



Leading with Compassionate Care: *Stories and Updates*

IN THIS ISSUE

1 Update From Our New CEO

2 Get To Know Our New CEO | Center of Excellence

3 Cala ONE | 2019 More Talk! More Walk! Recap

4 Debunking Parkinson's Myths

Update From Our New CEO

Dear Parkinson's Institute and Clinical Center family,

The Parkinson's Institute and Clinical Center (PICC) experienced a rebirth of sorts over the past six months. I'm eager to share more about our new location and leadership, but most importantly, about our renewed vision for relational patient care and research. Consider this new chapter "PICC 2.0."

We Moved!

In December of last year, PICC transitioned to a new facility located on the campus of the state-of-the-art El Camino Hospital (ECH) in Mountain View, CA. Our new home elevates our standard of care for Parkinson's patients as we partner more closely with ECH and essential medical specialists such as gastroenterologists, urologists, radiologists, physical therapists, and neurosurgeons (just to name a few!). Our circle of care continues to be unmatched.

Our renowned Molitor Lab, now off-site, continues to function symbiotically with the Clinic working in lock-step with our physicians on new therapies for Parkinson's patients and others suffering with related neurodegenerative diseases. Our exercise classes run in convenient locations throughout the Bay Area. Our new space remains a place marked by close relationships with our patients and with this disease. It 'right-sizes' PICC so we can more efficiently serve patients and their families. We're positioned for excellent long-term stability so we can accelerate resources in the fight to find a cure and provide the best care for Parkinson's patients along the way.



Our Leadership

I joined PICC in early 2018 as chief operating officer and received the appointment of chief executive officer in January 2019. I'm eager to continue the evolution of this organization through to its next stage alongside other leaders like Dr. Kristin Andruska, promoted to medical director; and Cheryl Gardner, chief philanthropy officer, who joined PICC in July 2018. You can learn more about me and my background on page 2 of this newsletter.

Renewed Vision

As we step into a new chapter, the Parkinson's Institute and Clinical Center remains steadfast in providing exceptional care for patients, access to cutting-edge clinical studies, and innovative research to improve the quality of life for Parkinson's patients and help in the fight to find a cure.

What sets us apart from other providers offering clinical care is our very relational—not institutional—approach. Our doctors spend generous time with patients exploring each problem and concern, building a relationship founded on trust and listening. We draw world-class movement disorder specialists to PICC as clinicians, so moving forward we are excited to share that we will make our Clinic accessible to patients suffering from Parkinson's and other related movement disorders—specifically, dystonia and essential tremor.

Additionally, we remain a leader in Parkinson's research, taking what is learned from basic science and moving

Continued on page 2

Continued from page 1

resulting therapies and treatments closer to the clinical trial phase—bench to bedside.

Founded on Relationships

I hope you see that these adjustments reveal an organization committed to being agile and innovative to meet patient needs and pursue the most relevant research opportunities. Our diligent work toward finding new efficiencies in operations, care, and research will propel us forward.

The bedrock of the Parkinson's Institute and Clinical Center—relationships—remains unchanged. Together we will continue to pursue top-notch research opportunities and provide exceptional care, honoring each individual's journey with movement disorders. Meeting our incredible patients and partners over the past 18 months reinforces my drive toward a successful and vital PICC.

I'm so grateful for your part in this mission. Here's to much potential at PICC 2.0!

Regards,



Brian R. Coulter
Chief Executive Officer

Get to Know Our New CEO

Brian R. Coulter served the Parkinson's Institute and Clinical Center as a chief operating officer from January 2018 until early this year, when he was appointed to the role of chief executive officer. Brian holds a bachelor's degree in Finance, Real Estate, and Business Law from California State Polytechnic University, Pomona, and a master's in Public Administration from the University of Southern California. Prior to 2018, he served as a chief financial officer for 10 years at a Southern California mid-size corporation, and before that as a national liaison at the Federal Reserve Bank of San Francisco for 12 years.

In recent years, Parkinson's intersected with his own story through the lives of people closest to him. Brian's father was diagnosed with Parkinson's just last summer, and Brian's best friend shared his unexpected diagnosis of young-onset Parkinson's several years ago. This friend goes to great lengths to pursue treatment at PICC, knowing it's a place where hope and compassion can be found. "That was very powerful for me," Brian recollects.



