



ACCELERATING THE CURE

The newsletter for friends and supporters of
 The Michael J. Fox Foundation for Parkinson's Research

SPRING 2010

“It Takes All of Us Getting Involved However We Can”

In 2010, MJFF is leading a major clinical study to find PD biomarkers and launching a campaign to help you get personally involved in the search for a cure. Accelerating the Cure spoke to Michael J. Fox about what involvement means to him.

The Foundation is on the verge of launching a five-year clinical study in 19 sites across the United States and in Europe to develop biomarkers of PD. Did you ever imagine that the organization you started would undertake a project of this size and scale?

MJF: From day one, our attitude has been that we would try to identify the biggest problems standing between us and a cure, and then set about solving those problems. At this point it's clear that one of the biggest problems is a lack of research tools that will change the game in terms of developing new treatments. Biomarkers are in that category. We've been funding various biomarker projects for years. Now the time has come for a concerted, unified effort that will optimize our chances for results. Our attitude is, let's roll up our sleeves and get it done.

MJFF deliberately holds no endowment, starting our fundraising from zero every year. For this project we'll be adding \$40 million over five years, on top of what we will raise and allocate as part of our ongoing research agenda. That is really ambitious.

MJF: It is ambitious, no doubt. This is the first time we've sponsored a clinical study of this scope. We need to enroll 400 newly diagnosed PD patients and 200 age-matched healthy control subjects. The science is complex. Lining up the funding is a challenge. But nothing worth having comes easily. Everything we've learned up to now, the partnerships in place, the results of research we've funded — it's all put us in position to launch this effort.

The Foundation will do whatever it takes to speed the cure — and we've come to know it takes different things at different times. What would you say to your fellow patients who wonder what “whatever it takes” means for them?

MJF: PD or not, people have a lot of struggles right now — worries about insurance, about jobs. Not everyone has the time to join a clinical trial,

for example. I get that. At the same time, the outcomes we want are not going to fall from the sky. It takes a village. Actually, I wish it were just a village — it takes a major metropolis. It takes all of us getting involved however we can. And everyone can ask themselves: What can I do? What is realistic for me? And commit to doing that much. If you can't join a trial, could you ask friends or family if they would?

I have the sense that there are countless more friends and well-wishers who now also want to go above and beyond contributing dollars in support of our mission. Don't get me wrong — we appreciate and absolutely need the financial support — it enables so much. But people are also looking for other, even more hands-on ways to be part of our shared mission to end PD. We want to help them do that.

Let's talk about how people can get hands-on in the search for a cure.

MJF: First and foremost, there is a major unmet need for people both with and without PD to take part in clinical research. For every therapeutic approach that actually makes it as far as the clinic, you have to remember how many years and millions of dollars have gone in to getting that far. You've already beaten some serious odds. And this promising work may be sitting there, poised for the clinical trial, and we line up the funding and we're finally in a position to get real answers — and then the trial languishes for lack of enrollment. That's heartbreaking.

Low enrollment is being felt by all of us in the form of slower progress toward cures. Across all diseases, I've learned that 85 percent of trials finish late because of difficulty with enrollment. One of the specific challenges we face in PD is that many trials require folks who have just been diagnosed and may still be coming to terms with the news.

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NEWS FROM THE CEO

ELENA OLIVO

Each spring brings with it Parkinson's Awareness Month, the Unity Walk in Central Park, and our Foundation's special patient-focused edition of *Accelerating the Cure*. We're excited to once again share with you the stories of people with Parkinson's in their own words. Their voices remind us that, while PWP's face challenges that are real, they rise to the occasion time and again — defining themselves not by their disease but by their optimism, their positive attitudes and their actions.

Michael J. Fox and our Foundation have always been all about taking action. And in 2010, we're firing on all cylinders. It starts here, with our interview with Michael (*at left*) about a major clinical study we'll be launching this year in pursuit of critically needed biomarkers of PD. We'll also be putting a new effort in place to help PWP's and their loved ones find meaningful ways to get involved with MJFF and the Parkinson's community to make a personal impact on the fight for a cure. You'll be hearing much more about it in the months ahead.

