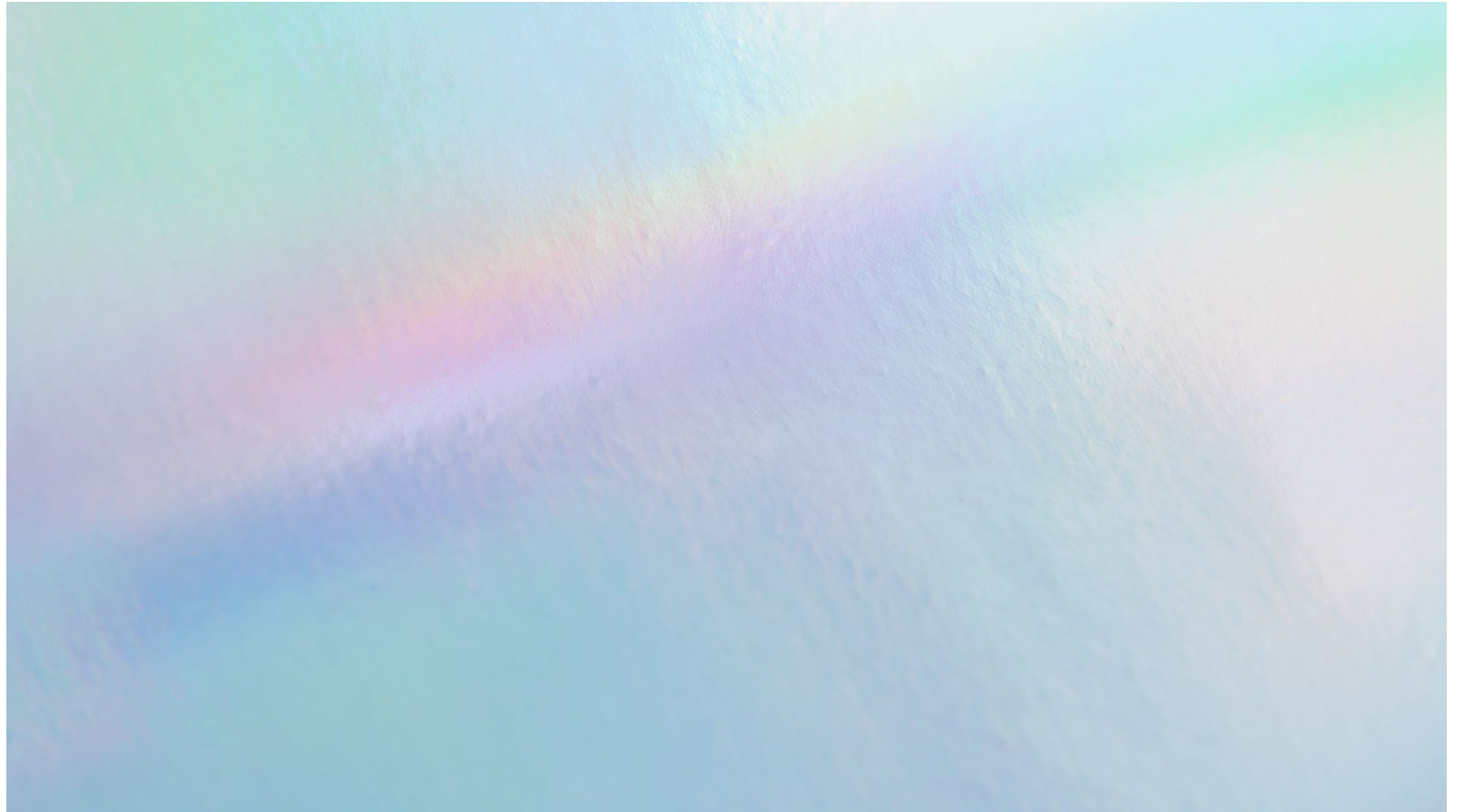

A Patient's Journey Through Parkinsons

A Mind Body Conundrum?