Left to right: Brian Coulter, Darin Coulter (brother), Bruce Coulter (father)

When personally approached to consider joining PICC in a leadership role, Brian saw an opportunity to apply his strong business development background to a valuable mission—one that directly impacts his loved ones and all those affected by Parkinson's. "I have experience guiding transformational business processes that create long-term value in a variety of sectors. This is a really good match," he says.

Brian brings great personal drive and passion to his leadership at PICC. "My goal is to find a cure," he shares. "I need to find something that will either stop, reverse, or prevent this disease, not only for my best friend but also for my father. That's what brings me here. That's what drives me toward success. I will make sure PICC is doing everything it can to provide excellent care, innovative research, and opportunities for our patients to access cutting-edge drugs to fight this disease."

Distinguished Center of Excellence

The Parkinson's Institute and Clinical Center is again recognized as one of only 45 worldwide medical centers (including 31 in the United States) distinguished as Centers of Excellence for treating Parkinson's. This recognition by the Parkinson's Foundation elevates PICC to an exclusive and respected status by meeting the Foundation's rigorous clinical, research, professional education, and patient care

criteria. We are very proud of this honor and our place in this exclusive network of clinics.

The Parkinson's Institute and Clinical Center combines world-class patient care and cutting-edge, innovative research as America's only independent non-profit organization for Parkinson's and related movement disorders.

To donate to the Parkinson's Institute and Clinical Center, please use the enclosed envelope or go to parkinsonsinstitute.org.

Cala ONE Looks Like Watch, Treats Hand Tremor

A group of 20 PICC patients currently sport a device on their wrist that could be mistaken for a smart watch—only this gadget doesn't receive text messages or check the weather. This device is the first FDA-approved, non-invasive, targeted nerve stimulator to treat essential tremor.

The Parkinson's Institute and Clinical Center has formed a multi-year partnership with Cala Health, a Bay Area bioelectronic medicine company transforming the standard of care for chronic disease by collaborating with leading physicians, scientists, and innovators to develop novel treatments such as this one.

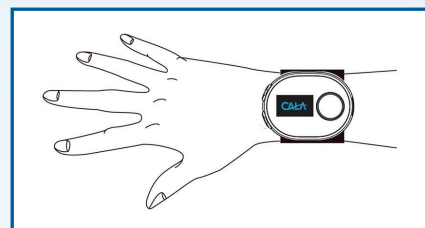
Non-invasive Help for a Common Disorder

Essential tremor affects many patients at PICC and over 7 million Americans, making it one of the most common movement disorders. Essential tremor most frequently presents as hand tremor, which affects a person's most basic daily activities—such as writing, dressing, eating, and drinking. As an

alternative to deep brain stimulation or surgery, the Cala Health device known as Cala ONE is worn on the wrist to deliver patterned and individualized electrical stimulation to nerves through the skin.

“Cala Health has brought together a team with expertise in neuroscience, medical devices, and digital therapeutics to develop a new class of therapies that give essential tremor patients relief from their hand tremors without invasive brain surgery or drugs,” shares Kate Rosenbluth, founding CEO of Cala Health. “It's just the beginning for a new class of accessible electrical medicines.”

Cala Health will finish a study on their second-generation version of Cala ONE, which has been tested with patients at PICC. Participants will wear the device at home for three months, attending office visits periodically to evaluate its effectiveness in treating their hand tremor. Dr. Christopher Way serves as point clinician for those participating at PICC.



Cala ONE is worn on the wrist like a smart watch and aims to treat hand tremor in a non-invasive manner.

“The Cala TWO device is a novel wrist-worn device for essential tremor, easily administered and well tolerated by our subjects during a three-month follow-up period,” Dr. Way reports. “A 40-minute treatment with the Cala ONE device previously demonstrated improvement, compared to sham stimulation in upper limb TETRAS tremor scores immediately following device stimulation during a single on-site stimulation session as published in *Neuromodulation* (2019 Jan 30).”

“We anticipate results from this open-label study will be presented at the International Movement Disorders Society Conference in Nice, France this September,” shares Dr. Chris Way.

