

DECODE-PD NEWSLETTER

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Issue 2
May 2026



MOHN RESEARCH CENTER FOR NEUROPROTECTION AND INNOVATION CENTER FOR NEURORESILIENCE (ICoN)

Welcome to the second issue of the DECODE-PD Newsletter. As we move into 2026, we are pleased to share recent milestones and a look at what lies ahead. New centers dedicated to Parkinson's research are being established, including the recently opened Mohn Research Center for Neuroprotection (featured on the front cover) and the Innovation Center for Neuroresilience (ICoN). In parallel, several new and forward-looking initiatives are underway. You can read more about these developments in the sections below.

Hope remains strong, and so does our commitment to advancing Parkinson's research!



[New Mohn Research Center for Neuroprotection in Norway paves the Way to Prevention for Neurodegenerative Diseases](#)



[Mohn Research Center for Neuroprotection has opened!](#)



[New Innovation Centre Unites Research and Industry to Prevent Parkinson's and Dementia | UiB](#)

NOPARK RESULTS

NOPARK has been the largest academic clinical trial in Norway. It was led by our group, enrolling more than 400 people with Parkinson's disease from across Norway. The study explored whether treatment with nicotinamide riboside (NR) could protect nerve cells and slow

disease progression. The trial is now completed, and results will be published later this year. We thank everyone for the patience and we extend our deepest gratitude to all who took part in the study. Your involvement brings knowledge, hope, and new possibilities for the Parkinson's community.

MOVING FORWARD: UPCOMING STUDIES AND INNOVATIVE INITIATIVES

Neurodegenerative diseases affect more than 70 million people worldwide, a number projected to exceed 175 million by 2050. Despite decades of research and over 70 clinical trials, we still lack treatments that can slow or stop disease progression. Although results so far have been discouraging, they still advance the field by helping

researchers rule out ineffective approaches and better identify where future efforts should be focused. Our innovative approaches build on this knowledge and aim to address major issues from several angles, offering new paths toward better solutions.

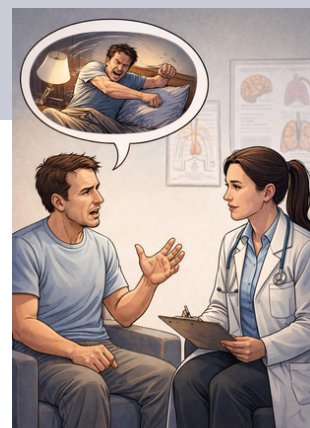


NOR-RBD

Norway's first cohort of individuals at prodromal stages

Tackling Parkinson's disease (PD) from multiple angles means exploring new approaches, and disease prevention is an important and largely unexplored area. So far, trials have focused on individuals after diagnosis, with symptoms already established and advanced neurodegeneration. Yet, PD develops slowly, and people experience early signs long before a diagnosis is made. This early phase - called prodromal phase - is a period in which some symptoms are present, but full clinical disease has not yet developed. Intervening during this stage offers a valuable opportunity to protect neuronal function and delay the appearance of symptoms. One of

the most important early signs during prodromal stages is a sleep disorder called REM Sleep Behavior Disorder (RBD). Individuals with RBD physically act out their dreams during sleep, sometimes putting themselves or their bed partners at risk. Symptoms can include, among others:



talk or
shout



get out or
fall from bed

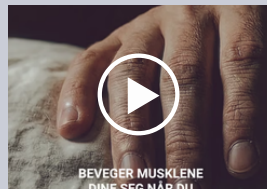


kicks or
punches

while asleep

RBD can emerge due to specific medications, but it can also develop spontaneously without an underlying cause. In the latter case, it is called 'idiopathic RBD (iRBD)'. Over 90% of the individuals diagnosed with iRBD will progress, within 15 years, to PD or other types of neurodegenerative diseases such as dementia with Lewy bodies (DLB) or multiple system atrophy (MSA). Despite the strong correlation, interventions at the prodromal stage have not yet been implemented - until now.

Our initiative, NOR-RBD, aims to follow up closely the individuals diagnosed with iRBD, providing them the unique opportunity to take part in the world's first preventive trials for Parkinson's disease.



NOR-RBD recruitment video

D-SPARK

Sparking New Hope in Parkinson's Treatment by Enhancing Neural Connectivity

D-SPARK, our newest clinical study, aims to investigate whether treatment with D-serine can help slow disease processes in the brain and improve symptoms in Parkinson's disease. D-serine is a naturally occurring amino acid that may strengthen connections between nerve cells in the brain. Previous studies in cells and animals have shown positive effects in terms of nerve growth and symptom improvement, and a small pilot clinical study in 10 people with Parkinson's disease also showed encouraging effects with no significant side effects.

