



## **Are you living with Parkinson's Disease (PD) and interested in dietary interventions?**

### **What is being studied?**

- Under the direction of Dr. Appel-Cresswell, clinical researchers at the University of British Columbia (UBC), Vancouver, are examining how diet may affect the gut microbiome and Parkinson's symptoms over an 18-month study.

### **Where does the study take place?**

- The study will occur in-person at UBC's Djavad Mowafaghian Centre for Brain Health (DMCBH), plus completing some study tasks at home on your own computer.

### **Who can participate in this study?**

You may be eligible to participate if you:

- Are between 40-80 years of age with a clinical diagnosis of PD,
- Are cognitively and medically stable,
- Have computer and internet access at home (with video capability),
- Can follow verbal and written instructions in English,
- Can complete an MRI scan (no contraindications).

### **What is involved in the study during the 18 months?**

- Random assignment (by chance) to either the diet intervention being studied or to the standard diet (you will remain in the same group for the 18 months),
- Six (6) in-person visits at UBC with the research team, to complete questionnaires, blood sample collections, and MRI (twice).
- Monthly remote/virtual sessions (Zoom) from your own home for diet coaching and group cooking classes.
- Daily physical movement recorded on a wearable wrist device,
- Collection of urine and faecal samples at home before each of the six onsite visits.
- Regular check-ins by telephone with the research team.

**If interested, please contact us at:**

Telephone # (604) 822-7046

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