

PARKINSON SCHOOL NEWS

Time-Sensitive

World Parkinson's Day Spark the Night

April 11

www.worldparkinsonsnight.com/

PD Avengers are trying to raise awareness for the **12+ million** people living with PD. On the evening of April 11, buildings, landmarks, and homes around the world will light up in blue.

World Parkinson Congress

<https://wpc2026.org/>

Now is the time to register if you haven't already. Every 3 years, the WPC brings together patients, families, providers, researchers, and industry in a rotating global location. May 24-27, the WPC will be held in Phoenix, AZ.

Drs. Mischley & Evans, will be attending in person and presenting the following posters:

- Sexual Interest & Sexual Health in Parkinson's
- Validation of the PRO-PD
- Money Matters: The Relationship Between Financial Health and Parkinson Symptom Severity

Winter Wrap-Up 2026

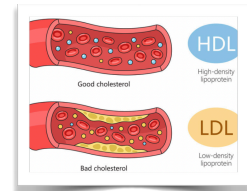


Thank you to those who showed up, asked questions, and stimulated discussion. Here's a recap for those of you who have been skipping school:

Winter Highlights

Mischley Seminar*

Jan 28: **Cholesterol & Statins:** Does Protecting Your Cardiovascular System Increase your Risk of Dementia or PD Progression?



Feb 28: **Dental Health in PD**

Dental Health in Parkinson's
Everyone is flossing and tongue brushing now!
Invited Guest: Bramley Birrer, DDS



Mar 28: **Wearables & Technology**

Look under your hood at HRV, sleep, activity, muscle mass, hydration, bones, & stress.

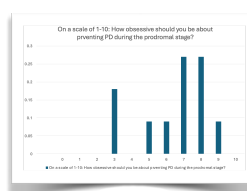


Prodromal Series* (new!)

Goal: PREVENT DIAGNOSIS.

The poll results show we have very different approaches to how much effort we want to put into prevention!

Next class: June 8, 12pm



Speaker Series*

Russ P., Karen P

Dietary Implementation Ideas*

Food as Prevention,

Partner Program

One Small Win,

Women's Group

Role of Gender in Depression, Anxiety, & Quality of Life

Men's Circle

Sex Differences in Cognitive & Neurobehavioral Symptoms

Simply Social

Every Tuesday afternoon, 1 pm PT, people with Parkinson's gather to talk about anything and everything. Show up and make a new friend or two.

SPRING SEMINAR SERIES

WITH DR. LAURIE MISCHLEY

Spring Seminar Topics

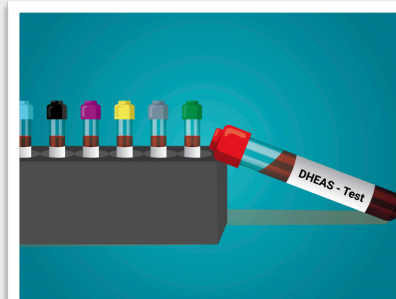
April 2026

Parkinson Panel of Labs



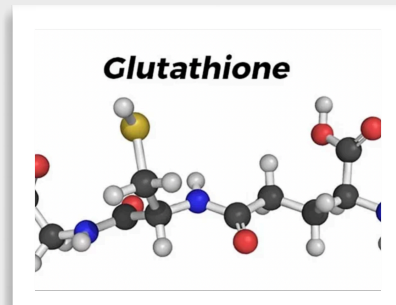
May 2026

DHEA Levels in PD



June 2026

Glutathione Deficiency in PD



28: Parkinson Panel of Labs

Lab testing is a cornerstone of Parkinson's care:. We'll cover labs to be done at diagnosis and which ones need to be monitored regularly.

We'll cover access, cost, and clinical relevance.

****ORDER YOUR OWN LABS HERE ****

Starting April

28: DHEA Levels in PD

DHEA is a steroid hormone associated with youthful resilience. It's neuroprotective qualities diminish as levels decline with age. In some, small doses seem to improve medication, muscle mass, and libido, ... but for some there are risks.

Considering blood DHEA-s levels & personal history is essential for informed decision making.

28: Glutathione Deficiency in PD

Dr. Mischley's PhD Dissertation was on "Glutathione Deficiency and Parkinson's" - join us for a review on what it is, where it comes from, why it's low in PD, and review the best strategies for supplementation. Light reading before class:

<https://share.google/3Thc9LX9fEdVvN4if>

Upcoming Speaking Engagements



April 11, 2026 Hawai'i Parkinson Symposium

On World Parkinson's Day, April 11, Dr. Mischley will take the stage at the Hawai'i Parkinson Association's Free Annual Educational Symposium in Honolulu — presenting "Healthy Living with Parkinson's."

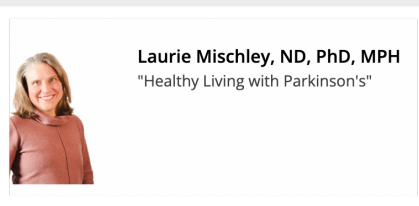
She'll be joined by fellow experts covering the latest in exercise science and Parkinson's research, making this a full day of education, community, and practical tools for living well with PD.

Saturday, April 11, 2026

Ala Moana Hotel, Honolulu

Don't miss this rare opportunity to hear Dr. Mischley speak live alongside leading voices in the Parkinson's community.

