *Mov Disord*. 2014;29 Suppl 1:802.
22. Zaheer F, Moore S, Sarwar AI. Parkinson's disease and ocular melanoma in veterans. *Mov Disord*. 2014;29 Suppl 1:743.
23. Sarwar A, Hirshkowitz M. Zung Self Rating Depression Scale in Parkinson's disease: A validity study in veterans. *Neurology*. 2014;82(Meeting Abstracts 1):P2.051.
24. Marks Jr W, Luo P, Lanier E, Patel U, Carlson K, Rothlind J, et al. Long-term outcomes from the VA/NIH Cooperative Study on deep brain stimulation for Parkinson's disease. *Mov Disord*. 2013;28 Suppl 1:S450.
25. Sarwar AI, Sarwar O, Hirshkowitz M. Sleep disordered breathing and excessive sleepiness in Parkinson's disease. *Mov Disord*. 2013;28 Suppl 1:S229.
26. Sarwar A, Hirshkowitz M. Parkinson's disease and narcolepsy. *Neurology*. 2013;80(Meeting Abstracts 1):P05.027.
27. Sarwar AI, Hirshkowitz M. Pathological sleepiness and age in Parkinson's disease. *Mov Disord*. 2012;27(Suppl 1):S222.
28. Mehanna R, Moore S, Hou J-G, Lai E, Sarwar A. Comparing clinical features of young-onset, middle-onset and late-onset Parkinson's disease. *Neurology*. 2012;78(Meeting Abstracts 1):P06.089.
29. Sarwar A, Hirshkowitz M. Excessive sleepiness and depression in Parkinson's disease. *Neurology*. 2012;78(Meeting Abstracts 1):P05.002.
30. Hou JG, Thant M, Sarwar A, Fincher L, Bryant MS, Atassi F, et al. Comparison of subthalamic (STN) and pallidal (GPI) deep brain stimulation (DBS) on gait and balance in patients with Parkinson's disease (PD). *Ann Neurol*. 2011;70 Suppl 15:S17.
31. Sarwar AI, Varghese R, Lai EC. Situational sleep tendency in "sleepy" veterans with Parkinson's disease. *Mov Disord*. 2011;26 Suppl 2:S301.
32. Hou JG, Thant M, Bryant MS, Fincher L, Sarwar A, Lai E. Levodopa is necessary to improve gait and balance in Parkinson's patients after deep brain stimulator implantation. *Neurology*. 2011;76(Suppl 4):A540.
33. Sarwar AI, Varghese R, Hirshkowitz M, Lai EC, Johnson S, Hou JG. Chronotypes in Parkinson's disease: What are they? And what can they predict? *Neurology*. 2011;76(Suppl 4):A438.
34. Sarwar AI, Lai EC. Handedness and Parkinson's disease. *Mov Disord*. 2010;25 Suppl 2:S363.

35. Sarwar A, Lai EC. Axial symptoms and basal ganglia in Parkinson's disease. Does side matter? Parkinsonism Relat Disord. 2009;15(Suppl 2):S70.
36. Sarwar AI, Lai EC. Parkinson's disease — Characteristics of disease onset in a veteran population. Mov Disord. 2009;24 Suppl 1:S536-7.
37. Sarwar AI, Lai EC. Association between laterality (right or left) of onset of motor symptoms and degree of speech impairment in veterans with Parkinson's disease (PD). Mov Disord. 2008;23 Suppl 1:S334-5.
38. Sarwar AI, Lai EC. Deep brain stimulation (DBS) parameters and gait in Parkinson's disease (PD). Mov Disord. 2008;23 Suppl 1:S135.