This newsletter also includes our first ever pull-out-and-save Parkinson's Action Plan, packed with tips and news you can really use. From singing (could help with vocal aspects of PD) and dancing (seems to provide symptomatic relief), to staying on top of legislative developments in health care policy, we've compiled wisdom and counsel from the best sources we know to help you take action, take control and make 2010 your best year yet.

As always, thank you for sharing our mission to find the cure and transform millions of lives. PD may be a movement disorder, but together we are a movement that will make it a thing of the past.

Warm regards,

Katie Hood, CEO

INSIDE FACING PD HEAD-ON: PWP'S IN THEIR OWN WORDS (PP. 2-3)
 YOUR PARKINSON'S ACTION PLAN FOR 2010 (PULLOUT)

Facing PD Head-On: PWPs in Their Own Words

In March, the U.S. Senate officially designated April as Parkinson's Awareness Month. To honor the occasion, **The Michael J. Fox Foundation once again salutes people with Parkinson's (PWPs) everywhere who are living their lives with spirit, joy and hope, in spite of the challenges posed by PD.** Here are the stories of a few PWPs we've been privileged to meet.

If you would like to share your story for possible publication in an upcoming edition of *Accelerating the Cure; FoxFlash*, our e-newsletter; or on the MJFF Web site, please e-mail 350 to 400 words to mystory@michaeljfox.org.

SOANIA MATHUR: READY TO FACE IT HEAD-ON

It started on a summer's day: a slight tremor in my finger. I was 27 and just beginning my career in family medicine.

Soon I was diagnosed with young-onset Parkinson's disease. As the tremor worsened in my right hand, moved to my right foot, and ultimately progressed to the left side of my body, I immersed myself in work and my growing family.



Soania Mathur and her husband, Arun

Being both a patient myself, and the primary-care physician for my patients with PD, gave me a unique perspective. This was both an advantage and a grave disadvantage. But at some point you have to surrender your fear of the future and begin living your present.

The last decade has been a challenge both physically and emotionally, but the journey has brought me to a place of acceptance and gratitude for my many blessings, which I perhaps would not have recognized had it not been for PD. Every day is a gift. I appreciate that I still live an active and productive life with my three young daughters and ever-supportive husband.

My outlook has freed me to follow a positive path, one of proactivity. Mine is not a unique struggle. Millions of people live with Parkinson's disease; millions more struggle with some sort of chronic illness. Being involved with Team Fox is part of my commitment to contribute to research that will lead not only to improved treatments but ultimately a cure.

To paraphrase the words of Phillips Brooks, a noted American clergyman and author: Don't pray for an easy life — pray to be a strong person. No one really knows what life will bring. Whatever the future holds for me, I am ready to face it head-on.

Soania Mathur is a member of MJFF's Patient Council and a family physician practicing outside of Toronto. She and her daughters are working on a children's book about Parkinson's disease.

RICK RUCKER: QUANTUM LEAPS IN PD RESEARCH

I was 46 in April 2002 when I was diagnosed with Parkinson's disease. With no idea what PD was or how it was going to affect me mentally or physically, I dove head first into learning as much as I could about PD. I started a PD support group in my hometown. I found The Michael J. Fox Foundation and learned that the organization shares my confidence that we will find a cure — sooner, rather than later.



Rick Rucker and his wife, Linda

My wife, Linda, and I became supporters of the Foundation, and began traveling to New York City to attend its annual gala. The first time we met Michael he greeted us with compassionate hugs. His goodwill and optimism quickly inspired us to join Team Fox and help raise funds and awareness for MJFF's efforts to speed the cure.

My family and I started an annual fundraiser on our little nine-hole golf course. Since we began, our event has raised over \$330,000 for PD research. Even more importantly to us, we have encouraged others to support the Foundation and its mission.

