

UVA MOVES

University of Virginia Parkinson's Disease and Movement Disorders Newsletter

Autumn 2025



Issue Highlights

Meet the Team!

Our highlight of the quarter is our new faculty: Dr. Helen Dainton-Howard!

Research Opportunities

Learn about our exciting Patient Database and other important research going on at UVA.

Support the Team

Your contributions help with our efforts to continue relevant research, and provide high quality education through the Movement Disorder fellowship.

Education

Learn more about our new Parkinson's Disease Access Clinic

Community Resources

Learn about the support groups available in the area, caregiver tips and tricks, and other resources in the area!

Welcome to UVA Moves!

We're excited about fall in Charlottesville this year. Not only do we have to look forward to the beautiful foliage next month, but cooler weather makes it easier to get outside and move! For our team at UVA, we are excited also to welcome a new faculty physician, Dr. Helen Dainton-Howard. She brings a strong training record as a dual-boarded neurologist and psychiatrist. She will be able to offer much to our patients and we are working to develop a movement disorders neuropsychiatry clinic with her at the helm. More info about her is on the next page.

I also want to highlight our Multiple System Atrophy Center of Excellence designation from Mission MSA (<https://missionmsa.org>). We are proud to be a part of their COE network. Such a designation is the culmination of years of work building an atypical movement disorders interdisciplinary clinic. Many of you may remember Bridget Moss, NP; and it is thanks to her dedication that this clinic began and remains strong today as a resource for people and families affected by MSA and other, rare movement disorders such as progressive supranuclear palsy (PSP), corticobasal syndrome/degeneration (CBS/CBD), spinocerebellar ataxias (SCAs), and others. We hope to partner with Mission MSA in developing more research opportunities for our patients with MSA in the near future so please stay tuned!



Binit B. Shah, MD FAAN

**Mary Anderson Harrison Associate Professor of Neurology
Division Head, Parkinson's Disease and Movement Disorders**

Driving Tips

Parkinson's disease can affect your ability to drive safely. Your reaction time, vision, ability to turn the steering wheel, hit the gas pedal or break, and even turning your head to look for oncoming traffic are a few ways Parkinson's disease can limit your driving. Here are some helpful tips to keep you safe on the road:

- Reduce distractions. Do not use your phone or eat/drink while driving.
- Avoid driving at night
- Avoid long trips or trips to unfamiliar places
- Ask a family member about how you're driving
- If you or a loved one are concerned about your driving, please contact your local DMV or consider undergoing a formal driving assessment at a local driver's school

Reducing or stopping driving can feel like a major limitation to your independence. There are alternatives to driving like using public transportation or asking a family member to drive. Remember that the goal is to keep you and others safe on the road.

UVA MOVES: Team Member Highlight



Helen Dainton-Howard, MD

grew up in Northwest Indiana and went to the University of Indianapolis for college. After this, she completed medical school at Indiana University, then residency in psychiatry and neurology at MUSC. Finally, she went to Rush for a two-year movement disorders fellowship. She's excited to be joining the team at University of Virginia!

She is particularly interested in advanced Parkinson disease, Parkinson-plus syndromes, and psychiatric complications in these settings. However, there are psychiatric symptoms in several movement disorders; seeing this relationship is what particularly drew her to this subspecialty.

UVA MOVES: Research Opportunities

Neulark – PD

The Neulark study is looking at a new study drug, NEU-411, in early Parkinson's Disease patients with a change to their LRRK-2 gene.

The goal of the research study is to see if NEU-411 (1) will help prevent or slow the worsening of LRRK2 driven PD and, (2) is safe.

The study is looking for newly diagnosed patients with Parkinson's Disease who have the LRRK-2 gene mutation. Scan the link on the flyer (last page) to see if you qualify!

If interested or to learn more, please contact:

Lauren Miller
434-982-6599
FDK5DN@UVAHealth.org

Clinic Database Study

Starting in 2022 all patients will be invited to participate in an ongoing database and patient registry. Participation is voluntary and will not affect your current appointments or care provided by UVA. Participants will have yearly assessments consisting of an office visit, memory screening test, questionnaires, and patient scales. Data will be collected every year as long as you continue to be a patient at UVA Movement Disorders Clinic. This information will be used to determine factors affecting the progression of your disease, how your disease is affecting your daily activities at home, how neurological disorders impact the quality of life of patients, and much more.

For more information, ask your Neurologist

ParkinSense – PD

The ParkinSense study is looking at a new device to assist with Freezing of Gait (FOG) in Parkinson's Disease.

The goal of this study is to test out a system, called ParkinSense, to help reduce the occurrence and length of FOG by providing sounds, vibrations, and/or visual cues.

The study is looking for patients with Parkinson's Disease who experience freezing of gait. Please reach out to our study coordinator for more information!

