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## Our Goals

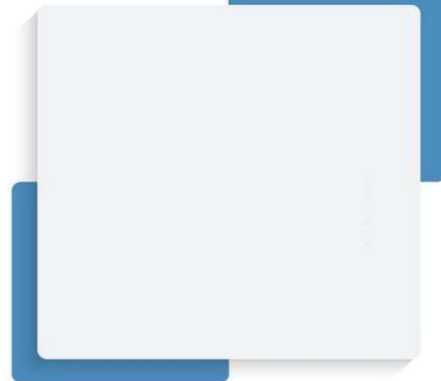
- IDENTIFYING THE BEST RESOURCES AND VETTING VALIDITY & RELIABILITY
- HOW TO ASSESS IF THEY **APPLY TO YOU** (AND IF SO, HOW)

A faint red watermark is visible across the slide, reading "COPYRIGHT 2026 IPADC Parkinson's Journey - 2026 - Kindly do not alter, copy, or disseminate without permission of the Inova Parkinson and Movement Disorders Center".

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## Our Goals

IDENTIFYING THE  
BEST RESOURCES  
AND VETTING  
VALIDITY &  
RELIABILITY



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## What are typical **challenges** when looking up PD-related info?

-  Not knowing where to look
-  Too many similar resources
-  Accessing information tailored to my specific needs or symptoms
-  Identifying reliable and trustworthy sources
-  Distinguishing between credible medical advice and anecdotal stories
-  Finding practical advice for daily living with Parkinson's
-  Understanding complex medical terminology
-  Accessing information in my preferred language

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*Informatics for Health & Social Care*  
September 2009; 34(3): 136-148

## Physicians' perception of the effects of internet health information on the doctor-patient relationship

JEONGEUN KIM<sup>1</sup> & SUKWHA KIM<sup>2</sup>

<sup>1</sup>College of Nursing, Research Institute of Nursing Science and <sup>2</sup>College of Medicine, Seoul National University, Seoul, Korea

- 81% of physicians have seen patients who made inquiries about information they found on the Internet.
- ++ Internet health information may enhance the patient's knowledge about their health.
- -- Drs perceived that it may also have a variety of negative effects, such as:
  - Heightening the cost of health care by adopting inappropriate health service utilization (56.2%)
  - Making the patients over-concerned about their health (74.5%)
  - Damaging the time efficiency of the visit (60.9%).

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**It is important to be able to evaluate the information we access online.**

- Information is valid and safe
- Not a scam, misinformation, or unhelpful resource.



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## So where are the best resources?

- Respected medical institutions
- Relevant nonprofit entities
- Other relevant groups with expertise, incl. peer resources



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## Start Local



Calendar Programs: Online Programs: In-person Resources Health Care Professionals Patient Assistance PD 101 Newsletter About IPMDC DONATE



Join us on World Parkinson's Day!

IPMDC  
 IPMDC  
 February 18, 2026  
 Inova Parkinson's and Movement Disorders Center  
 #IPMDC, #Parkinson's, #Parkinson'sAwareness, #Parkinson'sConference  
 Leave a comment

IPMDC's 2026 Conference to take place on World Parkinson's Day!



EMERGENCY/HOSPITAL ADVICE

Don't know where to start? Use this handy search feature to find the information you're looking for.



Get in Touch  
 For information about our center, programs, resources and support, please contact:  
**Sonia Gow**  
 Program and Community Care Manager  
 sonia.gow@inova.org | (703) 375-9987

Health Care Professionals

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**Inova** Parkinson's and Movement Disorders Center

**Inova Parkinson's and Movement Disorders Center**

Programs: Online	Programs: In-person	Resources	Health Care Professionals	Patient Assistance	PD 101
Parkinson's Journey	IPMDC 2026 Conference	Care Partner Resources	2026 IPMDC Accredited Parkinson's Providers	Therapy List – PT/OT/ST	Diet for Parkinson's
How Do I?	Boxing/Strength	Community Resources	Professional Education	Patient Care Kit for Parkinson's	Drooling
Care Partners	Climbing	Driving		Inova Resources	Exercise
Recently Diagnosed	Dance for PD®	Government Agencies		Medications	Freezing of Gait (FoG)
Dual Task for Parkinson's	Social & Supportive	Planning		Falls	Genetic PD
Voice, Speech & Communication	Therapy Classes	IPMDC On the Internet		Memory	Hallucinations
Zumba Gold for Parkinson's	Yoga for Parkinson's	PowerPoint / slide decks		Mental Health	MSA
Let's Chat About Thinking	IPMDC 2025 Fall Conference	Solo Aging		Constipation	Orthostatic Hypotension
Healthy Eating				DBS	PSP
					Sleep
					Symptom Diary
					Urinary symptoms