Because of the leadership, compassion and selflessness of Michael and his Foundation, our community is now part of finding the cure. Together, I know that we are making quantum leaps in PD research.

Rick and Linda Rucker started Rucker's Candy in Bridgeport, Illinois, in 1985. Today their candy business serves every U.S. state and Canada.

MATT WILBUR: STILL ONE STEP AHEAD

In the late 1970s I became a recreational runner. Over the next 20 years, I ran over 30,000 miles and 25 marathons, with a personal best time



Matt Wilbur

of 2:59:40. But then something changed. My running wasn't the same and my left hand didn't work right. In 2002 I was diagnosed with Parkinson's disease. Inspired by Michael J. Fox, and grateful for my relatively mild symptoms, I decided I wouldn't let PD control my life.

Mild symptoms or not, by spring 2009 I realized I had acquired a debt of gratitude to all the people who have supported me as I've dealt with PD. I could never pay them back, but I could "pay it forward." I decided to join Team Fox and run the ING NYC Marathon in support of MJFF. As

a 56-year-old guy with PD who hadn't run a marathon in over a decade, I had my doubts. But Team Fox supported me every step of the way.

And so on November 1, 2009, I took my place as one of 220 Team Fox marathon runners. It took seven hours and one minute to complete the 26.2 miles, far longer than my personal best. But it wasn't the time that mattered. Running the marathon proved that I am still one step ahead of this disease.

This year I will retire after 35 incredibly fulfilling years as a math teacher and coach. People ask me what I'll do in retirement. I tell them I'm fairly set on training to do even better in the 2010 NYC Marathon.

Matt Wilbur's cheering section during his Team Fox marathon run included his wife, daughter (herself a marathoner), son-in-law and two granddaughters. It was a family affair that raised nearly \$8,000 for The Michael J. Fox Foundation.

PHYLLIS RICHMAN: A FORCE FOR CHANGE

My handwriting had always been small and cramped. The stiffness in my back and legs seemed no more than punishment for disdainful exercise. In all, I thought my body was just kvetching about its age. Then one day I couldn't



Phyllis Richman

make my chopsticks work. That scared me. I was, after all, a restaurant critic.

Forty years after watching my grandmother turn quiet and passive with Parkinson's I learned that I had PD, too. No tremor. No mask-like expression on my face. No uncontrolled arms or hunched shoulders. But I had a hard time turning in bed, standing up from a low chair, climbing out of a car. Dining in public became a minefield. I stopped ordering steak: too hard to cut. I avoided salads, which slid off my fork, and spaghetti, which straggled from my mouth. I was terrified that I would lose my sense of smell, and then my ability to taste.

I retired from my job. I even stopped driving. I no longer knew what I was or wasn't able to do, so I avoided risking failure wherever I could. I told nobody but my closest friends, and prepared myself to become an invalid.

Suddenly I got lucky. Michael J. Fox went public with his PD after 10 years of hiding it — as I was trying to do. Within a remarkably short time he was raising unprecedented amounts of money for PD research and encouraging researchers

to free their creativity, clear new paths. He was determined to lick this disease, and in a hurry.

Michael J. Fox had had PD for a decade. Why was I giving up after one year? I learned that pushing myself wasn't going to deplete my abilities. I joined lobbying efforts and went to support-group meetings. I tried exercises tailored to my needs and found that simply moving around made a difference. I started driving again.

I saw what a force for change one person could become, even as Michael bobbed and weaved in front of a TV camera or a Congressional hearing.

It wasn't time to give up yet, and maybe it would never be.

For more than two decades Phyllis Richman was lead restaurant reviewer and food writer for The Washington Post. She was the recipient of the 2008 Duke Zeibert Capital Achievement Award — the food service industry's version of the Oscars.

SHELLY WAGENER KONZ: STAYING ACTIVE AND GIVING BACK

I remember walking downtown with my husband one evening in the late '90s. "Why doesn't your arm swing when you walk?" he asked. I looked at my reflection in the window. It didn't hurt. I tried to make it swing, but it just wouldn't. We laughed and never gave it another thought. That was the first in a series of things that happened with my body over the years, none of which I realized had anything to do with PD.