D. Kevin Kwok, Pharm.D
NASEM Lived- X Council

Disclosures

- Provide patient insights to Parkinson's patient organizations and biopharma companies.
- No remuneration
- No conflicts of interest
- Additional disclosure

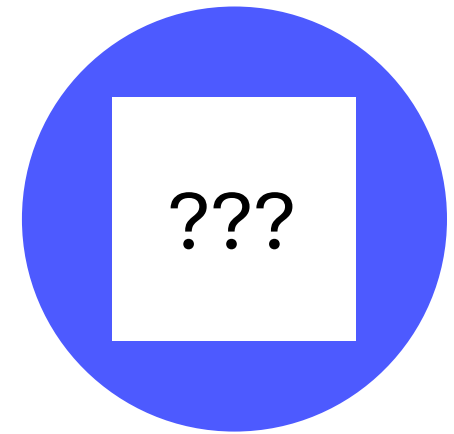
Kevin Kwok's Parkinson's Bio



64 YEAR OLD RETIRED BIOPHARMA
EXECUTIVE/CONSULTANT



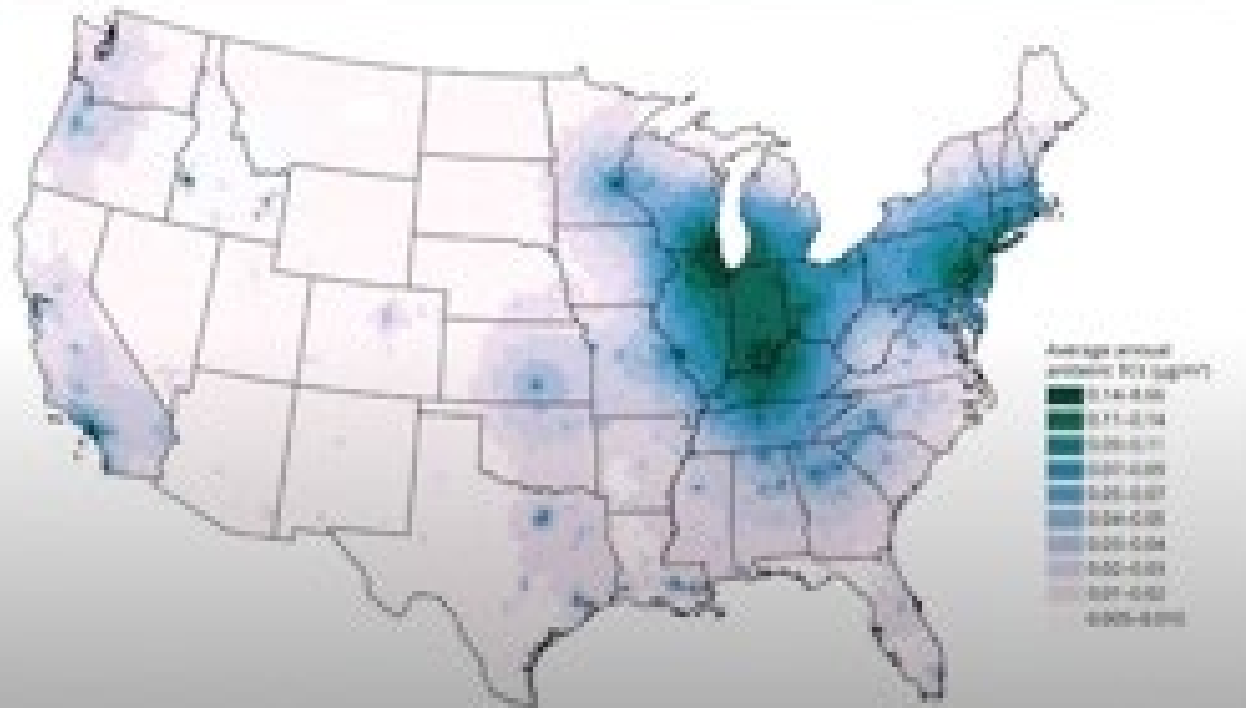
DIAGNOSED IN 2009 WITH YOPD



PREVIOUS HISTORY: COLLEGE EMPLOYMENT
WORKING FOR THE DOW CHEMICAL CO
HAULING TOXIC WASTE (1980'S)

