

Cool **Tech** Gear: Apps, wearables, & other technologies for better Parkinson's care

Recently Diagnosed | Online Guide



1

Objectives for today's session



Benefits & challenges of using tech tools from your perspectives



Discuss tech tools you can use today



Discuss interesting technologies on the near horizon

2



3

Destined to change the way we see
Parkinson's



4



Benefits & Challenges of using tech tools from your perspectives

5

Do you use any **apps, wearable devices or other technologies** to manage your Parkinson's?



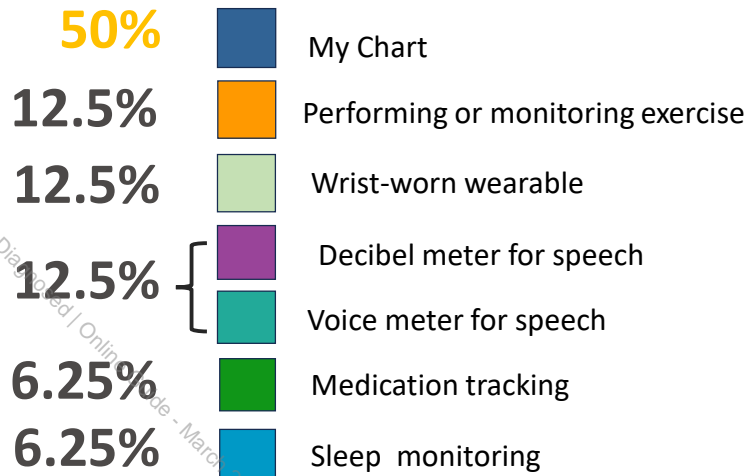
79,2% of people with PD
68% less 5y PD
Age 41-81

60 % YES
40 % NO

from patient questionnaires

6

What technologies do you commonly use?



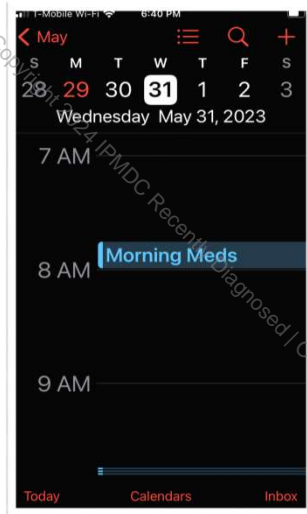
7

Best thing

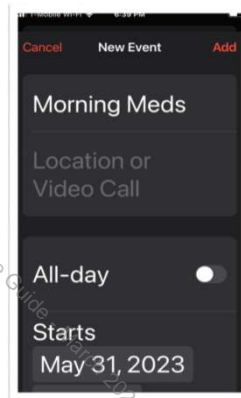
- Ensures I stay on track with my **medications**.
- Keeps **medication** on time!
- Reminds me to take my **meds**
- **MyChart** is a great system for getting answers to non-emergencies.
- Keeps me **motivated** and **aware** of my condition & progress.
- **Documentation** of exercise level keeps me on track
- **Fall alerts** can track my location if I am not at home.