Years later an orthopedist was giving me injections in my right shoulder for pain, which I thought was the result of nerve impingement. The arm was shaking as well. During one of my injection appointments I asked my doctor when he thought the shaking would stop.



Shelly Wagener Konz

The doctor assured me the shaking had nothing to do with nerve impingement and advised me to see a neurologist. I asked him what he thought was wrong.

"Maybe Parkinson's?" he said. "But you're so young."

"How old is Michael J. Fox?" I asked.

"Good point."

I saw a neurologist and in 2006 I was diagnosed with young-onset Parkinson's disease. My experience with PD has taught me many things, especially the importance of a good support

network. Today I'm doing well thanks to my family and a wonderful doctor who truly understands young-onset PD. Through MJFF I've also met many amazing people working to find a cure. I'm as active as I was before my diagnosis and I'm looking forward to staying involved in the many charities that I support.

Shelly Wagener Konz is involved in many charitable causes, from juvenile diabetes to heart disease. In 2009, she was part of a committee that raised \$165,000 for a new neurology center in her hometown of Toledo, Ohio.

GARY SCHMIDT: TURNING ANGER INTO ACTION

I was diagnosed with Parkinson's disease at age 38. I never thought someone my age could get a disease like PD. My initial reaction was to ignore it and try to carry on as if it wasn't real. I'd just started my own business and told myself I had no time for distraction. I know now that I was in denial.

Around the same time, hearing Michael talk publicly about his PD challenged my feelings and beliefs. In my limited knowledge of the disease, I thought I had no more than five years before I would be down and out. And I wanted this to be a private battle.



Gary Schmidt and his daughter, Addison

I stayed in that frame of mind for at least four years. Then I bought and read Michael's first memoir, *Lucky Man*. It hit me like a ton of bricks. Finally my eyes were opened to the ignorance and anger that had consumed me. With renewed faith in God and the support of my family, I was able to redirect my stubbornness toward fighting the disease. It was the start of my new life.

It has now been 10 years since my diagnosis and I'm going strong. I'm amazed by Michael's attitude and the direction of his Foundation. With the help of dear friends, I have started my own Team Fox fundraising efforts in North Texas. I'm truly inspired by everyone fighting this disease, and feel honored to do my part in the battle.

Gary Schmitz lives in Grapevine, Texas. His Team Fox efforts, including his annual "Walkfest" featuring a pancake breakfast, walk-a-thon and after-party at the local pub and grill, have raised more than \$11,500 for MJFF's mission to find a cure for PD.

Your Parkinson's Action Plan for 2010

Ready to make 2010 your best year yet? The Michael J. Fox Foundation wants to help. We've compiled our best tips and expert counsel into one convenient, save-worthy action plan to help you take control of your PD and feel better than ever. Read on for advice, ideas and inspiration.

GET THE SUPPORT YOU NEED

Living with Parkinson's brings unique challenges for body, mind and spirit. "It's vitally important for both patients and caregivers to identify sources of support that can not only help them stay optimistic and forward-looking, but also provide practical information and services," says Susan Bressman, MD, of the MJFF Scientific Advisory Board. "Staying connected to the broader PD community is a key element of self-care that can make a major difference to emotional and physical well-being in the long run." You may want to find or start a support group in your area, or ask your physician for a referral to a counselor who specializes in living with chronic illness. Or take advantage of some of the many online support options that now exist: PWP's gather daily in the online forums including those at Neurotalk.com, Patients Like Me and We Move; the Living with Parkinson's section of MJFF's Web site offers simply worded information on Parkinson's disease and an extensive resource list, as well as stories of other PWP's in our Faces of Parkinson's and PD Reflections areas.

