

# SEMINAR SERIES

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## Diagnosis and Management of Parkinson's Disease: A Movement Disorder Neurologist's Perspective

Featuring Dr. Mara Seier  
University of Nebraska Medical Center



Friday, March 8 | 10:00 am – 11:00 am | BRB 167

### PRESENTATION ABSTRACT

Parkinson's disease (PD) is a progressive neurodegenerative disorder characterized by motor and non-motor symptoms, impacting millions worldwide. This presentation provides an overview of the current landscape in the diagnosis and management of PD. Diagnosis remains primarily clinical, relying on the presence of cardinal motor symptoms including bradykinesia, rigidity, tremor, and postural instability. However, advancements in neuroimaging and biomarker research offer promising adjuncts to aid in early and accurate diagnosis. Management of PD involves a multidisciplinary approach aimed at symptom alleviation, functional preservation, and improving quality of life. Pharmacotherapy with levodopa remains the gold standard for motor symptom control, but adjunctive therapies offer additional benefit. Non-pharmacological interventions including physical therapy, speech therapy, and deep brain stimulation surgery play pivotal roles in managing motor fluctuations and enhancing overall well-being. A comprehensive understanding of the diagnosis and management of PD is essential for healthcare providers to deliver optimal care and support for individuals living with this complex and debilitating condition.

### ABOUT DR. SEIER

Dr. Seier is an Assistant Professor in the Department of Neurological Sciences and Movement Disorders Division Chief at UNMC. Her specialties and interests include Parkinson's Disease, Movement Disorders and Deep Brain Stimulation. Dr. Seier evaluates patients with movement disorders including parkinsonism, chorea, dystonia, ataxia, tremor, spasticity and gait abnormalities. She also performs Botulinum Toxin injections and Deep Brain Stimulation. Her research interests include atypical parkinsonism, Parkinson's disease and essential tremor.

more info at [cobre.unomaha.edu](http://cobre.unomaha.edu)

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