Ambient Trichloroethylene Exposure and Parkinson Disease Risk in Medicare Beneficiaries

Figure 2. Ambient TCE, United States, 2002



**Is
Parkinsons a
hereditary or
man-made
disease?**

Symptoms and treatment at early diagnosis stage (*2009)

Hyposmia

Micrographia

Gait

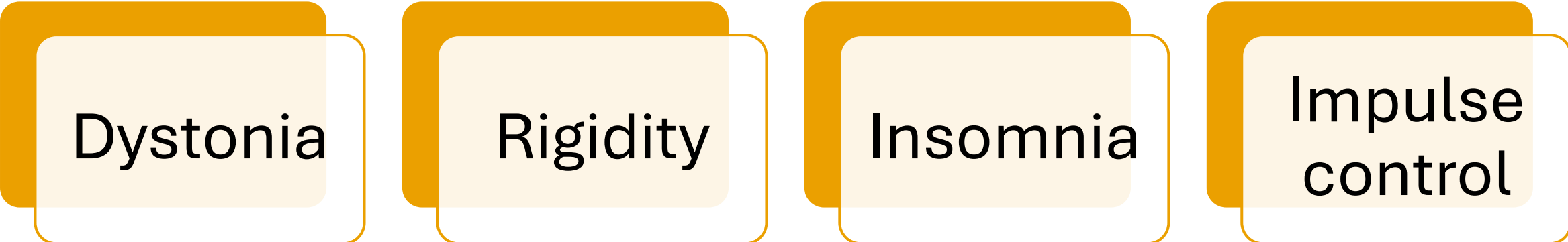
Bradykinesia

CD/LD

Rasagiline

Pramipexole

Symptoms and treatment at 4 years (2013)



Dystonia

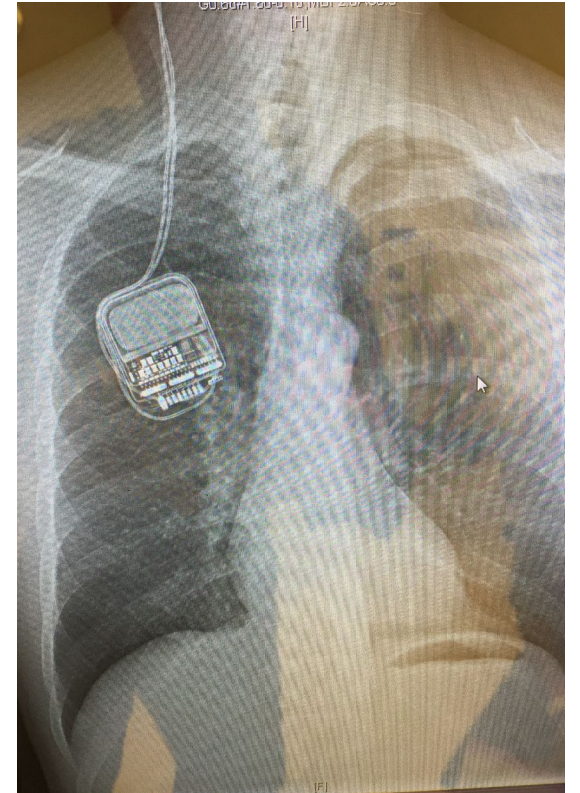
Rigidity

Insomnia

Impulse
control

2014: Elected Deep Brain Stimulation (aDBS trials)

- *aDBS FDA approval in 3/2025*
- *Published results in JAMA Neurology 2025*





DBS, Medications or Exercise ?

- <https://www.youtube.com/watch?app=desktop&v=EldTAuv2bno>

DBS, Medications or Exercise ?