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**Inova** Parkinson's and Movement Disorders Center

**Inova Parkinson's and Movement Disorders Center**

**Locally relevant!**

Calendar Programs: Online Programs: In-person Resources Health Care Professionals Patient Assistance PD 101

Newsletter About IPMDC DONATE

**Emergency resources**

**EMERGENCY/HOSPITAL PAGE**

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## Well-Known Medical Societies

- International Parkinson and Movement Disorder Society (MDS) - <https://www.movementdisorders.org/>
- National Institutes of Health (NIH) - <https://www.nih.gov/>
- American Academy of Neurology (AAN) - <https://www.aan.com/>
- Others (EAN, IAPRD, WFN, etc.).



International Parkinson and  
Movement Disorder Society



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## Prominent Medical Centers

- Muhammad Ali Parkinson's Center (MAPC)
- Mayo Clinic
- Cleveland Clinic
- Any other large center of repute

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## Respected Non-Profits



\*Excellent resource for materials in other languages!

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## Peers and others with lived experience



Support groups (in-person)



Support groups (online)



Online Forums



Facebook groups (& other social media)

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## Online forums or Communities

- Smart Patients (APDA)
- Health Unlocked (Cure Parkinson's Trust)
- Parkinsonsdisease.net
- Parkinson's Foundation (PDConversations.org)
- Young Onset Parkinson's Network and other Young Onset Groups
- Others....

**Young Onset Parkinson's Network**  
8m · G

Although it's considered rare, #YOPD still has a significant impact on those affected. The Young Onset Parkinson's Network was formed to provide support, resources, and a safe community for this small but rapidly growing population within the #PD world.

In fact, #YOPN has 1,500+ members across all 50 US states and 49 countries!

#ParkinsonsAwarenessMonth

**Did you know?**

**YOPD affects about 4% of the one million people with Parkinson's Disease in the United States.**



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## Facebook Messenger or WhatsApp groups

- Public and private groups on a range of topics



\*CAVEAT – All activity is being tracked


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**CALL TO ACTION**

- Use **online platforms** and social media to **disseminate accurate and relevant information**.
- **Healthcare professionals** should be encouraged to **engage regularly** with online communities to help guide “patients” and caregivers (when needed).

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Community for shared experiences

- Meds
- Supplements
- Rehab
- Procedures
- Others

Prescription drugs		Over the counter drugs		Supplements	
Treatment	Patients	Treatment	Patients	Treatment	Patients
Duloxetine	72,386	Ibuprofen	21,833	Vitamin D	15,165
Progabalin	51,672	Naproxen	21,132	Multivitamins	8,606
Gabapentin	50,836	Aspirin	13,390	Omega 3 Fish Oil	6,793
Prednisone	40,414	Acetaminophen (Paracetamol)	8,169	Vitamin D3 (cholecalciferol)	5,715
Sertraline	37,058	Cetirizine	4,596	Calcium-Vitamin D	5,415
See all 2,712 prescription drugs		See all 664 over the counter drugs		See all 2,643 supplements	
Physical therapy		Equipment		Procedures	
Treatment	Patients	Treatment	Patients	Treatment	Patients
Physical Therapy	10,589	Walking Stick/Cane	11,084	Radiation Therapy	5,710
Massage Therapy	2,630	Walker	6,187	MRI (magnetic resonance imaging)	3,229
Occupational Therapy	2,249	Therapeutic brace	5,133	Neuromuscular Electrical Stimulation	2,165
Speech / Language Therapy	1,941	Motorized scooter/chair	3,299	CT Scan (computerized tomography scan)	2,132
Pulmonary Rehabilitation	1,721	Wheechair (manual)	3,100	Acupuncture	1,860
See all 159 physical therapies		See all 600 equipment		See all 729 procedures	

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## Consider news “aggregators”