Learn more: www.michaeljfox.org/living

KEEP UP TO DATE ON RESEARCH DEVELOPMENTS

When PD research news is breaking, make michaeljfox.org your first destination. We post news items nearly every day tailored to the interests of Parkinson's patients, caregivers and scientists. Our new audio podcast series (launching later this spring) offers clear and reliable insights into PD drug development from MJFF research staff and advisors. Our News in Context Q&As with the world's leading experts provide unbiased analysis of new findings featured in the media. Visit our Searchable Database of Funded Grants to read about every award we fund, including progress and outcomes reports from the research teams carrying out the work. If you're a science junkie, PD Online Research (pdonlineresearch.org) offers a deep dive into real-time technical problem-solving in Parkinson's science from labs around the world. And remember to look for us in your own community — our Research Roundtables give you the opportunity to hear from our experts and ask your own questions.

Stay informed: www.michaeljfox.org/newsEvents.cfm,
www.pdonlineresearch.org



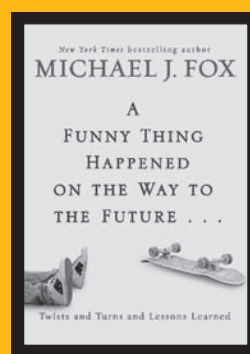
WEAR YOUR SUPPORT FOR MJFF ON YOUR SLEEVE



Fox Shop, the official shop of The Michael J. Fox Foundation, is a one-stop depot for all things Fox. You, your friends and your family will look sharp in our classic running-fox logo, and you'll have the satisfaction of knowing your gift has helped support vital Parkinson's drug development research. We've got items to suit all sizes, budgets and styles — and a gift certificate makes a great present. Visit in April to take advantage of our limited-time Parkinson's Awareness Month discount: 20 percent off orders of \$50 or more!

Shop till you drop: <http://shop.michaeljfox.org/>

STAY POSITIVE



"Initially, my anxiety and confusion over my diagnosis of early-onset Parkinson's disease had shut me down, and I felt overwhelmed by the desire to withdraw, to retreat from my situation. Once I accepted reality — it is what it is — my curiosity took over. I started to ask very simple questions. *What is Parkinson's, exactly? How is it affecting me? How is it affecting others?* And the scope of my inquiry widened: *Does this change how I feel about myself? Does it change how others feel about me? Does that really matter? Is what anyone*

else thinks of me really any of my business? Who are these Parkinson's patients that make up this community I find myself a part of, and what can I learn from them? Can we do something to help ourselves? Can I personally do something? You see where this detour led. Curiosity may have killed the cat, but it saved my ass. When you move out of your comfort zone and interact with people you might not have otherwise, the results can be compelling." — Michael J. Fox, *incurable optimist*

Look for Michael's third book, *A Funny Thing Happened on the Way to the Future: Twists and Turns and Lessons Learned* (Hyperion, April 2010) on bookstore shelves.

STAY ON TOP OF HEALTH CARE POLICY

For PWP's or anyone living with a disease, it's critical to stay on top of legislative issues surrounding health care, particularly when there are opportunities to be heard on key policy issues such as support for biomedical research, Social Security Disability and Medicare reimbursements. The Parkinson's Action Network (PAN) is the unified voice of the Parkinson's community on Capitol Hill and can help you ensure that your voice is heard. "Members of Congress want to hear from their constituents and will listen when you communicate your views and share your experiences," says Amy Comstock Rick, CEO of PAN. Becoming an advocate for PAN is as easy as signing up for PAN's Action Alerts. Your voice will join with thousands of other Parkinson's advocates across the country to spur change in Washington, DC.

Learn more: www.parkinsonsaction.org

GIVE TO MJFF AND HELP SPEED THE CURE

We'll do whatever it takes to speed transformative treatments for Parkinson's... and everything we do is with you in mind. We're proud of our track record of efficiency, with 86 cents of every dollar spent going straight to the research effort. In 2010 we're ready to go to even greater heights in our single-minded pursuit of a cure — and we don't want to go there without you. Please do what you can to support our work today. As always, thank you for sharing our mission to make Parkinson's disease a thing of the past.