8

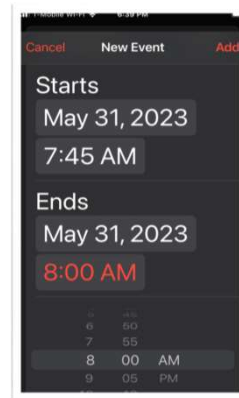
Simple med reminders on your phone



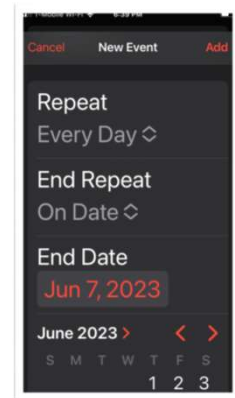
1. Schedule appt



2. Keep it short (15m)



3. Set to repeat



CAVEAT: No other features

9

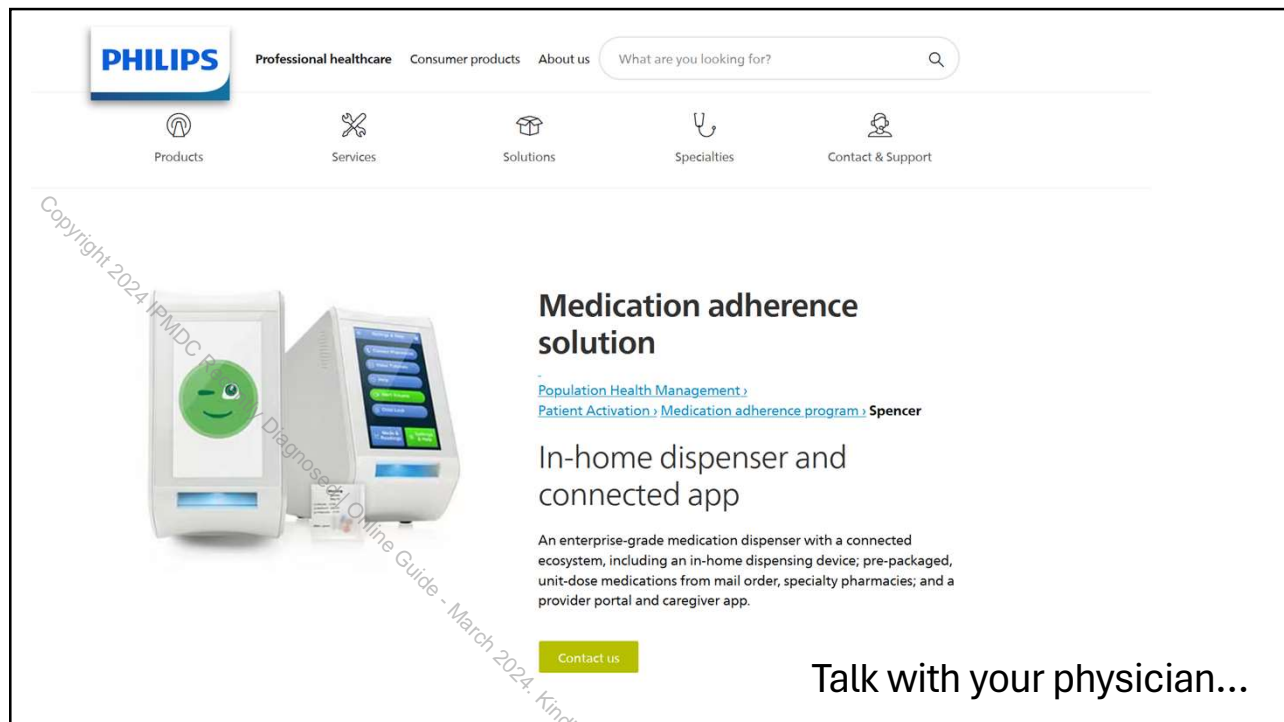
Leap Medication Tracker



- 20-30 day battery life (without GPS)
- Best as a medication management tool
 - Monitor compliance
 - Alerts healthcare providers or others
 - Automatically send refills
- Also possible to monitor heart rate, exercise, and sleep

<https://www.medtechwearables.com/leap-medication-tracking.html>

10



PHILIPS Professional healthcare Consumer products About us What are you looking for?

Products Services Solutions Specialties Contact & Support

Medication adherence solution

[Population Health Management](#)
[Patient Activation](#) [Medication adherence program](#) [Spencer](#)