**Parkinson's**



A BIONEWS™ BRAND

<https://parkinsonsnewstoday.com>



<https://medicalxpress.com>



<https://www.news-medical.net>

**ScienceDaily**

<https://www.sciencedaily.com>

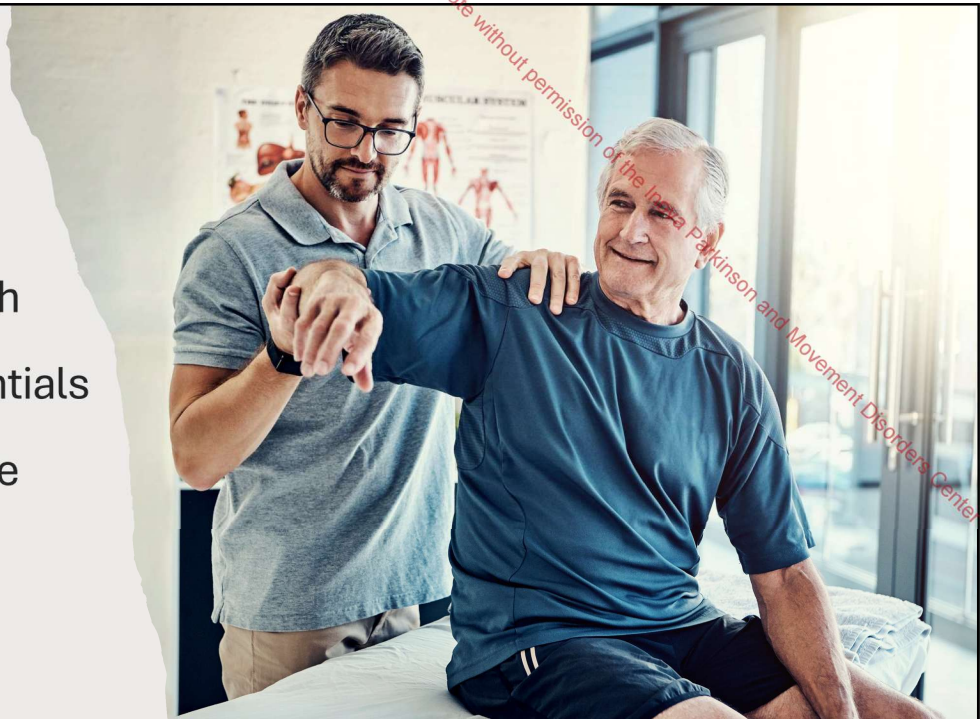
**NeurologyLive**

<https://www.neurologylive.com>

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Clinicians with  
proper credentials  
**AND** expertise



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## Health professionals with proper credentials

### How to vet expertise?

- Do they have the right credentials (PT, OT, SLP, ACE etc)
- Have they had any add'l training?
- Do they regularly work with people with Parkinson's?










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## Parkinson's specific training

- IPMDC's in-house training
- Allied Team Training Program
- Other entities (PMD Alliance, etc)




Inova Parkinson's and Movement Disorders Center

[Calendar](#) | [Programs: Online](#) | [Programs: In-person](#) | [Resources](#) | [Health Care Professionals](#) | [Newsletter](#) | [About IPMDC](#) | [DONATE](#)

### 2026 IPMDC Accredited Parkinson's Providers

[How to Best Care for People with Parkinson's For Professional Caregivers](#)



**Inova Parkinson's and Movement Disorders Center** is excited to announce our new Professional Caregiver Certification Training.

Developed and presented together with Heather Suri, BSN RN CMC, and CEO of **Pathways in Aging**, the goal is to help professional caregivers understand how to provide the best care to people who have Parkinson's Disease (PD).

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# Relevant Professional Affiliations

International Parkinson and Movement Disorders Society

Membership Resources Education Publications

MDS / For Patients / Movement Disorders Specialist Finder

## Movement Disorders Specialist Finder

The Movement Disorders Specialist Finder is a free online tool that allows patients to search for a specialist by name, geographic location, or expertise. All of the specialists in this directory have opted in to be included and are located throughout the world.

[Browse the Specialist Finder >](#)

### Find a Movement Disorders Specialist

If you have a movement disorder, it is important to work with a specialist who is trained to handle the particular nuances of these complex disorders. You can also use the Specialist Finder to find other members of your care team. This listing is a courtesy tool, but it is not comprehensive.