[KQED boxing video](#)

FDA Parkinson's Patient Testimony

October, 2015



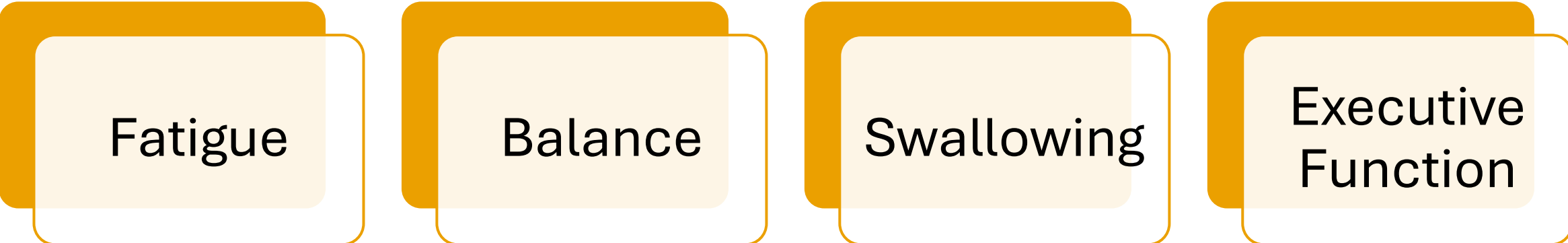
CTS Clinical and
Translational Science
Open Access

Parkinson's disease: Still waiting for a cure

First published: 24 July 2024



Moderate Stage (2015-2020)



Fatigue

Balance

Swallowing

Executive
Function

Restart Medications

CD/LD

```
graph LR; A[CD/LD] --- B[ ]; B --- C[ ]; C --- D[ ]; E[Increase DBS] --- F[ ]; F --- G[ ]; G --- H[ ]; I[Non Traditional Therapy] --- J[ ]; J --- K[ ]
```

The diagram consists of three horizontal rows. Each row features a colored rounded rectangle on the left, followed by a thin line that extends to the right and then turns downwards. The first row is teal and labeled 'CD/LD'. The second row is orange and labeled 'Increase DBS'. The third row is blue and labeled 'Non Traditional Therapy'.

Increase DBS

Non Traditional Therapy

Advancing Stage (2020-present)

Facial
Masking

Speech

Sialorhea

RBD

Pain

Dizziness

Falls

- Swallowing
- Breathing
- Genitourinary
- Vision
- Chronic Pain
- Apathy
- Spatial Awareness

I. Diagnosis

Is there a Mechanistic axis between the brain and body in Parkinsons?

What is the genesis of idiopathic Parkinsons?

Is Parkinsons a mind or body disease?

Can biology identify earlystage Prodromal disease and slow phenoconversion

Can Parkinson's be prevented?