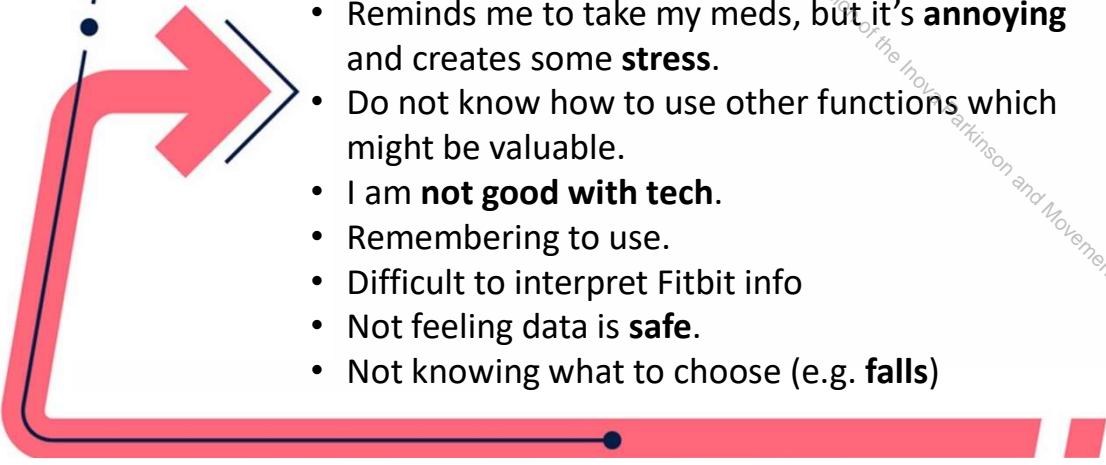
In-home dispenser and connected app

An enterprise-grade medication dispenser with a connected ecosystem, including an in-home dispensing device; pre-packaged, unit-dose medications from mail order, specialty pharmacies; and a provider portal and caregiver app.

[Contact us](#)

Talk with your physician...

11



- The constant need to keep the devices **charged**.
- Reminds me to take my meds, but it's **annoying** and creates some **stress**.
- Do not know how to use other functions which might be valuable.
- I am **not good with tech**.
- Remembering to use.
- Difficult to interpret Fitbit info
- Not feeling data is **safe**.
- Not knowing what to choose (e.g. **falls**)

Worst thing

12

Question from patient

“... [is there a] way to use any of these technologies while ensuring that one’s personal information is not mined?”

13

If you’re not paying for the product, you
ARE the product

← “Free” Paid subscription Medical →

Free or inexpensive consumer products are often the least private.

Prescription-only products have the most privacy controls.

14

Question from patient

It's hard to know which is the best device/app among all the choices

For example, which of many **fall alert** systems is the best one?

15

FALL DETECTION ON “CONSUMER” WEARABLES*



(Apple Watch SE or Apple Watch Series 4, or later)



Samsung Galaxy Watch



Google Pixel Watch



Multiple Garmins (Fenix, Forerunner, Vivoactive etc)

16

Healthcare and Senior Living 855-681-5351

Lifeline 50 YEARS 1974-2024 Home System Mobile System Fall Detection App Contact Us


Life Is Better with Lifeline

Care, comfort and confidence are at your fingertips.

[Get Started](#)

Not All Medical Alert Systems Are Created Equal


Our easy-to-use medical alert systems let you summon any type of help whenever you need it, any time of day or night – even if you can't speak*. All you need to do is press your help button, worn as a wristband or pendant, and a Trained Care Specialist will make sure you quickly get the help you need.



Home System

Our most affordable press button option. Get access to the help you need 24/7/365 and uninterrupted support.

[See Pricing](#)



Mobile System

This single-piece mobile system includes five locating technologies to quickly pinpoint your location* and dispatch help.

[See Pricing](#)

