

Using Technology to Advance Parkinson's Research

How Can Technology Help Parkinson's Research?

No two people with Parkinson's disease (PD) experience the same symptoms or the same disease progression. To identify new treatments for Parkinson's, researchers need a better understanding of these differences and the biology that underlies them. With new technologies, we can gather data on the daily experience of PD — symptoms, activity, sleep, the effectiveness of medications — and more. From these data, researchers are assembling a more complete picture of Parkinson's.

What Is Digital Health?

Digital health covers a broad scope of new and emerging technologies. Researchers are incorporating these to measure, track and treat Parkinson's.

- > Telemedicine – online “house calls”
- > Body sensors – devices to measure a person's heart rate or sleep
- > Wearables – gadgets that record movement, activity or other health-related information
- > Virtual studies – research conducted online or by smartphone; allows people with transportation or mobility issues the opportunity to engage in research from home
- > Health information technology – tools to manage and analyze large quantities of health-related data

How Is My Privacy Protected?

Information that might identify you, such as your name or email address, is removed before analyzed by researchers to protect your privacy. In addition, your consent is required before data can be shared with researchers.

How Can Health Data Speed New Parkinson's Treatments?

A large quantity of data from people both with and without Parkinson's can help advance research. This information allows researchers to:

- > Uncover clues about symptoms and progression and address unmet needs,
- > Optimize clinical trial design to overcome barriers to research participation, and
- > Use patient-reported data to evaluate the effects of an experimental intervention.

Technology is already revolutionizing the way we study Parkinson's and will, ultimately, help lead to the development of new treatments.

How Can I Use Technology to Advance Parkinson's Research?

Join a study! Many studies leverage technology to gather health information from participants. Fox Insight is an online clinical study that captures health information from people with and without Parkinson's through virtual study visits, making participation easy and convenient.

To join Fox Insight, visit www.foxinsight.org.

To learn more about and join other studies using technology, visit Fox Trial Finder at www.foxtrialfinder.org.

