



NeuroResilience seeks to educate people about neurodegeneration, which affects over 50 million Americans every year.

We aim to build a community of support for those who are directly and indirectly impacted by neurodegenerative conditions, the most well-known of which are Parkinson's and Alzheimer's.



SHARING RESOURCES

that can help people and their families cope with the impact of neurodegeneration.

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GIVING INFORMATION

so that people better understand the science behind neurodegenerative diseases.

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TELLING STORIES

that build empathy and compassion among those impacted.

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CELEBRATING ADVANCEMENTS

in research that are helping improve outcomes for those impacted by neurodegenerative diseases.

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Partners

NeuroResilience partners with various organizations in order to create the biggest impact. Check them out below!

PINK CONCUSSIONS



[Pink Concussions](#)

PINK is an organization that aims to educate and provide support for people affected by concussions. They are the first ever non-profit with these goals, and look at many different types of TBI, from domestic violence, to sports, to military service. I work with their advocacy team and create content for their social media, as well as taking on personal projects under their lead. I am honored to be part of their team!

[Learn more](#)

[CurePSP](#)

CurePSP is working to raise awareness, build community, improve care and find a cure for PSP (Progressive Supranuclear Palsy), CBD (Corticobasal degeneration) and MSA (Multiple System Atrophy). I advise them on how to increase youth engagement and incorporate grandchildren into the organization. Additionally, I help with their youth support group. CurePSP is such an amazing organization that I am proud to be a part of.

[Learn more](#)

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Glossary



Alzheimer's Disease

A deterioration of the brain affecting memory. Most commonly caused by old age, brain cells and connections between them die off, causing the brain to shrink. Memory fades, starting with forgetting recent things, and will progress in severity. Inability to do everyday things is common. Symptoms include severe memory loss, repeating questions, and forgetting names and words. Those affected might have difficulty concentrating, thinking, making good decisions, doing everyday tasks, and may also experience changes in behavior.



Ataxia

A degenerative genetic disease that is caused by damage to the cerebellum, which controls voluntary movement and balance. Symptoms may include difficulty with coordination and speech, swallowing and eating, motor skills, walking, and eye movement. The person affected may also experience tremors in the body, as well as possibly having issues with the heart.



Chronic Traumatic Encephalopathy

A progressive brain condition caused by repeated blows to the head and frequent/repeated concussions. It is associated with contact sports such as American Football or boxing, but is still a threat to all athletes. Symptoms include impulse control issues, mood swings, aggression, memory loss (short and long term), confusion, impaired judgement, difficulty sleeping, and often balance issues. It is very similar to many other neurodegenerative diseases but stems from a different cause.



Huntington's Disease

A generational brain disease caused by a mistake in the DNA. Additionally, a child with who's parent is affected by Huntington's Disease has a 50/50 chance of being affected themselves,. Symptoms may include changes in mood and personality, forgetfulness, compromised judgment, unsteady walking, jerky and involuntary movements, slurred speech, difficulty in speech, and weight loss.



Lewy Bodies

A disease associated with abnormal deposits of a protein called in the brain, which build up to form Lewy bodies. These affect chemicals in the brain whose changes can lead to problems. Symptoms include difficulty with movement, visual hallucinations, poor regulation of bodily functions (blood pressure, sweating, digestive issues, etc leading to falling, dizziness, and bowel issues), confusion, memory loss, poor attention, and sleep difficulties.



Motor Neuron Disease

A group of diseases that cause the nerves in the spine and brain to lose function. The most common form is ALS, but other types include primary lateral sclerosis and SMA. All types are similar in symptoms, but vary in speed and severity of decline. Symptoms may include weakening grip, fatigue, muscle cramps, difficulty in speech, swallowing, and breath, weakness of limbs, clumsiness, and inability to control emotional responses. Symptoms may progress to include muscles shrinking, difficulty moving, breathing, and swallowing, uncontrollable yawning and drooling, and changes in personality.



Multiple System Atrophy

A rare neurodegenerative disorder that deteriorates and shrinks the brain in the areas of the cerebellum, basal ganglia, and brainstem. It is believed that the disorder is sporadic, meaning that it isn't genetic and cannot be passed down through family. Symptoms include difficulty in balance, movement, coordination, speech, sleep, chewing and swallowing, and blood pressure control, as well as bladder dysfunction, body stiffness, and vision issues (double vision or difficulty focusing).



Neurodegeneration

A type of disease in which cells of the central nervous system stop working or die. They usually get worse over time and have no cure.



Parkinson's

A disease associated with degeneration of the basal ganglia of the brain and a deficiency of the neurotransmitter dopamine. Symptoms may start with small tremors, and progress to include difficulty with walking, balance and coordination, speech, and sleep, as well as reduced facial expression, amnesia/confusion, and distorted/loss of smell.



Progressive Supranuclear Palsy (PSP)

A rare neurodegenerative disorder with no known cause or cure. Symptoms may include loss of balance, personality changes, weakness of eye movement (especially in downward motion), weakness in speech (movement of tongue and mouth), and difficulty swallowing. It is commonly mistaken for Parkinson's disease, due to the apparent similarities.

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