**Location**  
 City, State/Province, Country or ZIP  
 Denver, CO, USA  100 miles  
 Some areas have very limited specialists; you may need to search a broad area.

**Patient type**  
 Adult

**Expertise**  
 Speech/Swallowing Therapy

[Find Specialists](#)

**Notice:** Inclusion in this directory does not represent an endorsement by or recommendation from MDS. You are responsible for the selection of a physician; this directory is a source of information.

1 results

**John M. Dean, MA CCC-SLP**  
 Private Practice  
 13918 E. Mississippi Ave  
 #60120  
 Aurora, CO 80012  
 United States  
 2065561286  
 Contact details: 13918 E. Mississippi Ave #60120 Aurora, CO 80012 United States 2065561286

**John M. Dean, MA CCC-SLP**  
 Private Practice  
 401 Highway Ave  
 Ludlow, KY 43016  
 United States  
 2065561286  
 Contact details: 401 Highway Ave Ludlow, KY 43016 United States 2065561286

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# How do you vet info from unknown sources?



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## Start with peer-reviewed evidence

The screenshot shows the PubMed interface with a search for "dual task training parkinson Domingos". The search results display the following information:

- Journal:** JMIR Aging, 2022 Dec 22;5(4):e40325. doi: 10.2196/40325.
- Title:** An Online Dual-Task Cognitive and Motor Exercise Program for Individuals With Parkinson Disease (PD3 Move Program): Acceptability Study
- Authors:** Josefa Domingos <sup>1, 2, 3</sup>, John Dean <sup>2</sup>, Júlio Belo Fernandes <sup>3</sup>, Catarina Godinho <sup>3</sup>
- Affiliations:** + expand
- PMID:** 36548037 **PMCID:** PMC9816951 **DOI:** 10.2196/40325

Additional features visible include "FULL TEXT LINKS" with options for JMIR, PubMed, and PMC, and "ACTIONS" with buttons for "Cite" and "Collections".

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## Questions to ask of any resource



Who created this and what are their credentials?



Is this based on clinical evidence or personal experience?



When was it last reviewed or updated?



Is there a financial incentive behind the recommendation?



Has it been **tested in a population similar to the user's stage and age?**

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# Questions to ask of any resource



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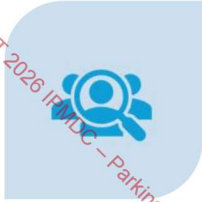
# Our Goals

Identifying the best resources and vet validity and reliability


ASSESS IF THEY APPLY TO YOU (AND IF SO, HOW)

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## Is this approach/tool/technique for me?



Tested in people like me?



Positive results without red flags?




Lack of conflicts of interest?


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## Ongoing Evaluation



Reassess resources as disease progresses



Monitor for changes in leadership, ownership or clinical results



Track personal experience against 'standard results'

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## RED FLAGS

- Small study, short time frame, lack of controls, lack of follow-up
- Unfounded conclusions/claims
- Results published by those with a financial conflict of interest
- Extremely old results (>5 years), esp. if no follow-up studies

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## Research has an expiration date

Safety message

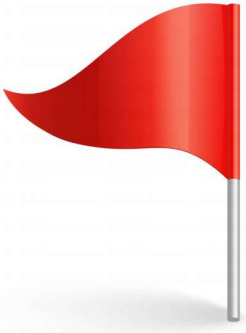
<3 years is ideal	<5 years is acceptable	>5 years should be treated with caution	> 7-10 years aren't to be relied upon (without add'l verification)

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**Extremely red flags**  
(i.e. immediately disqualifying)

- “What your doctor doesn’t want you to know”
- Dismissive of conventional medicine
- Cures “everything”
- Need to travel outside of US to obtain



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**What about digital health and medical apps?**

- Apps with clinical validation studies (vs. consumer wellness apps)
- Data privacy considerations (HIPAA compliance)
- FDA-cleared vs. wellness-only (non-medical) distinction

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**ChatGPT**      **Claude**

## Use with caution...

- Trained on a range of resources
  - including Reddit and Facebook etc
- “Hallucinations” are still common

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## 2 ChatGPT-like Parkinson’s-specific initiatives

### parkibot.com

I'm ParkiBot, an AI researcher for PD.