Phillips Lifeline

<https://www.lifeline.com/>

17

Question from patient

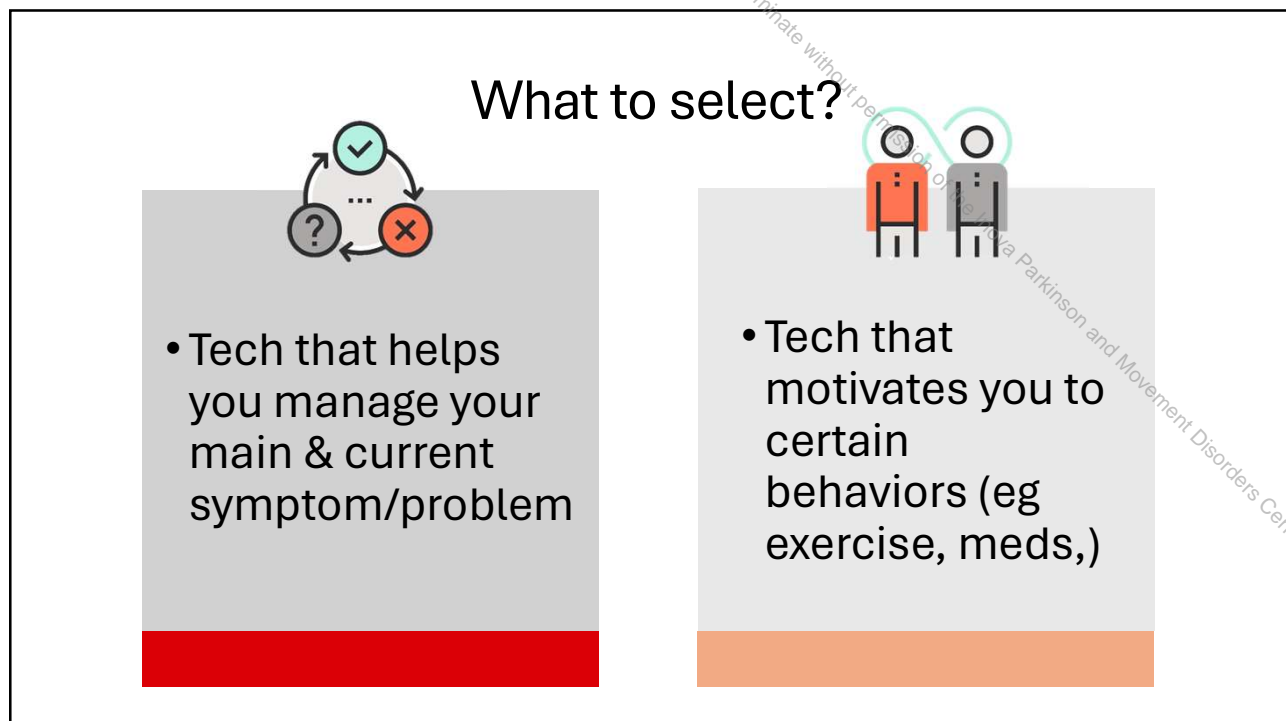
How closely should I monitor the development of my Parkinson's and how should I do it?