Support our work today: www.michaeljfox.org/help

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Pull Out and Save

Your Parkinson's Action Plan for 2010

Ready to make 2010 your best year yet? The Michael J. Fox Foundation wants to help. We've compiled our best tips and expert counsel into one convenient, save-worthy action plan to help you take control of your PD and feel better than ever. Read on for advice, ideas and inspiration.

TALK TO YOUR DOCTOR ABOUT...

...Singing and dancing. Both may offer specific benefits for people with Parkinson's. Daniel Tarsy, MD, of Harvard Medical School has been funded by MJFF to clinically evaluate whether singing can improve voice and speech disorders related to PD. "Musical therapy is used for rehabilitation following other types of neurological conditions, such as language impairment following stroke," says Dr. Tarsy. "If singing therapy can also improve speaking and voice issues in PD, it would represent an important alternative to current speech therapy techniques." As for dancing, The Mark Morris Dance Group (MMDG) and the Brooklyn Parkinson Group of Brooklyn, New York, have pioneered an innovative dance class just for PWDs. "Dance strengthens flexibility and improves confidence," says Olie Westheimer, founder and director of the Brooklyn Parkinson Group, who approached MMDG with the idea for the class in 2002. The MMDG/BPG program is being replicated in studios across the country, so there may well be a class near you (if not, contact the Dance for PD™ staff at info@mmdg.org or 646-450-3373 about starting one!).



Learn more: www.danceforparkinsons.org

...Exercising and eating right. Not one for the dance floor? Talk to your doctor about finding a safe and effective exercise regimen that appeals to you. While the universal health-boosting effects of exercise are well documented, there is evidence that physical activity may be especially important for people with PD. Many PWDs report that exercise provides symptomatic relief, and while more research is required, some studies have hinted that exercising may even protect brain cells from death. In concert with your exercise regimen, a balanced, healthful diet can also help you feel your best every day. Certain components of foods and drinks may even alleviate Parkinson's symptoms. For example, pre-clinical and epidemiological studies dating back several years suggest that green tea polyphenols (GTPs), an active ingredient in green tea, can help people with PD feel better. In December 2009, MJFF-funded researchers presented the first placebo clinical study results confirming that treatment with GTPs significantly improved symptoms and UPDRS scores.



Learn more: www.michaeljfox.org (enter exercise or green tea in the search box at upper right corner)

...Depression. Experts estimate that as many as half of all people with Parkinson's may suffer from depression at some point in their disease course. "The clinical depression we see in Parkinson's disease is not simply an emotional reaction to diagnosis or the limitations PD may cause — it's a clinical feature of the disease," says Irene Hegeman Richard, MD, senior medical advisor to MJFF. Depression in PD is under-diagnosed, does not respond to dopamine replacement therapy and, if unaddressed, can result in significant distress or disability. But depression can be treated. Dr. Richard is leading SAD-PD, a multi-site clinical study testing the safety and efficacy of FDA-approved anti-depressants in Parkinson's disease, whose results are expected later in 2010. Counseling or therapy is effective for some people. Exercise also may help. The bottom line: If you suspect that you or your loved one is experiencing depression, talk to your doctor right away.

Learn more: Visit www.michaeljfox.org for an in-depth depression Q&A with Irene Hegeman Richard in the summer 2007 issue of *Accelerating the Cure* (in the "About Us" section).

TAKE PART IN A CLINICAL STUDY

Participating in clinical research is one of the most important ways you can make a personal difference in the fight for a PD cure. Whether you're newly diagnosed, have been living with PD for a period of time, are related to someone with PD or don't have any family connection to the disease, a clinical trial near you is vitally in need of what you have to give. Nothing can compare to the feeling of taking action on behalf of yourself, your loved one or the five million people worldwide living with PD. In some cases, participating can be as simple as giving blood or, in the case of 23andMe's Parkinson's community, which aims to scan the genomes of 10,000 PWDs, ordering and sending in a "spit kit." In 2010, MJFF is launching a groundbreaking clinical study of our own to find a biomarker of Parkinson's and speed the path to new treatments (*see cover story*). Resolve to learn more about the role you can play in clinical research, and urge everyone you know to do the same.