Ask me anything about PD, but remember I'm an AI and I can make mistakes.

Before taking action based on my responses, consult qualified medical professionals.

**Trending now ...**

How do emerging treatments and supplements impact Parkinson's disease management?

What role do cholinergic biomarkers play in evaluating Parkinson's disease?

What are promising non-invasive neuromodulation therapies for Parkinson's symptom relief?

How can medication timing and lifestyle adjustments optimize Parkinson's symptom control?

Ask me anything about Parkinson's...

Confirm information before taking action

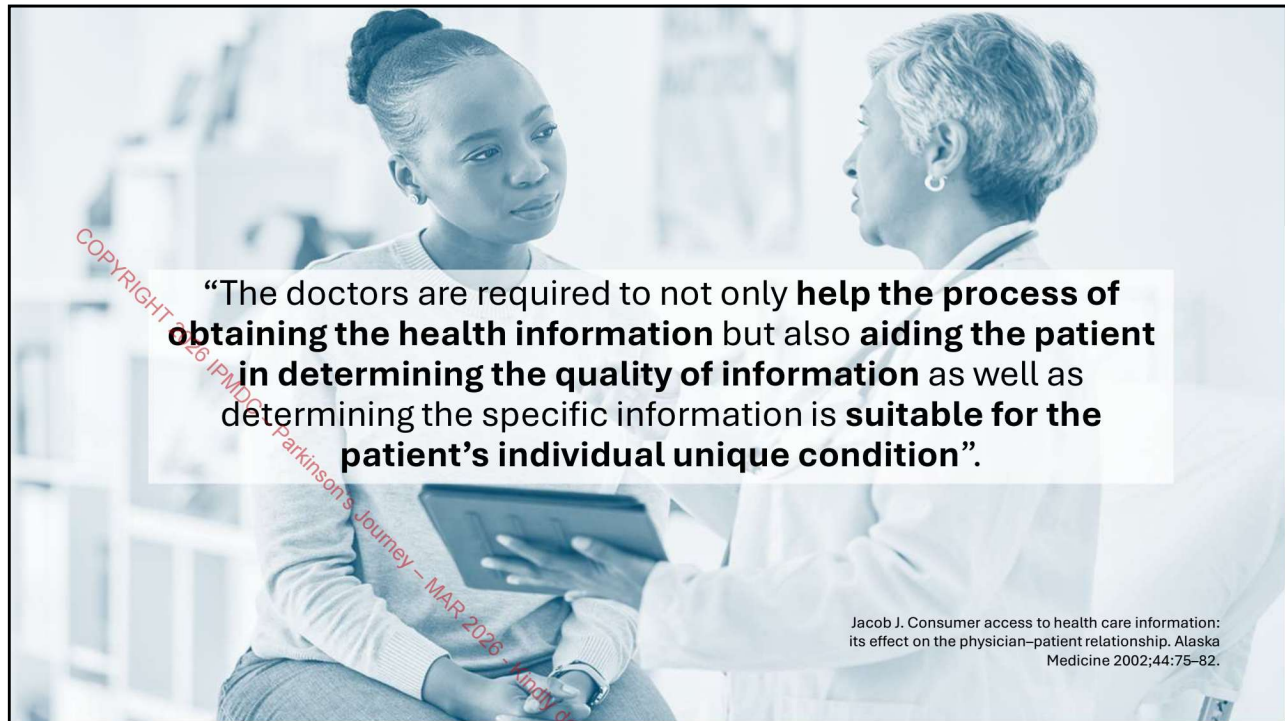
### thrivewelltogether.com

Hi, I'm Aidan—here to guide you through Parkinson's with daily care and support. How can I help you today?

Ask your question here...

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## Take-home messages



Online or in-person health information can **improve or harm PD care experiences**, depending on how neurologists/professionals also respond.



Neurology services should offer **e-health literacy training** during or outside consultations.



