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## Two neurodegenerative disorders (Parkinson's disease and essential tremor) in extrem Siberia (the Yakut population)

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The Sakha (Yakutia) Republic is the largest region of the Russian Federation and is located in the north-eastern part of the Eurasian mainland. It has a population of 959 689 (2016), consisting mainly of ethnic Yakuts (49.9%) and Russians (37.8%). About 40% of Yakutia lies above the Arctic circle and all of it is covered by permafrost which greatly influences the region's ecology and limits forests in the southern region. We first studied the two most common neurodegenerative disorders (Parkinson's disease (PD) and essential tremor (ET)) in the Yakut population. The prevalence of PD in Yakutia was 67 per 100,000 of the adult population. The prevalence of the disease in Yakutsk was 76.5 per 100,000 population, and in the regions it varied widely from 9.8 to 185.6 per 100,000 population. We did not reveal statistical differences in prevalence of PD among the Yakut (75.4 per 100,000) and Russian (73.4 per 100,000) population. As for the essential tremor, we diagnosed this disease in 32 patients, including Yakuts – 37.5% (12 people), Russians – 34.4% (11 people). The mean age of patients with ET was  $67.3 \pm 1.83$  years (range 43 to 85 years). The greatest number of patients accounted for the age group of 70-79 years (12 people, 37.5%). In 14 (43.8%) patients the disease was hereditary. 43.8% (14 patients) had a later onset of the disease (over 60 years), and 28.1% (9 patients) had an early onset (20-30 years).

### Biography

Tappakhov Alexey is a neurologist and postgraduate student in the Department of neurology and psychiatry at the North-Eastern Federal University in Yakutsk. Scientific interest is devoted to the study of neurodegenerative diseases and movement disorders. Alexey Tappakhov study of epidemiologic, genetic and clinical features of Parkinson's disease in the Sakha (Yakutia) Republic. He is looking for reliable neuroimaging, neurophysiological biomarkers of Parkinson's disease. Alexey Tappakhov has published more than 10 papers about Parkinson's disease and other neurodegenerative disorders.

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