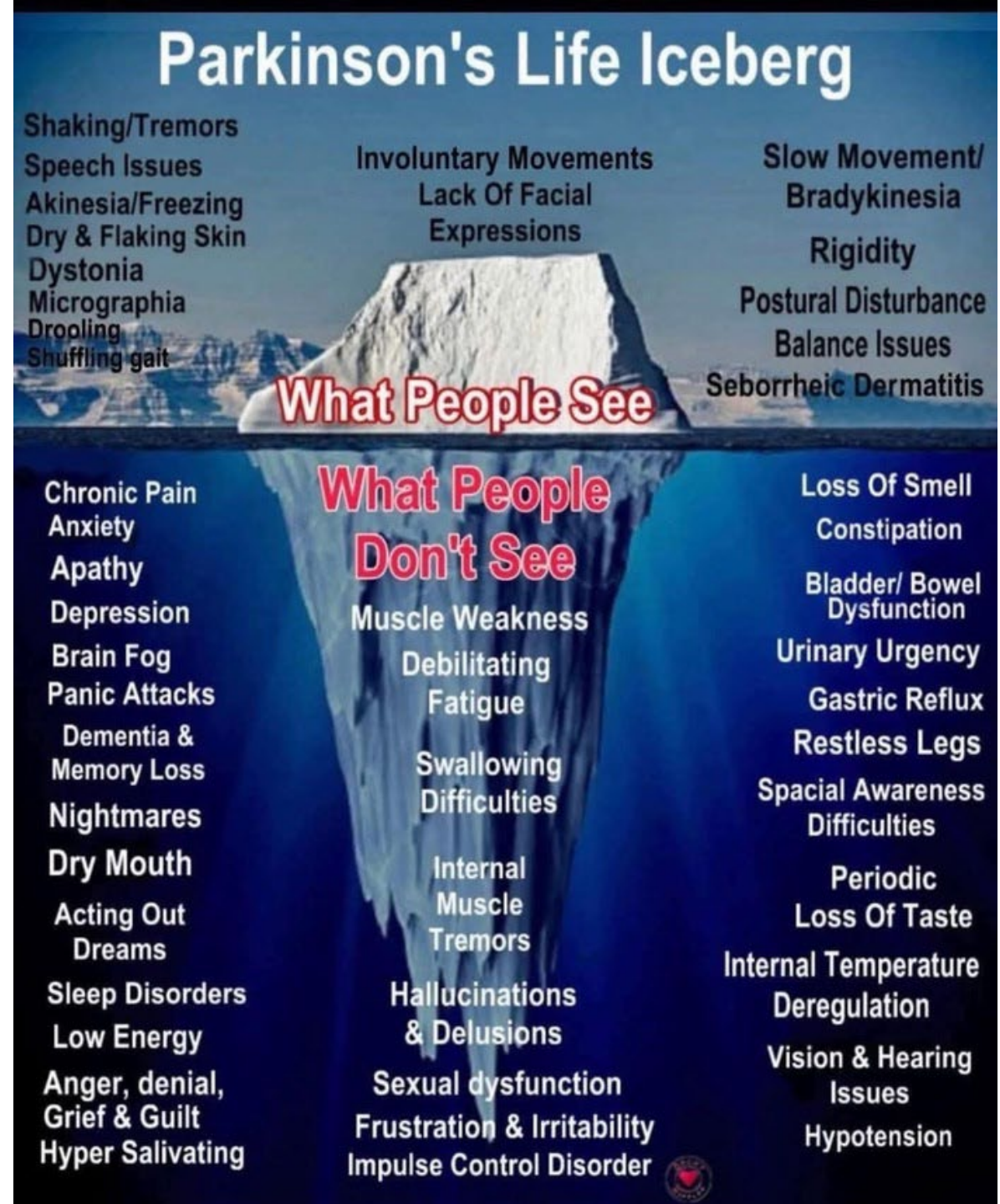
II. Increasing

Why doesn't initial CD/LD replacement stop PD?

Why is exercise disease modifying?

Is CD/LD accumulation potentially toxic? Why does Parkinson's spread to peripheral systems?

What are targets for early disease modification?



III. Progression

What are the targets to slow progression from mild to moderate stage Parkinsons?

Do the strategies for treating progressing PD differ from early stage?

Can progressive Parkinsons be reversed?