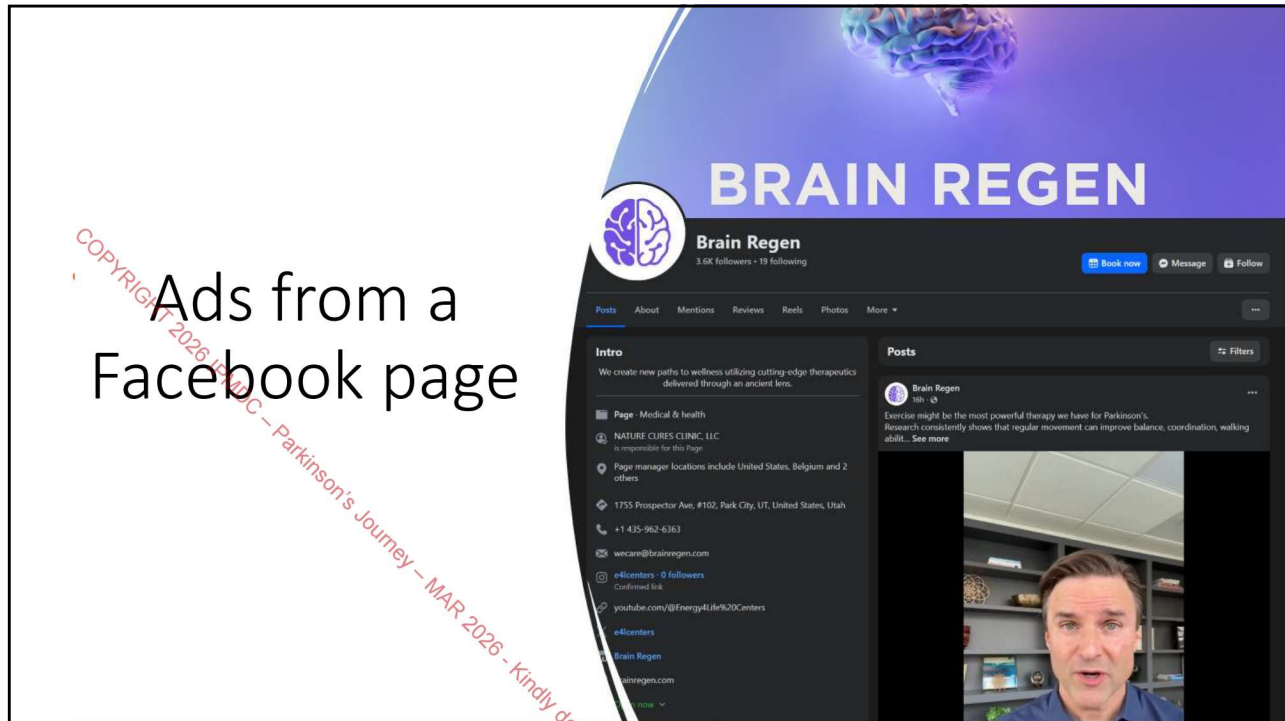
People with PD should engage in **e-health literacy training** and discuss online findings with their care team.

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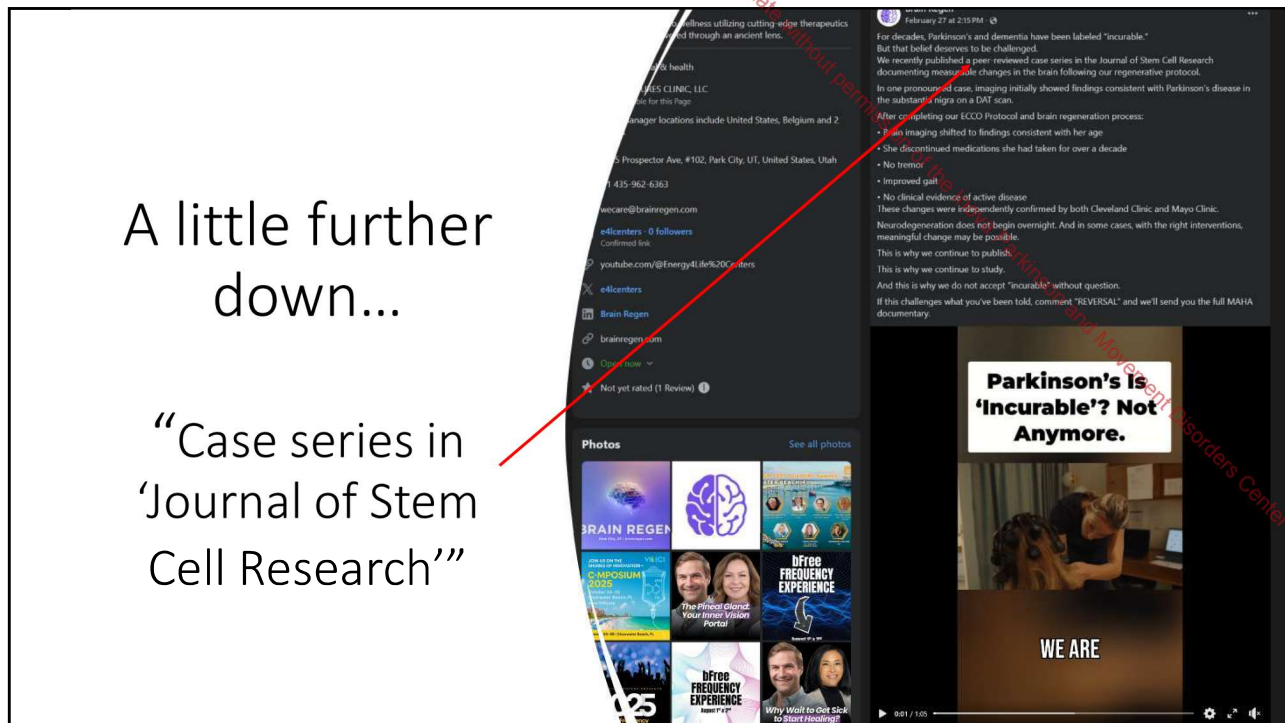
## Your Questions