Learn more: www.michaeljfox.org

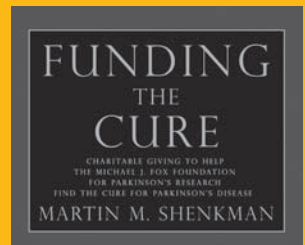
FIND A TEAM FOX EVENT (OR START ONE!)

Raising funds and awareness for groundbreaking research can be a powerful way to regain a feeling of control. In 2006 MJFF launched TeamFox, its grassroots, community-based network of supporters, to help make any fundraising event a success. Since then, Team Fox members have astounded us with their far-reaching passion and creativity — and they've raised millions of dollars for MJFF's aggressive research agenda. It's a safe bet that there's a Team Fox ballroom dance, movie screening or yard sale in your neck of the woods this month. If you can't find one, start one! And make your friends part of the fun — in 2010 we've introduced a new group option that lets members raise funds together as part of a team.

Learn more: www.teamfox.org

JOIN THE LEGACY CIRCLE

MJFF's Legacy Circle honors friends who provide for the Foundation through bequests or other planned gifts. While MJFF's mission has always been to put itself out of business by curing PD, planned gifts provide a major, long-term funding source that we can both plan around, and leverage immediately, to accelerate high-impact research. Planned giving can help you support MJFF's mission at a level you may not have thought possible while creating financial benefits for yourself and your loved ones.



For detailed information, request your free copy of *Funding the Cure* today.

Written for MJFF by renowned estate-planning attorney Martin M. Shenkman, this slim volume outlines in clear language your planned giving options to help defeat Parkinson's. To receive your copy, email Seanna Bruno, Major Gifts Officer, at sbruno@michaeljfox.org.*

Learn more: Visit http://www.michaeljfox.org/help_legacyCircle.cfm for more information, including a new article by Martin Shenkman on tax policies impacting philanthropic giving.

*Supplies are limited and available on a first-come, first-serve basis.



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SPRING 2010 NEWSLETTER

Michael J. Fox on getting involved to help speed cures

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I have experienced profound benefits — some of the richest of my life — from taking action. There are so many ways to plunge in. It doesn't require joining a trial. It could mean joining Team Fox or just going to a Team Fox event, writing a story about life with PD for your local newspaper, or just finding ways to stay connected to your community.

You are so well known for your active approach. Do you have any words of advice for others who may be struggling to get to that place?

MJF: Well — it's different for everyone. I've said this before, but I think it bears repeating. Parkinson's was a choice that was made for me, but once I accepted that, I found a freedom to

do incredible things that I wouldn't have been part of or even known about under any other circumstances. It's amazing; it's a gift. And I believe we all have that freedom, if we can open ourselves up to it.

But maybe the question we all should ask ourselves is: What would I do if I were handed a chance to make a personal impact on millions of lives? And then know that we have been handed that chance. It's up to each one of us what we make of it.

To learn more, visit www.michaeljfox.org.

TRIPLE YOUR IMPACT FOR THE CURE

There's never been a more important time to support MJFF's aggressive work to find better treatments for posture instability and gait disturbances (PIGD) in Parkinson's disease. **For every dollar you donate to MJFF's PIGD program, The Edmond J. Safra Foundation will donate another two dollars.**

"It is heartbreaking to see my mom struggle with her gait symptoms knowing that there are no treatments. I am so thankful that MJFF is devoting energy and resources to PIGD research, proud to support this research and excited that this challenge will triple my support." — Rayma Flint, Salt Lake City, Utah

Your \$50 gift to our PIGD effort is worth \$150... Your \$100 gift is worth \$300. Please act now and make a gift of any size that will go three times as far toward breakthrough treatments for this debilitating aspect of PD.

Learn more and donate today: www.michaeljfox.org/PIGD

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