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Friederike Sixel-Döring, * 1958, graduated from medical school at the Philipps University Marburg in 1984. She trained in neurology, rehabilitation medicine and sleep medicine. Since 2001 she is consultant and vice medical director at the Paracelsus-Elena Hospital in Kassel. There she established deep brain stimulation for movement disorders in collaboration with the neurosurgical departments of the university hospitals in Marburg and Göttingen. She is a founding member of the German DBS working group. Further research interests center on sleep in neurodegenerative disease and restless legs syndrome.

Title of the lecture

Deep Brain Stimulation for Movement Disorders: A clinical overview

Chronic high frequency stimulation of different brain nuclei by a fully implantable system of multipolar electrodes and an externally programmable impulse generator has been available for symptomatic treatment of movement disorders for almost 3 decades. Established targets are thalamic nucleus ventrointermedius for tremor, globus pallidus internus for dystonia and subthalamic nucleus for Parkinson's Disease (PD). Among these conditions, PD as an – up to now incurable - progressive neurodegenerative disease presents a special challenge to the attending physicians because despite ongoing positive effects on key symptoms like rigor, tremor and akinesia patients will suffer increasing disabilities such as postural and gait problems, incontinence, dysarthria, difficulties with swallowing and ultimately dementia. Besides neurosurgical expertise in correct electrode placement careful individualized neurologic evaluation and counselling of patients is a prerequisite for optimal outcomes. Furthermore, titration of stimulation and comprehensive lifelong care requires specialized neurologists.

In my lecture I will address selection criteria for patients, surgical procedures and basic features of follow-up care.