

Parkinson's Research

Fight Parkinson's supports and encourages ethical research which contributes to the knowledge about Parkinson's and to development of evidence-based therapies and treatments.

Research is vital to discover more about Parkinson's including its symptoms and possible causes. Research plays an essential role in developing new treatments and discovering a cure.

Fight Parkinson's plays an important role in funding and supporting research into Parkinson's. The Fight Parkinson's Research Committee considers current research projects and requests for research support and is made up of scientists, clinicians and people living with Parkinson's.

We support research:

- that provides insight into Parkinson's and furthers our understanding of the condition to find a cure for Parkinson's and Atypical Parkinson's
- to assist people in both managing symptoms and living with Parkinson's
- that enhances the quality of life and independence of those living with Parkinson's
- Research which is co-designed with people living with Parkinson's and Atypical Parkinson's (PSP, MSA and CBS)

Through donations and bequests, supporters can help fund valuable research projects. In addition, the Parkinson's and wider community can play a vital role directly by participating in various studies.

Impactful examples of Parkinson's research studies include:

- **Treat-to-target:** objectively monitor motor symptoms via watch technology to assess whether a person with Parkinson's has appropriate treatment and to judge the effect of changes to therapy at subsequent visits.
- **Designing Evidence-Based exercise Programs** for people living with Progressive Supranuclear Palsy (PSP)
- **ParkinDance:** a two-year, randomised control trial looking at the specific dose of physical activity, in the form of dance, needed to have a positive benefit on the symptoms of Parkinson's.
- **ParkinSong:** a controlled trial of singing-based therapy for Parkinson's disease which therapeutically informed, intensive effort singing increased vocal intensity, MEP, and voice-related quality of life.

Research into Parkinson's is ongoing. There are projects currently taking place throughout Australia and internationally, varying in scope, area of interest and level of participant involvement.

Fight Parkinson's Research Agenda

Developing a strong Australian research agenda is central to Fight Parkinson's mission. Fight Parkinson's has developed a research platform to provide clear direction for increased investment within the research sector through scholarships, fellowships and strategic partnerships, to:

- better understand the impact of living with Parkinson's
- raise awareness with respect to the benefits of research investment
- seek participation from the Parkinson's community in research trials
- increase reporting of research with the community (including donors and supporters) of outcomes, results and breakthroughs
- contribute to innovative, world leading research that advances the search for a cure

Participating in research

Participation in Parkinson's research is important to further the understanding of the condition and ultimately to improve the quality of life for those who are living with Parkinson's now and into the future.

Both people with and without Parkinson's can participate in Parkinson's-related research projects.

Participation in research projects may include the process of diagnosis, development of new therapies and quality of life studies.

Prospective research participants will be provided comprehensive information to explain what is involved.

Our Health Team may be able to assist with information and advice on current research opportunities.

If you are interested in becoming involved in research, the Australian and New Zealand Clinical Trials Registry (ANZCTR) is a helpful resource which provides an online registry of clinical trials taking place in Australia and New Zealand.

You can search the register and refine your search to trials related to Parkinson's and Atypical Parkinson's - www.anzctr.org.au.

You may also wish to discuss research and clinical trial opportunities with your treating Neurologist.

Donations for research

With your support, Fight Parkinson's can invest in research projects that improve the quality of life for people with Parkinson's. Fight Parkinson's relies on generous support from individuals, corporations, the government and community groups to support research that improves the quality of life for people with Parkinson's and advances the search for a cure.

To continue our work in the community, we need your support. To donate over the phone, call us on (03) 8809 0400 or visit www.fightparkinsons.org.au to make a secure online donation.

Fight Parkinson's is a leading source of specialised health information and advice services. Through research, education and support, we strive to improve the lives of people living with Parkinson's, PSP, MSA and CBS.

Any medial information provided is for general information purposes only. You should always talk to your treating doctor and qualified healthcare providers for personal medical and health-related instructions.

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