[Register Here →](#)



Blooming into Spring!

Join us this Spring — Sign up here!

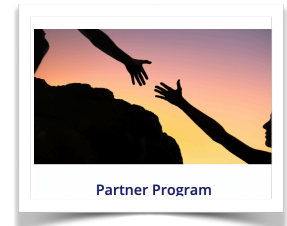
Partner Program

- Dr. Karin Duncan

2nd Mondays of the Month at 8 am PT

A supportive space for partners and care partners only.

Not recorded.



• **4/13: Parkinson's and Personality - Has my partner changed?**

• **5/11: Sleep and PD - How this affects partners of PwP.**

• **6/8: Coulda, Shoulda, Woulda - What I Wish I Knew Earlier.**

**Patients are not invited. Care partners only.*

Women's Group

- Dr. Samantha Evans

4th Thursday of the Month at 12 pm PT

Focused space for women with PD to learn, share, and connect through discussing newly found research on PD. *Not recorded.*



4/23: Hormones and the Parkinson's Brain: What Women Should Know

5/21: Let's Talk About Sex... and Parkinson's

6/25: Your Microbiome Knows Something about Parkinson's Disease

Men's Circle

- Dr. Josh Farabnik

3rd Wednesday of the Month at 12 pm PT

Focused space for men with PD to learn, share, and connect through discussing newly found research on PD.

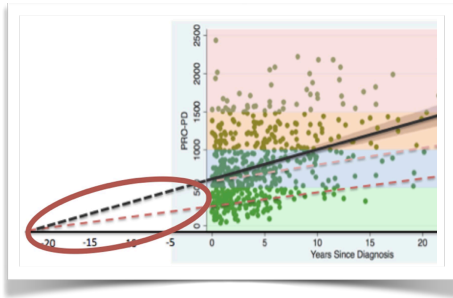
Not recorded.



4:15: Spring Cleaning - How to stimulate and support detoxification pathways - Part I

5/13: Spring Cleaning - How to stimulate and support detoxification pathways - Part II

6/17: Mucuna - What is so Special about this little bean?



UPCOMING
Prodromal Series
with Dr. Mischley

6/8/26 - **Preventing Parkinson's in those at risk.**

Quarterly from now on. Join us if you have consumed dairy, have had a TBI or melanoma, have early prodromal symptoms, carry a gene, or have a family member with PD and you're seeking prevention.



Special Edition
Crexont Talk
 Watch the latest session!

Seminar Series with
Dr. Mischley

Watch Dr. Mischley's insightful and practical talk where she breaks down what patients and care partners really need to know about Crexont.

Watch [here!](#)

Dietary Implementation Ideas

- Kelly Morrow

4th Monday of the Month at 12 pm PT
 Recorded



Dietary Implementation Ideas

4/27: Eat the Rainbow: Spring Veggies

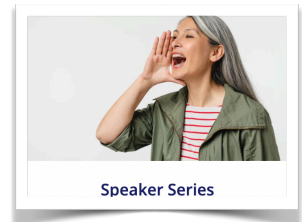
May: Memorial Day!

6/29: Fermented Foods and The Microbiome

Speaker Series

14th of the Month at 12 pm PT

Real Stories, Insights and Conversations!



Speaker Series

4/14: Miriam Z.

5/14: Barbara F.

6/14: Michel P. (Earlier Session! - 9 Am PT)

Simply Social

Every Tuesday at 1 pm PT

Casual, drop-in space for connection and conversation. Not recorded.



Simply Social - Every Tuesday 1 pm PT

Interested in Sharing your Story?

Become a Speaker!

Your experience with Parkinson's is valuable, and our community wants to hear it. Whether you're a patient, caregiver, researcher, or advocate, we'd love to have you share your story, insights, or expertise with Parkinson School... and it comes with gifts!

- A Lifetime FREE membership to Parkinson School!
- Your own lesson page on our website (optional)
- Free passes to your friends and loved ones!

Reply to this email if interested

SIGN UP TO PARKINSON SCHOOL HERE

Use code MONTH-OFF for your first month free!

PARKINSON SCHOOL CALENDAR

APRIL, MAY & JUNE 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Simply Social				HAWAII Honolulu Parkinson Conference
	Partners PERSONALITY	Speaker MIRIAM	MEN Detox Part 1			
		Simply Social		WOMEN Hormones		
	Diet SPRING VEGGIES	MISCHLEY SEMINAR: LABS				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Simply Social				
	Partners SLEEP	Simply Social	MEN Detox Part 2	Speaker BARBARA		
		Simply Social		WOMEN HAVING SEX		
		Simply Social		MISCHLEY SEMINAR: DHEA		
		Simply Social				

PARKINSON SCHOOL CALENDAR



APRIL, MAY & JUNE 2026

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

June 2026

	7 Partners I WISH I HAD KNOWN! Prodsomal Planning for Prevention	8 SIMPLY SOCIAL	9	10	11	12	13
14 Speaker MICHAEL	15	16 SIMPLY SOCIAL	17 MEN MUSCLE	18	19	20	20
21	22	23 SIMPLY SOCIAL	24	25 WOMEN MICROBIOME	26	27	27
28 MISCHLEY SEMINAR: glutathione	29 Diet FERMENTED FOOD	30 SIMPLY SOCIAL	31	1	2	3	4

MARK YOUR CALENDAR!