



Tender  
Loving  
Research

# Parkinson Research



Dr. Mireille Khacho  
The Ottawa Hospital

**Thank you** for your generous support of Parkinson research, patient care and treatment for Parkinson's patients at The Ottawa Hospital. We are delighted to provide you with a comprehensive and informative update on Parkinson research and patient care advancements at The Ottawa Hospital.

The Ottawa Hospital has one of Canada's leading neuroscience specialty clinics boasting 158 staff of scientists, clinicians, investigators, trainees and researchers. We care for more than 10,000 patients and oversee more than 113 neurological-related clinical studies.

As donors, you can take pride in helping our dedicated team of clinicians and researchers advance patient care and research. In today's reality, there is just not enough peer reviewed or private sector funding for research at The Ottawa Hospital to thrive and progress without support from our community. It is your critical funding that supports new initiatives in the lab and allows our researchers to leverage your donations to receive funding from other granting agencies.



## Partners Investing in Parkinson Research (PIPR)

Partners Investing in Parkinson Research (PIPR) is a group of individuals who raise funds for Parkinson's disease by walking and running in the annual Ottawa Race Weekend. They have been very successful not only in raising the profile

of Parkinson's disease, but also in raising significant funds for research efforts here in Ottawa. In 2015, PIPR reached the milestone of raising \$1 million and are still going strong, focusing their efforts this year to fund Dr. Mireille Khacho, a young, up and coming researcher.

Parkinson's is a degenerative disease that results from the depletion of dopamine-producing cells in the brain. Dopamine neurons use up lots of energy, which are provided by the mitochondria, the 'energy making factories' in cells. What her team found is that these particular cells use their mitochondria at burn-out capacity. Dr. Khacho hopes to find a way to genetically manipulate the mitochondria and find approved existing drugs to make the mitochondria stronger and more efficient. This is ultimately the way to stop dopamine neurons from dying. PIPR's efforts this year resulted in \$80,000 to support this innovative project.

## Research

In August 2016, 13 teams at The Ottawa Hospital, affiliated with UOttawa, have been awarded more than \$27 million in the latest round of research grants from the Canadian Institutes of Health Research (CIHR). Dr. Michael Schlossmacher, Senior Scientist, Neuroscience Program at The Ottawa Hospital and holder of the Bhargava Chair in Neurodegenerative Diseases, was among those who secured funding for his project investigating Parkinson's disease-linked genes in brain health following infections.

Dr. David Grimes, Chief, Division of Neurology at The Ottawa Hospital and Co-Director of the Parkinson Research Consortium, is evaluating two psychological therapies for depressed patients living with Parkinson's disease. The main objective of this study is to determine if interpersonal psychotherapy treatment works better than a control therapy in reducing symptoms of depression and improving the quality of life in patients with Parkinson's disease.

Dr. David Grimes in collaboration with his research team have secured a \$110,000 grant from Parkinson Canada for their efforts in contributing to new recommendations and updating the existing Canadian Guidelines on Parkinson's disease. This will be done to maintain their relevance and usefulness for health professionals across the country.



Dr. David Park, Co-Director, Parkinson Research Consortium at The Ottawa Hospital and Director of The uOttawa Brain and Mind Research Institute

Dr. David Park, Co-Director, Parkinson Research Consortium at The Ottawa Hospital and Director of the uOttawa Brain and Mind Research Institute has received a \$7.1 million grant from the Canadian Foundation for Innovation on understanding brain circuitry and how it affects brain disorders including Parkinson's disease. The grant supports a number of Parkinson's disease researchers by providing cutting-edge technology to support the investigation. Dr. Park has also received a \$3.5 million dollar grant from the CIHR Foundation to understand the brain degenerative process in Parkinson's disease.

A number of important Parkinson's disease studies are now underway at The Ottawa Hospital, your vital support is making so much possible for our patients.



