

Dear Colleagues,

Parkinson disease and dementia with Lewy bodies are among the fastest growing neurological disorders in the world. As you may well know, REM sleep behavior disorder is the strongest predictor of a patient's lifetime risk for these Lewy body disorders. We wanted to make you aware of three important studies aimed at better understanding this risk and preparing for treatment studies aimed at preventing these illnesses entirely. Each of these studies is designed to enroll individuals with idiopathic RBD (iRBD) who do not yet have a diagnosis of Parkinson disease or dementia.

Idiopathic REM Behavior Disorder (iRBD) as a Predictor of Neurodegenerative Disease: Involves baseline skin biopsy and blood draw (neurofilament light chain)

- Age >18 with **definite iRBD, PSG confirmation is required.**
- Co-enrollment for the Brain and Body Donation encouraged, but not required

PPMI 2.0: Involves imaging, biomarkers (blood, CSF, skin biopsy) and 1 time a year clinic visit/ 1 time a year phone call visit. Three cohorts: *PD, Healthy Control, and Prodromal.*

- **age 60+ with probable iRBD, PSG confirmation is NOT required**

Biomarker Study of Parkinson disease risk in RBD: Involves skin and submandibular gland biopsy at baseline and at 1.5-2 year follow up

- Age 21-85 with **probable iRBD (recurrent dream enactment behavior), PSG confirmation is NOT required**

To refer for iRBD patients for Clinical Research:

Please have your patient contact Michael Callan at 623-832-6573 or
Michael.Callan@bannerhealth.com