Permission of the Inova Parkinson and Movement Disorders Center

18



19



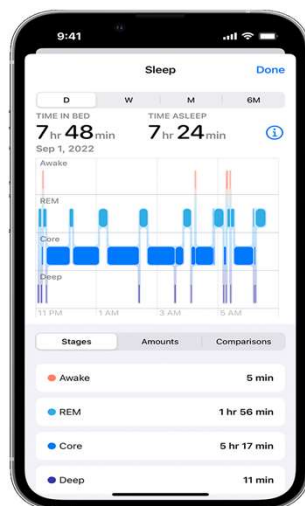
20



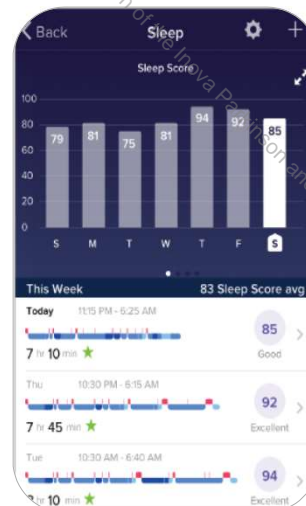
21

Tracking sleep with wearables is still not perfect

Apple watch



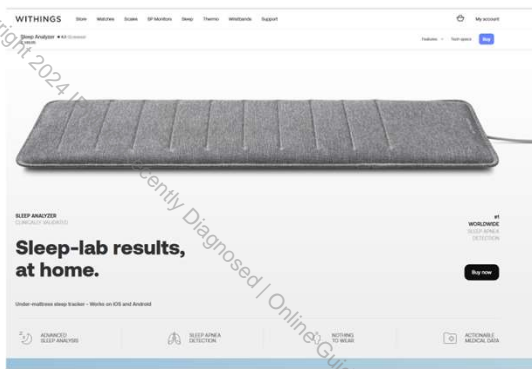
Fitbit and others



22

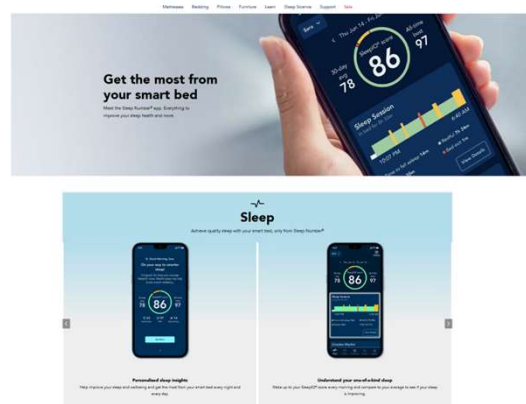
In-bed options

Withings Sleep Analyzer®



<https://www.withings.com/nl/en/sleep-analyzer>

Sleep Number app



<https://www.sleepnumber.com/pages/sleep-number-app>

23

“Wearable-less” alternative



Sleep Cycle

<https://www.sleepcycle.com>



24

Google Nest

“Micro-radar”
approach in conj.
with microphones,
ambient temperature
sensors etc.



25



Discuss tech tools you can
use today

26

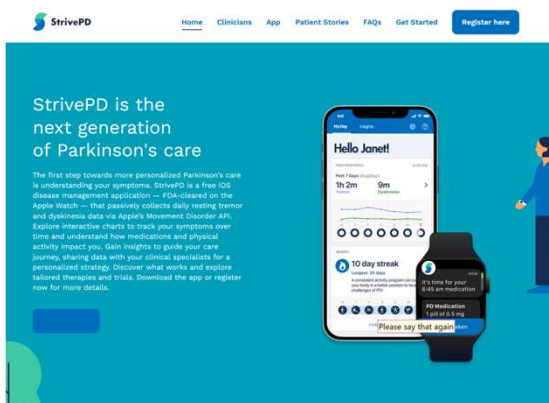
Question from patient

Are there any tracking apps
for symptoms you would
recommend?

27

Free iOS Options

Strive PD (from Rune Labs)



<https://www.strive.group>

NeuroPath Navigator

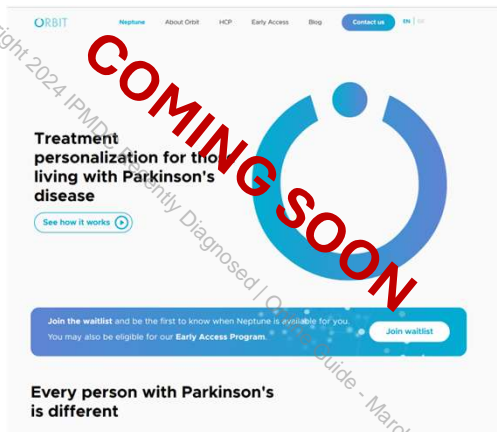


<https://neuropath.life>

28

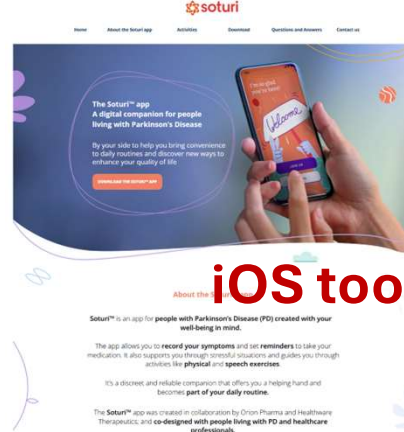
Free Android Options

Neptune (from Orbit Health)



<https://orbit.health/neptune/>

Soturi (Newell Health + Orion)

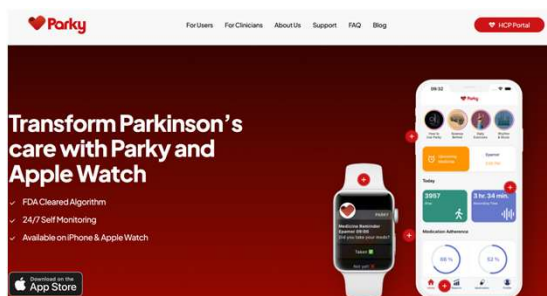


<https://www.soturi.health>

29

Prescription-only options

Parky (H₂O Therapeutics)



iOS Only

<https://parkynow.com/>

Kinesia U (GLNT)