Dr. Michael Schlossmacher, Senior Scientist, Neuroscience Program at The Ottawa Hospital



Dr. David Grimes, Chief, Division of Neurology at The Ottawa Hospital and Co-Director of The Parkinson Research Consortium

## Innovative New Treatments

Dr. Tiago Mestre is overseeing a newly approved treatment for advanced Parkinson's disease that delivers a steady dose of levodopa gel directly to the small intestine. The levodopa pump, or Duodopa, dramatically improved the muscle control and reduced Parkinson's symptoms in the six patients who have become recipients of this treatment. Nick Kaethler, was the first person in Ottawa to receive the newly approved treatment for advanced Parkinson's disease.

The steady dose of levodopa gel delivered through a hole in his small intestine dramatically improved his muscle control, he said after an hour he could walk on his own, which he hadn't been able to do in months. By December 2016 clinicians hope to have eight patients using the levodopa pump. This is an option for patients who find medication no longer effective at treating the symptoms of Parkinson's disease.

Doctors at The Ottawa Hospital are continuing groundbreaking research in deep brain stimulation and they are getting national recognition. In March of 2016, The National Post wrote an article titled "Groundbreaking Research Offers Hope to Parkinson's Patients". In the article, Dr. Sachs says, "We don't know this for sure but we have some preliminary data that suggests that participants may be able to control the activity of the brain." Sachs and his team continue to pave the way in improving treatment for those living with Parkinson's disease.

**Groundbreaking Research Offers Hope to Parkinson's Patients**

State-of-the-art research carried out during brain surgery is revolutionizing how doctors treat Parkinson's disease.

**TLR Tender Loving Research**

**Made-in-Ottawa solutions for a healthier brain**

The Ottawa Hospital has one of Canada's leading neuroscience specialty clinics boasting 105 staff including scientists, clinician investigators, trainees and research staff. We care for more than 10,000 patients and oversee more than 115 neurologist-related clinical studies.

We are turning neuroscience discoveries into real-life success stories for patients everywhere - everyday.

Find out more about neuroscience breakthroughs at The Ottawa Hospital at [TenderLovingResearch.ca](http://TenderLovingResearch.ca)

## Patient Care

Another exciting advancement in Parkinson's patient care is the Integrated Parkinson's Care Network, which started enrolling patients in July 2015. The Personalized Parkinson's Care approach will integrate health-care options so that patients are connected to hospital and community services that treat all their motor and non-motor Parkinson's symptoms.

"Although our lives are affected every day by Parkinson's, we have seen tremendous advancements take place in recent years. Funding innovative research helps to better understand and treat this disease – and offer our loved ones a better quality of life."

Roberta Driscoll and Kim Teron  
(Their husbands John and Ross - who are living with Parkinson's disease).



Dr. Tiago Mestre, Movement Disorders Neurologist, The Ottawa Hospital



## Congratulations Team PIPR - Outstanding Philanthropic Group of 2016!

Partners Investing in Parkinson's Research (PIPR) were presented with this prestigious award for their significant contributions to Parkinson's research by the Ottawa Chapter of the Association of Fundraising Professionals at a Gala held at the Shaw Centre on November 17, 2016.



Left To Right: Bruce Hayter, Ian Toth, Mike Bridle, Kim MacEwen, Sharon Martin, Elaine Goetz, Co-Chairs Roberta Driscoll And Kim Teron, John Toth. Front Row: Team Captains Karin Fuller, Shelby Hayter, Jacinthe Bergeron

## THANK YOU!

Thank you for your tremendous support. We invite you to continue on this important journey with us as we work to transform Parkinson research and patient care in Ottawa and beyond. On behalf of the thousands of people every day and from every corner of our region who need The Ottawa Hospital, we thank you for your past support and for your continued involvement.

For more information, please contact Sharon Martin, Senior Director Philanthropy at 613-798-5555 ext. 19084 or [shmartin@toh.ca](mailto:shmartin@toh.ca), or visit [ohfoundation.ca](http://ohfoundation.ca).



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