“Cala Health Receives FDA Clearance for Cala ONE and Presents New Evidence at American Academy of Neurology Annual Meeting”
calahhealth-assets.s3.amazonaws.com/uploads/2018/04/CalaHealth-PressRelease-FDAClearance-2018Apr26.pdf

MTMW Recap – In Support of the Parkinson's Community

The PICC community—patients, families, caregivers, doctors, researchers, and staff—came out to build camaraderie, raise funds, and foster awareness for Parkinson's during the 5th annual More Talk! More Walk! event on May 4th. Among the participants, new Sunnyvale residents Max and his infant son, Miles, showed up in support of Max's father, who lives with Parkinson's in North Carolina.

Participants took a two-mile walk in the beautiful sanctuary of Baylands Park, enjoyed DJ music, and got a chance to talk to our doctors and staff in an informal environment. If you came out to support those affected by Parkinson's, thank you! We raised over \$51,000 and cherish the community developed amongst patients, families, and staff.

Also, a special thanks to all our 2019 sponsors and to our energetic and dedicated volunteers from Bank of America, Santa Clara University, and San Jose University.



Friends new and old enjoyed a beautiful morning raising awareness for Parkinson's. If you didn't make it but would like to contribute

to the work at PICC, please use the enclosed envelope or go online at parkinsonsinstitute.org.

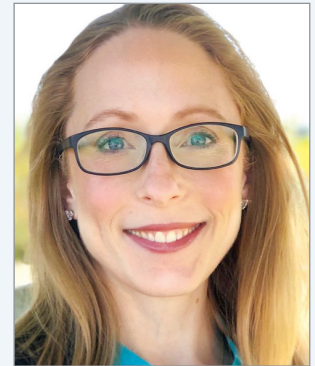
Debunking Parkinson's Myths

Ever come across information about Parkinson's that you weren't sure you should believe? We sat down with our medical director, Dr. Kristin Andruska, MD, PhD, to discuss just a few of the more common myths about Parkinson's.

Myth #1: Parkinson's only affects movement

"Parkinson's affects many body systems," Dr. Andruska explains. "Some symptoms may be traditional motor issues like tremor, slowness, difficulty walking, and poor balance. But Parkinson's can also cause other symptoms: constipation, bladder dysfunction, drooling, difficulty swallowing, memory loss, depression, sleep issues, decreased sense of smell...the list goes on."

Keep in mind, however, that not every ailment stems back to a person's Parkinson's. Read more about that in Myth #2.



Dr. Kristin Andruska, MD, PhD

Myth #2: Parkinson's disease explains all ailments

While it's true that Parkinson's causes many movement and non-movement symptoms, it's not always the root of problems occurring in a patient's body. "Each new symptom should be appropriately evaluated to determine if it is related to Parkinson's," shares Dr. Andruska. "When symptoms change quickly, there is usually something else going on."

Myth #3: Sinemet, the most common Parkinson's disease medication, only works for five years

You may know this drug as carbidopa/levodopa, and many Parkinson's patients take it to manage their symptoms. The drug's effectiveness does not diminish over time, though the individual may need a stronger dose every so often. "Clinical trials have shown that starting levodopa early on does not worsen disease progression; rather it improves quality of life and may, in fact, slow progressing symptoms," Dr. Andruska clarifies. "But as time goes on, patients typically need to increase medication to match progressing symptoms."

Check back in future newsletters as we debunk more myths related to Parkinson's!

To accelerate the pace of finding new treatments, therapies, and a cure for Parkinson's, please consider donating to PICC today. You can use the enclosed reply envelope or give at parkinsonsinstitute.org.

Visit Our New and Improved Website!

parkinsonsinstitute.org

Follow us on Facebook and Twitter to get the latest news and updates from PICC.



Powerful Ways to Support PICC

Both the level of compassionate care our patients receive daily, as well as the innovative, cutting-edge research we perform, are unique to the Parkinson's Institute and Clinical Center and only made possible through your support. We want you to know about the variety of ways you can give to PICC.

- Write a check or use your credit card today
- Give a gift from your Donor Advised Fund or family foundation
- Give a gift of stock or other appreciated assets
- Have your gift matched by your employer
- Include us in your will or estate plans