PARKINSONISM SEMINAR

Is a seminar designed for individuals diagnosed with a parkinsonism such as, MSA, CBS, LBD, and PSP; who, would like to learn more about the diagnosis as well as, exploring ways to stay well, physically and emotionally.

Seminars occur on a quarterly basis. Dates, times and location, may vary

Please contact Josue at josue.etienne@uphs.upenn.edu for further information about the seminar.

THE CLINIC TEAM

Andres Deik, MD  
Medical Director / Neurologist

Matthew Mendlik, MD  
Palliative Care Specialist

Josue Etienne, BSN, RN  
Registered Nurse / Clinic Coordinator

Yuliis Bell, MSW  
Social Worker

Suzanne Reichwein, MSW  
Social Worker

Heather Cianci, PT, MS, GCS  
Physical Therapist

Julia Wood, OTR/L  
Occupational Therapist

Meredith Pauly, MA, CCC-SLP  
Speech-Language Pathologist

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Research Coordinator

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WHAT ARE ATYPICAL PARKINSONIAN SYNDROMES?

Parkinsonism, refers to slowness of movement, rigidity, imbalance, and tremor. Parkinson’s disease is one type of parkinsonism. There are several less common disorders—the atypical parkinsonian syndromes—which are related to Parkinson’s disease, but characteristically involve other symptoms.

Progressive Supranuclear Palsy (PSP)
In addition to parkinsonism, patients with PSP typically experience imbalance and frequent falls, abnormal eye movements, speech changes, and cognitive problems.

Corticobasal Syndrome (CBS)
Common symptoms of CBS include asymmetric limb stiffness and decreased range of motion, difficulty using familiar objects, involuntary limb movements, and cognitive difficulties.

Multiple System Atrophy (MSA)
The cerebellar form of MSA is marked by unsteady gait, incoordination, and slurred speech. The parkinsonian form involves slowness, rigidity, and soft speech. Many people have symptoms of both types of MSA. Lightheadedness, bowel and bladder problems, and difficulty swallowing commonly occur in MSA.

Lewy Body Dementia (LBD)
LBD is associated with abnormal deposits of a protein called alpha-synuclein in the brain. These deposits affect chemicals in the brain which can lead to problems with thinking, movement, behavior, and mood.

WHAT IS COPE CLINIC?

The clinic utilizes a multi-disciplinary team approach to provide specialized care for individuals with atypical parkinsonian syndromes.

During the clinic, participants see the following healthcare professionals with special interest and expertise in atypical parkinsonian syndromes:

- Neurologists
- Palliative Care Specialist
- Clinical Nurse
- Physical, Occupational, and Speech Therapists
- Social Worker
- Research Coordinator

HOW MUCH DOES IT COST?

Insurance is billed for visits with the neurologist, palliative care specialist, physical, occupational, and speech therapy. Coverage of these services is checked with your insurance company prior to scheduling your appointment and may be associated with a co-pay. Nursing, research, counseling, and social services are provided at no cost.

HOW LONG IS IT?

COPE clinic can be anywhere from 3-4 hours in length.