The DBS Clinic Team

Meredith Spindler, MD
Movement Disorders Specialist/Medical Director

Movement Disorders Fellows

Josue Etienne, BSN, RN
Clinical Nurse/ Care Coordinator

Joellyn Fox, DPT
Physical Therapist

Julia Wood, OTR/L
Occupational Therapist

Meredith Pauly, MA, CCC-SLP
Speech Therapist

Pennsylvania Hospital’s, Deep Brain Stimulation Clinic
330 S 9th St
Phone: 215-829-6500
Fax: 215-829-6606
www.pennmedicine.org

Deep Brain Stimulation Support Group

The Deep Brain Stimulation (DBS) support group provides a forum for people facing similar challenges to come together, share ideas and help each other cope. Please contact Josue Etienne at josue.etienne@uphs.upenn.edu (preferable method of contact), or at, 215-829-2347, for further information regarding this support group.

- **Location:** 245 S. 8th St, Hall Mercer Building of Pennsylvania Hospital (across the street from a large white church)
- **Dates:** Every first Tuesday of the month
- **Time:** 10am to 11am

*Please request to be placed on the emailing list for DBS support group, as cancellations, or changes in location, are liable to occur*
What is Deep Brain Stimulation?
Deep Brain Stimulation (DBS) is a surgical intervention that provides electric currents to specific targets in the brain in order to help improve symptoms such as, tremors, rigidity, and slowness of movement.

Participating in the DBS Consultation clinic allows you and your loved ones to achieve baseline assessments while exploring both the benefits and limitations of this procedure.

What are some Commonly Known Conditions it is used for?

**Parkinson’s Disease**
Parkinson’s disease is a chronic and progressive neurologic illness that impacts many aspects of an individual’s day to day functioning. While there are several options for symptom management, over time motor symptoms may remain limiting despite these interventions. Therefore, although DBS is not a curative therapy, it can provide enhanced quality of life by improving control of levodopa-responsive symptoms such as slowness, stiffness and tremors.

**Essential Tremor**
Essential tremor often limits an individual’s ability to perform tasks throughout the day due to action tremors of the hands, head and voice. This can be extremely limiting and interfere with one’s overall well-being. Although medications are often tried to minimize tremor, many do not control tremors adequately without causing bothersome side effects. Therefore, DBS provides an opportunity to control tremor through electrical stimulation.

**Dystonia**
Dystonia is a movement disorder that can cause involuntary movements and muscle contractures. These symptoms can also cause pain, which can greatly impede on an individual’s quality of life. Because of this, stimulation through DBS can help alleviate discomfort by providing electrical impulses to a specific target in the brain to help reduce symptoms.

What is the DBS Clinic?
The clinic utilizes a multidisciplinary team approach to provide specialized consultation for individuals considering Deep Brain Stimulation therapy (DBS).

During the clinic visit, participants see the following healthcare professionals who have special interest and expertise in DBS:

- Movement Disorders Specialist
- Movement Disorders Fellow
- Clinical Nurse Coordinator
- Physical, Occupational and Speech therapists (IF REQUIRED)

Insurance is billed for visits with the neurologist as well as for physical, occupational and speech therapy. Coverage for these services is checked with your insurance company prior to scheduling your appointment, as a result, a co pay may be required during this visit. **IF YOU ARE ENROLLED IN ANY OUT PATIENT THERAPY SERVICES, YOU MUST NOTIFY THE NURSE COORDINATOR.**

Commonly asked Questions:

**When is DBS Clinic?**
- Once a month and it occurs only on a Friday

**How long is it?**
- 1-3 hours in duration, depending on the participant’s needs

**Where is it held?**
- 330 South 9th. St.
- Philadelphia, PA 19107

**How often do I attend?**
- Only a one-time attendance is required if you are considering surgery

**After Attending Clinic, will I be Scheduled for Surgery?**
- One must complete the following steps to be referred to the neurosurgeon
  1. MRI of the brain
     - A MRI of the brain completed within the last year
     - If completed at a non-Penn facility, please bring a copy the physical disc and report to your clinic visit, if we do not have it already uploaded in our system.
  2. Neuro Psychology Testing
  3. Attendance at DBS Clinic
- Referrals to neurosurgery can be made during DBS clinic if you have completed numbers 1 and 2 before your clinic visit.