iOS and Android

<https://www.glneurotech.com>

30

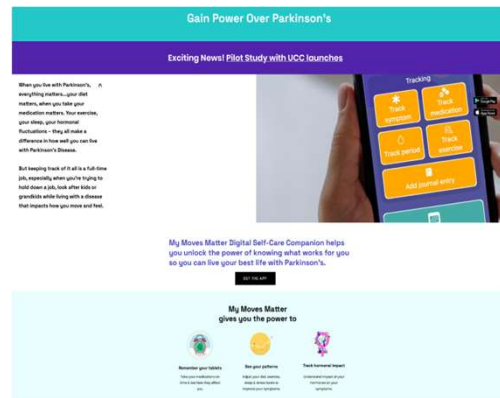
2 apps built by people with Parkinson's

Parkinson's On



<https://parkinsonson.com>

My Moves Matter



<https://www.mymovesmatter.com>

Both are available on iOS and Android

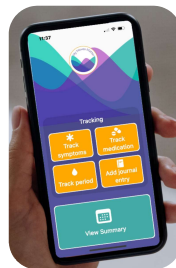
31

New study for women with PD underway



Who can take part in our study?

Want to sign up for our study?



You are invited to take part as a woman with Parkinson's who may or may not still be menstruating.

In addition to women with PD who are still menstruating, we are also looking for women with PD who are not menstruating or have erratic periods to take part in the study.

- Not pregnant
- Not on hormone therapy
- Not on dopamine agonists

1. Complete the study consent form - [UCC MM Pilot Study Consent form](#).
2. You will then be directed to complete a survey and to create a unique study identifier code which you will need to remember, so note it down somewhere.
3. If you already have the My Moves Matter app, you need to go to where you registered for the app and enter your unique identifier study code into the box called 'Clinical Trial ID' and press the save button.
4. If you do not have the My Moves Matter app, you can [download it here](#). You need to register on the app and enter your unique identifier study code into the box called 'Clinical Trial ID' and press the save button.

[Click here](#) to see video on how to register and enter your unique identifier study code.


<https://www.mymovesmatter.com/uccpilotstudy>

32

PD Buddy

Subscription model...

<https://pdbuddy.app/>



Live better with Parkinson's
An app inspired by science helping to slow down Parkinson's disease progression and improve quality of life.

Available on the [App Store](#) and [Google Play](#).

Become PD buddy and live your best life!

Join daily routines
Designed by people with Parkinson's, these routines consist of tasks to help you manage your symptoms effectively. Join the fun, set points, and track your progress.

Learn from others
Discover routines and knowledge about Parkinson's from people with Parkinson's. Access a database that contains everything you need to know about PDS.

Never feel lonely
Make friends with other PD buddies. Discover events to attend together, recommend places to visit, and mark your presence on the global map of PD buddies!

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33

Question from patient

Is there a wearable for monitoring low blood pressure?

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34

Recreating a BP cuff



Omron Heart Guide™

<https://omronhealthcare.com>

Photoplethysmography (PPG)

Aktiia Wearable (EU Only)



<https://aktiia.com>

BioBeat Wearable or Patch (24 hr)

<https://www.bio-beat.com>



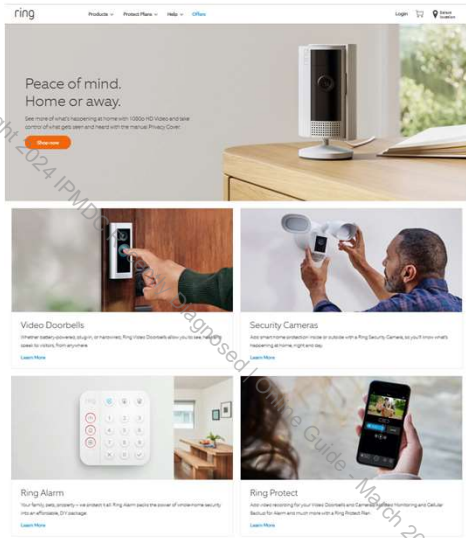
35

Question from patient

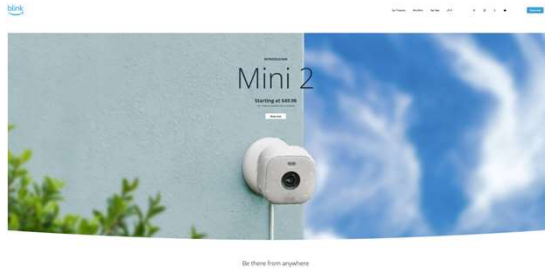
Which is the best wireless remote motion detector/monitor with video and audio, which would alert me when my husband gets up or moves about, and I could then see and hear what he is doing while I am in another room?