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Ads from a Facebook page

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A little further down...

"Case series in 'Journal of Stem Cell Research'"

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## According to Google...

The *Journal of Stem Cell Research* (published by Genesis Scientific Publications) is often considered a potential or predatory journal, often confused with legitimate, similarly-named journals. It is characterized by its use as a reference for unproven, direct-to-consumer stem cell therapies, often operating with minimal peer review to support misleading marketing. [Genesis Scientific Publications +4](#)

### Key Indicators and Distinctions:

- **Predatory Journal Characteristics:** The *Journal of Stem Cell Research* (Genesis Scientific) is listed among journals to look out for, with low impact factors and questionable editorial practices.
- **Impersonation Risk:** Similar, potentially predatory, journals have been flagged for using researchers' names without permission and demanding fees for retraction.
- **Distinction from Legitimate Journals:** *Stem Cell Research* (published by Elsevier) is a legitimate, peer-reviewed journal, and should not be confused with the former.
- **Clinical Misinformation:** Predatory journals often publish articles that support direct-to-consumer clinics selling unproven, expensive stem cell treatments. [Genesis Scientific Publications +5](#)

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## Dr. Greg's "medical" background



GREG ECKEL, N.D., L.A.C.

### Naturopathic Physician & Licensed Acupuncturist, Park City, UT

Dr. Greg Eckel's journey into Naturopathic and Chinese Medicine began in the mid-90s when he noticed the overmedication of children while teaching preschool. In 2001, he co-founded Nature Cures Clinic in Portland, Oregon, and later founded Energy4Life Centers, a wellness and recharging center in Park City, Utah. His unique combination of Naturopathic and Chinese Medicine provides an array of tools to treat acute and chronic illness, emphasizing prevention and wellness principles.

Dr. Eckel's personal experience with his wife's Creutzfeldt-Jakob disease led him on a deep dive into regenerative medicine. Through this, he developed a brain regenerative program and a nasal spray that specifically targets neuroinflammation in the brain. He utilizes sound and laser technology, regenerative medicine, mind-body techniques, and other procedures to correct the body's control systems and protect the body's energy. He believes the future of medicine lies in frequency, and he's leading the way in bringing bioenergetics mainstream.

Dr. Eckel has been featured on major networks like ABC, NBC, and FOX, and has reached over 150,000 people with his online brain regeneration and bioenergetics summits. He's also published a book, "Shake It Off: An Integrative Approach to Parkinson's Solutions," and served as the President of the Board of Naturopathic Medical Examiners.

His approach includes detecting the body's energy and systems, such as energy fields, brain scans, blood, mind-body, nutrition, and genetics. He then corrects the body's control systems using bio-information, brain frequency, ketamine-aided hypnotherapy, electro-acupuncture, exosomes, and stem cells. Finally, he protects the body's energy using light and magnetic devices, IVs, ozone, and hyperbarics.

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