If interested or to learn more, please contact:

Lauren Miller
434-982-6599
FDK5DN@UVAHealth.org

UVA MOVES: Educations – Swallowing Tips

Dysphagia is the medical term for swallowing problems. More than 80% of people with PD have some degree of trouble swallowing throughout their lives. Swallowing problems can diminish quality of life and lead to complications that can ultimately be fatal. The good news is that early detection and intervention with a Speech-Language Pathologist can help reduce these risks and help improve your ability to eat and drink more safely throughout your disease.

General Recommendations:

- Eat/drink in an upright position
- Brush your teeth before breakfast and bed each day
- Routine swallow studies in radiology can give you individual strategies/recommendation about your swallowing function
- Swallowing therapy and Expiratory Muscle Strength Trainers can improve strength and coordination of swallow muscles and help keep your cough strong

Support the Team!

If you are interested in philanthropically supporting the Movement Disorders Program and would like to start a conversation, please contact:

Jordan Klein Seitzer
jklein@virginia.edu
434.962.4767

Online contributions can be made to the “Parkinson’s Disease Research Fund – 15789” at

at.virginia.edu/supportuvahealth

Checks can be made out to “University of Virginia”, send to University of Virginia, P.O. Box 37963, Boone, Iowa 50036. Please include the above fund on the memo line of your check.

Movement Disorders Division Contact Information

Scheduling: (434) 924-2706

Emergency Line: (434) 924-0000

Movement Disorder Nurses: (434) 924-5306

Joy Lamphier, RN | Tyler Hughes, RN



Check out some of our Movement Disorders team who participated in a Rock Steady Boxing class at the PARC in Charlottesville! To learn more about PARC and Rock Steady Boxing visit their website at the-parc.org/

From left to right: Lauren Berman, OT; Melissa Fox, PT; Joy Lamphier, RN; Renee Bricker, SLP; Caroline Hinkle, Neuropsychologist

UVA MOVES: Community Resources

National Resources

Parkinson's Disease

Local Parkinson Activity and Resource Center

the-parc.org/

Michael J. Fox Foundation

michaeljfox.org/

Davis Phinney Foundation

davisphinneyfoundation.org

APDA apdaparkinson.org/VA

Huntington Disease

Huntington's Disease Society of America

<https://hdsa.org/>

Dystonia

Dystonia Medical Research Foundation

<https://dystonia-foundation.org/>

Essential Tremor

International Essential Tremor Foundation

Support Groups

First and Third Thursdays (ZOOM)

- 10:30am ET
- Contact: Nikki Edgecomb (Volvo394@gmail.com)

Second and Fourth Wednesdays – PD Care Partners

- 10:30 – 12:00pm ET | Center at Belvedere (540 Belvedere Blvd. Charlottesville)
- Contact: Liz Courain or Ellie Syverud (ellie7349@gmail.com)

Second Thursday

- 4:00pm ET | Center at Belvedere (540 Belvedere Blvd. Charlottesville)
- ESSENTIAL TREMOR SPECIFIC

Third Friday – “Positively Parkinson’s”

- 12:30pm ET | Church of Our Savior
- Contact: Denise Kilmer (denise@photoworksgroup.com)

Second and Fourth Tuesdays (ZOOM)

- 10:00am ET
- Contact: Parkinson Social Network: 571-286-5000 | info@parkinsonsocialnetwork.org

Second Wednesday

- 12:15pm ET | Orange/Culpepper (1105 Golf Drive, Powell Wellness Center, Culpeper)
- Contact: Ginny Stanley vawstanley@gmail.com | 804-690-4505

Second Thursday

- 4:00pm ET | Lake of the Woods Church
- Contact: Lee Moore leeatstm@aol.com | 540-972-0395

Local Exercise Opportunities

Ageless Grace – The Center at Belvedere, Charlottesville | 434-974-7756 | Online and In-Person Classes
Tai Chi | Chair Yoga | Parkinson's Yoga | Balance & Stabilization | Stretch for Balance & Strength

Movers & Shakers for the VOICE – Church of Our Savior | 434-973-6512 | Second Wed. 12:30 – 1:30p

PARC – Rock Steady Boxing – 1885 Seminole Trail, Ste 101, Cville | Sarah Lincoln
charlottesville@RSBaffiliate.com

Movement for Parkinson's Charlottesville Ballet – 1885 Seminole Trail, Ste 203, Cville | 434-973-2555 |
Emily Hartka - ehartka@charlottesvillieballet.org

Smovey's – Penn Park off E. Rio Rd. | 434-227-0483 | Antje Waxman - antjewaxman@gmail.com |
Certified Smovey Coach/ Nordic Walking instructor

Ann Perkins Exercise – ZOOM | <https://apdaparkinson.zoom.us/j/82030310678> | 10-10:50am

Simplified Tai Chi – Meng Lin | 703-503-3412

Power Over Parkinson's – Richmond | www.poweroverpd.org



Parkinson's disease research opportunity

Learn more about the NEULARK clinical trial

If you are:

- ✓ Aged 40-80 years old
- ✓ Diagnosed with early-stage Parkinson's Disease
- ✓ Not currently on dopamine replacement therapies such as levodopa

Find out how you can fast-forward Parkinson's disease research when you follow the link.



[Learn more](#)