36

Ring vs Blink?



<https://ring.com>

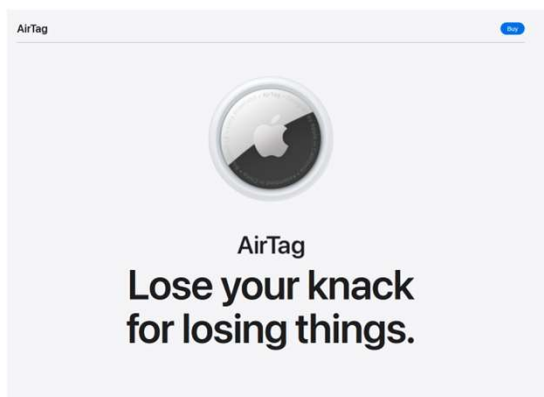


- Consider wired versions
- Can be integrated with Google Home, Alexa as well as smartphones

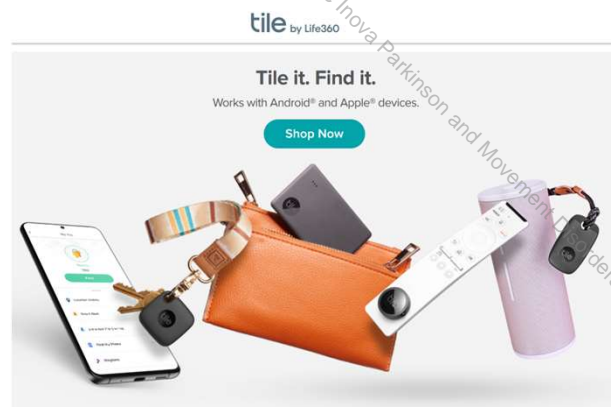
<https://blinkforhome.com>

37

Air Tags (iOS) vs Tiles (Android)



<https://www.apple.com/airtag/>



<https://tile.com>

38



Discuss interesting technologies
on the near horizon

39

Vibrotactile Coordinated Reset Stimulation (aka Coordinated Reset Vibrotactile Stimulation)



Dr. Peter Tass
Stanford University

- Noninvasive
- Persistent effects
- Multiple studies

40

Stanford MEDICINE | Peter Tass Lab


Tass Lab

Peter Tass Lab

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Research
Clinical Trials
Publications
News & Events
In the Media
Gifts
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Department of Neurosurgery

The Tass Lab is part of the Department of Neurosurgery. [Learn more about the department.](#)



Welcome to the Tass Lab! Our lab is engaged in ground breaking research designed to impact the course of diseases like Parkinson's, stroke and dementia, with the possibility of influencing numerous other diseases. We are currently involved in a number of projects using invasive and non-invasive stimulation to disrupt the neural networks that give rise to many of the symptom clusters associated with these diseases.

The stimulation capabilities include:

- Electrical pulses delivered through surgically implanted electrodes
- Mild vibratory stimuli administered to different parts of the body, e.g. the fingers
- Gentle sound stimuli administered using standard stereo headsets

Our technology appears to induce long lasting relief with stimulation that is only delivered for a few hours on an intermittent or regular basis. Our ongoing and planned projects which embrace high level extensive research conducted by Dr. Tass into the interface between physiology principles and dynamic self-organization, use comprehensive computational neuroscience methods derived from non-linear dynamical, statistical physics, and numerics as well as high performance computing to advance this solid foundation, our work developing novel therapies is progressing at a remarkable speed.

Regarding our vibrotactile treatment for Parkinson's disease, we are currently in the preparatory stages of a series of clinical studies and are not yet actively recruiting patients. However if you are interested in being considered for any of our future trials, we ask that you register yourself by following the link below and entering your information into our patient registry. (Please only register yourself once). This will allow us to determine your potential eligibility. If you are seen as a potential participant, we will contact you by email.

