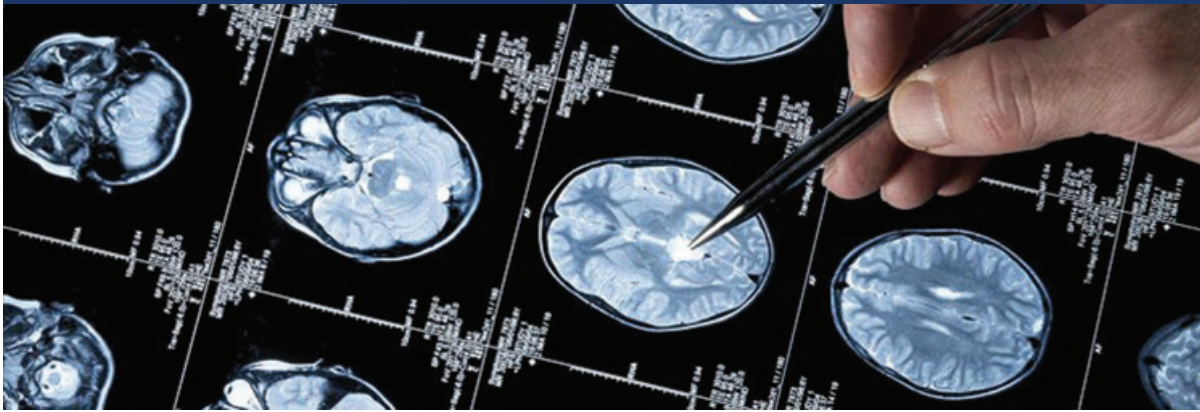


Alzheimer's Disease Research Center (ADRC)



Newsletter 24

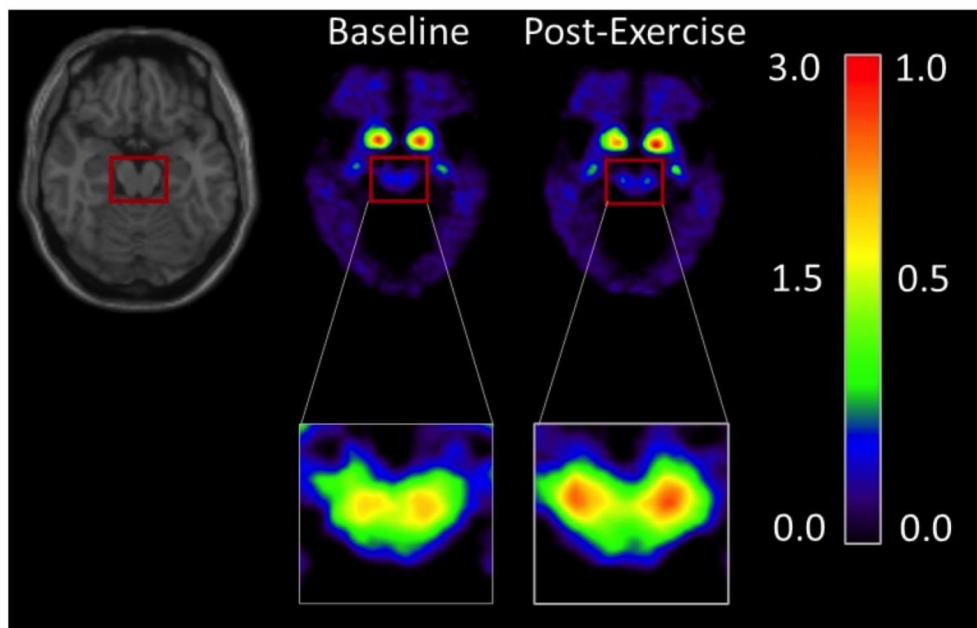
Sule Tinaz, MD, PsyD, is an Associate Professor of Neurology, and treats patients with various movement disorders with a particular interest in Parkinson's disease.

Research

Dr. Tinaz recently presented at the Yale ADRC retreat. Below is a link to her full article based on this work.

Parkinson's disease (PD) is the second most common neurodegenerative disorder after Alzheimer's disease characterized by the loss of dopamine-producing cells in the brain region called the substantia nigra. In the Tinaz Lab, our research focuses on developing non-pharmacological interventions to alleviate motor, cognitive, and behavioral symptoms of PD. We assess the brain effects of these interventions using various imaging techniques.

(1) Using positron emission tomography (PET) scans, we demonstrated that high-intensity exercise three times a week for six months not only delays the motor progression of PD, but also has protective effects on the dopamine-producing brain cells in people with PD (see figure).



Publication link: <https://pubmed.ncbi.nlm.nih.gov/38336768/>
Yale news link: <https://medicine.yale.edu/news-article/high-intensity-exercise-can-reverse-neurodegeneration-in-parkinsons-disease/>

Thank for your interest in the Yale ADRC. For more information on our studies or to participate in studies please call or visit our website.

203-785-5526

<http://medicine.yale.edu/adrc/>

<https://www.facebook.com/YaleADRC>

[Website](#) [Cores](#) [Education](#) [Faculty](#) [Publications](#) [Events & Seminars](#)

Yale School of Medicine
333 Cedar Street
New Haven CT 06510

[CONTACT US](#)

Alzheimers Disease Research Center | 333 Cedar Street, New Haven, CT 06510