IV. Advancing

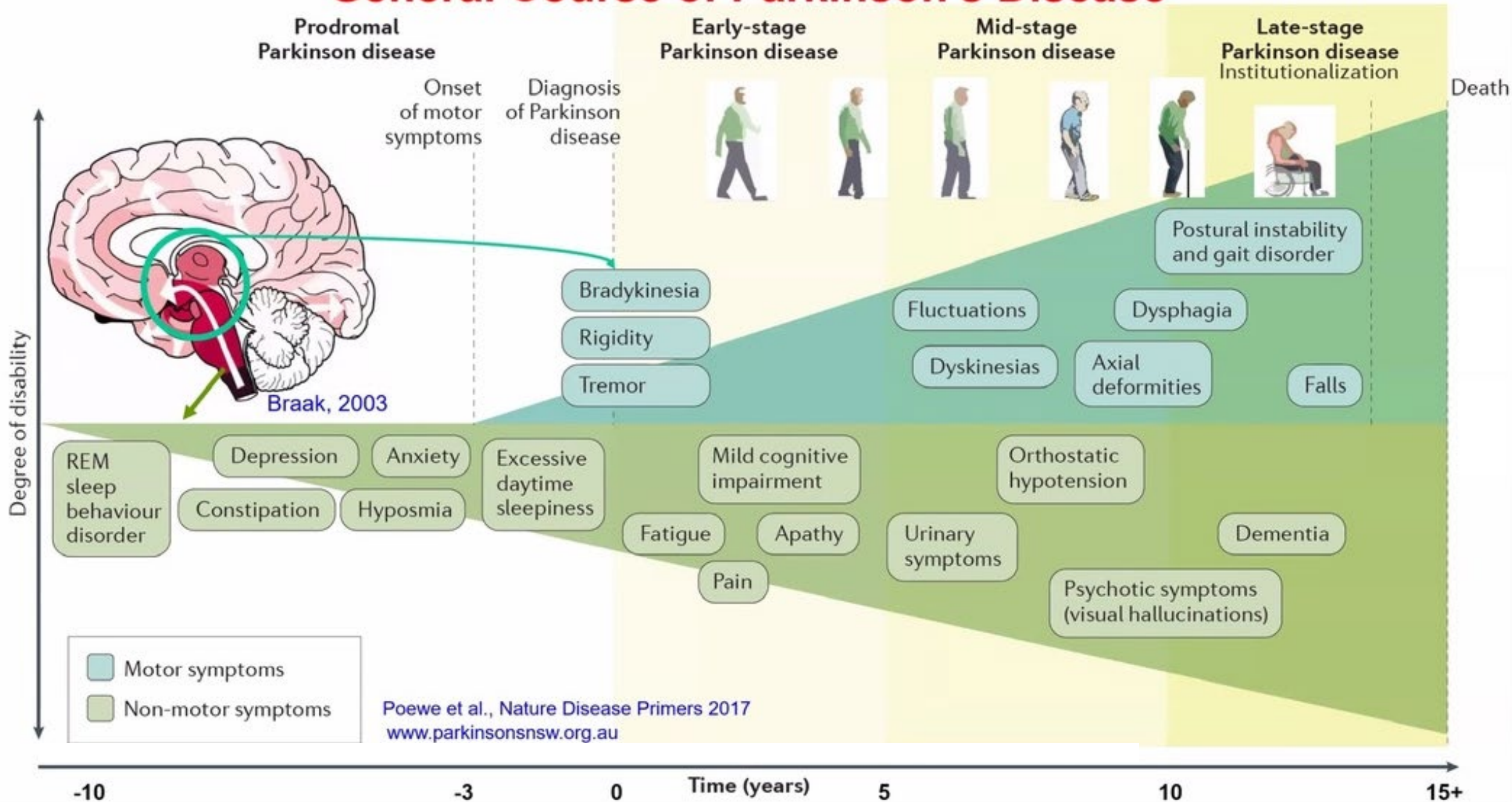
What are realistic goals for advancing PD?

What is disease modification in advanced PD?

How do patients with advanced Parkinsons optimize quality of life?



General Course of Parkinson's Disease



Parkinsons emerges on the world stage

*Olympic Games,
Atlanta, 1996*



Parkinsons emerges on the world stage

Olympic Games

Atlanta 1996

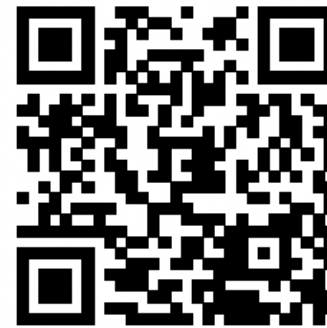




Understanding brain body connections in Parkinson's research

- How do we change the paradigm of Parkinson's research?

Thank you



- Dkevinkwok@gmail.com

Backup slides



Kevin Kwok 2024

- 9/30 2024
 - Presented in ER w head lacerations due to RBD
 - 8 months of nerve impingement and sciatic pain
 - Imobile , no exercise