<https://redcap.stanford.edu/surveys/?s=T8EFACWXFAX8Y94D>

Contact Us

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parkinsonsurvey@stanford.edu

Tweets from @peter_tass

Nothing to see here - yet
When they tweet, their tweets will show up here.

[View on Twitter](#)

<https://med.stanford.edu/tass-lab.html>

Scroll down to the “redcap” link and enter your information in...

<https://redcap.stanford.edu/surveys/?s=T8EFACWXFAX8Y94D>

41

Charco Neurotech is a strong UK competitor

CHARCO NEUROTECH

Home CUE1 About us Shop FAQ & Support Contact us [Join waiting list](#)



CUE1
FOR PARKINSON'S

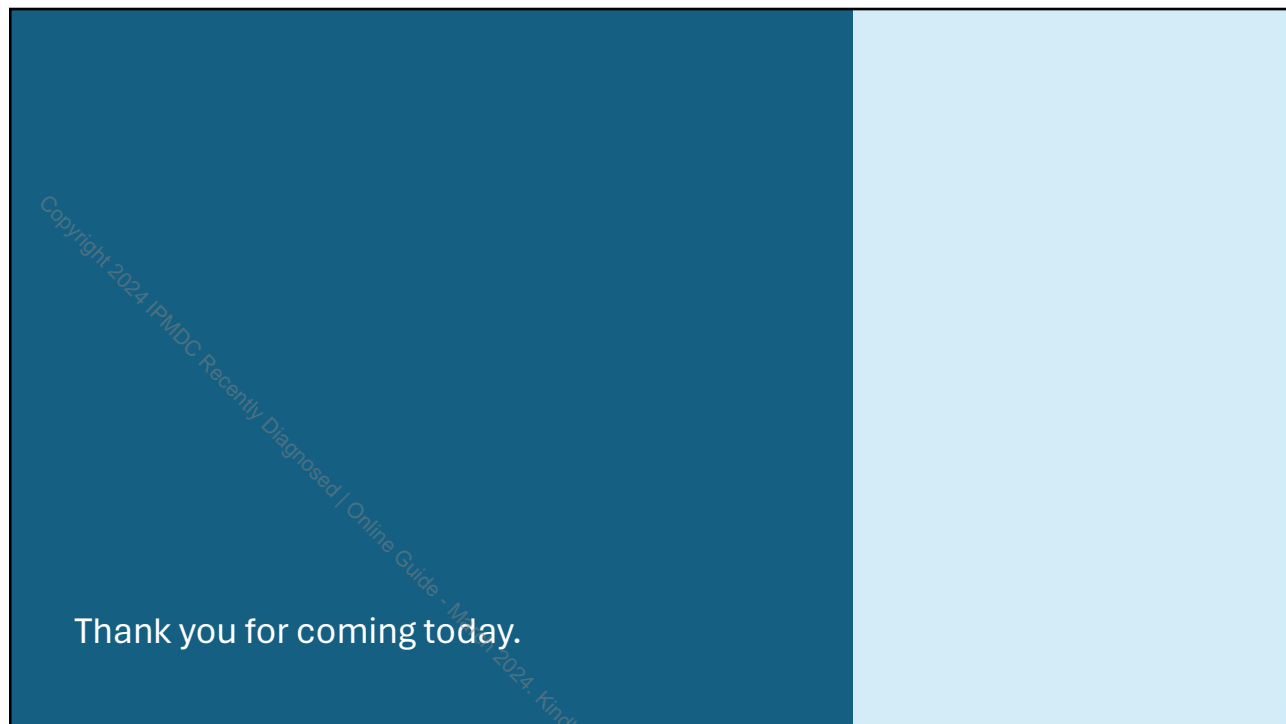
A device for Parkinson's

The CUE1 is a non-invasive, wearable, medical device for people with Parkinson's, to improve movement and quality of life.

[What is the CUE1?](#) [Join waiting list](#) [Waiting list checker](#)

<https://charconeurotech.com/>

42



43