

Degenerative Diseases Special Interest Group: The Interaction Between Aging and Multiple Sclerosis with Herb Karpatkin - Episode 15

Description:

In this episode, Parm talks to Dr. Herb Karpatkin about the interactive effect of aging with Multiple Sclerosis. They discuss important aspects of care and dive into a deeper understanding of how fatigue and dosage can dictate the rehabilitation experience. Join us in our exploration of reversing the cycle of frailty in aging with a degenerative neurologic condition.

The Degenerative Diseases Special Interest Group is part of the Academy of Neurologic Physical Therapy – www.neuropt.org.

Guest information:

Herb Karpatkin

Assistant Professor, Hunter College (City University of New York)

<http://www.hunter.cuny.edu/pt/faculty>

Referenced Articles:

Karpatkin H, Cohen, E. Aging With a Progressive Neurologic Disease, Topics in Geriatric Rehabilitation: July/September 2019 - Volume 35 - Issue 3 - p 172-182. doi: 10.1097/TGR.0000000000000232

Chaves AR, Devasahayam AJ, Kelly LP, Pretty RW, Ploughman M. Exercise-Induced Brain Excitability Changes in Progressive Multiple Sclerosis: A Pilot Study. J Neurol Phys Ther. 2020;44(2):132-144. doi:10.1097/NPT.0000000000000308

Wens I, Keytsman C, Deckx N, Cools N, Dalgas U, Eijnde BO. Brain derived neurotrophic factor in multiple sclerosis: effect of 24 weeks endurance and resistance training. Eur J Neurol. 2016;23(6):1028-1035. doi:10.1111/ene.12976

Related Articles:

Karpatkin H, Cohen ET, Rzetelny A, et al. Effects of Intermittent Versus Continuous Walking on Distance Walked and Fatigue in Persons With Multiple Sclerosis: A Randomized Crossover Trial. J Neurol Phys Ther. 2015;39(3):172-178. doi:10.1097/NPT.0000000000000091

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Kalb R, Brown TR, Coote S, et al. Exercise and lifestyle physical activity recommendations for people with multiple sclerosis throughout the disease course. Mult Scler. 2020;1352458520915629. doi:10.1177/1352458520915629

Karpatkin HI, Cohen ET, Klein S, Park D, Wright C, Zervas M. The Effect of Maximal Strength Training on Strength, Walking, and Balance in People with Multiple Sclerosis: A Pilot Study. Mult Scler Int. 2016;2016:5235971. doi:10.1155/2016/5235971

Karpatkin H, Babyar S, DiCarrado S, et al. Increases in fatigue do not change spasticity scores in persons with multiple sclerosis. Neurodegener Dis Manag. 2018;8(3):143-150. doi:10.2217/nmt-2017-0049

Cesari, M., Landi, F., Vellas, B., Bernabei, R., & Marzetti, E. Sarcopenia and Physical Frailty: Two Sides of the Same Coin. Frontiers in Aging Neuroscience. 2014;6. doi:10.3389/fnagi.2014.00192

Cesari, Matteo. Physical Frailty and Sarcopenia: Development of a Framework for Supporting Interventions Against Incident Mobility Disability. *Annals of Geriatric Medicine and Research*. 2017;21(42). doi:10.4235/agmr.2017.21.2.42.

Related Links

2019 World Record Masters Race (400m, Men 85 years):

<https://www.youtube.com/watch?v=Jp5hh3KJ6Dg>

2019 World Record Masters Race (800m, Women 55 years)

<https://www.youtube.com/watch?v=5fV5W38wnS0&t=48s>

4D Episode 4, Fatigue and Fatigability with Evan Cohen:

<https://podcasts.neuropt.org/ddsig/degenerative-disease-sig-fatigue-and-fatigability-with-evan-cohen-episode-4/>