The study is being conducted in close collaboration with SPARK NS, an independent, nonprofit translational research organization based in California, USA, which is supporting the trial through funding and scientific contributions. D-SPARK is led by Professor Charalampos Tzoulis with Dr Haakon Berven as Coordinating Investigator. Professor Tzoulis is Director of the Neuro-SysMed Center of Excellence for Clinical Neurological Research, the K.G. Jebsen Center for Parkinson's Disease, the Mohn Research Center for Neuroprotection, and the Innovation Center for Neuroresilience (ICoN) at Haukeland University Hospital and the University of Bergen, Norway.

Dr Berven is a neurology resident, with significant Parkinson's trial experience, including serving as Coordinating Investigator role in the successfully completed NR-SAFE and N-DOSE studies.

The study aims to enroll 100 participants with Parkinson's disease, recruited from hospitals across Norway.



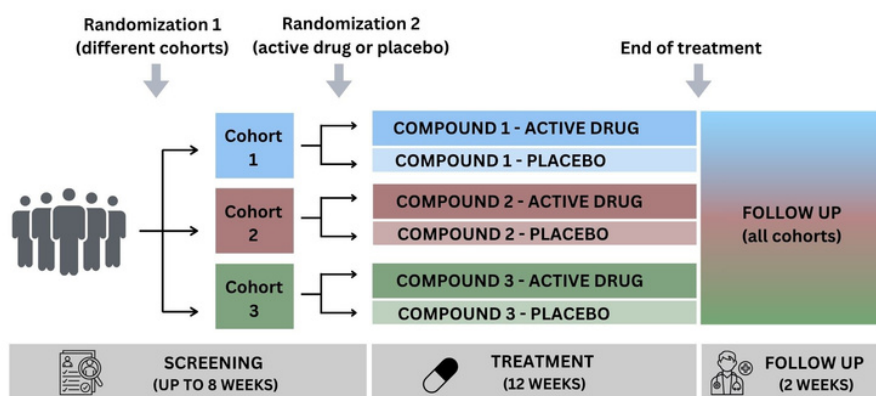
[Haukeland universitetssjukehus samarbeider med SPARK NS om en ny behandlingsstrategi for Parkinsons sykdom - Helse Bergen HF](#)



[SPARK NS and Haukeland Univ Hospital Begin Parkinson's Clinical Trial](#)

One of the biggest challenges in Parkinson's research is that many treatments move into large clinical trials without clear proof that they reach the human brain or work as intended in the patient's brain. SLEIPNIR is a platform study - a type of trial where several treatments are tested at the same time - designed to address this problem. By using a shared placebo arm, we ensure a more ethical trial design, reduce the number of patients

required, and accelerate the time needed to generate robust answers. Compounds selected to be tested on SLEIPNIR are supported by positive research data in animal models, established safety and neuroprotective effects in relevant laboratory models, and have undergone phase I clinical safety testing in humans.



The figure shows the structure of the SLEIPNIR study. After an assessment period, participants are randomly assigned to different treatment groups (different interventions). Within each treatment group, participants are randomly assigned to active treatment or placebo. This is followed by 12 weeks of treatment and 2 weeks of follow-up.

The initiative will identify the treatments that are more likely to work, thereby increasing the chances of success. This approach reduces trial failures and speeds

up the development of effective, disease-modifying therapies for Parkinson's disease.

WHO CAN PARTICIPATE IN OUR NEW STUDIES/INITIATIVES?

STUDY/INITIATIVE	WHO CAN PARTICIPATE?
<u>NOR-RBD</u>	participants with confirmed iRBD diagnosis (verified by us via video polysomnography)
<u>D-SPARK</u>	participants with PD, 40 to 80 years at time of enrollment
<u>SLEIPNIR</u>	participants with PD, 40 to 85 years of age (inclusion starts later in 2026)



For more information, click on the study name or contact us:

NOR-RBD: neurosystmedstudier@helse-bergen.no

D-SPARK and SLEIPNIR: parkinson-forskning@helse-bergen.no

STUDIES WITH NR SUPPLEMENTATION



Nicotinamide riboside, also known as NR, is a form of vitamin B3. NR increases the levels of a natural molecule in the body (NAD), which plays an important role in how our cells function and has also been linked to brain health. The studies described below explore the effects of NR supplementation, either in individuals with a neurodegenerative condition, or those without.



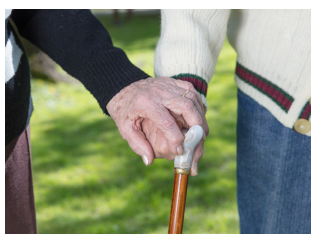
Recruiting!

ATYPICAL PARKINSONISM: THE NADAPT STUDY

Progressive supranuclear palsy (PSP), multiple system atrophy (MSA), and corticobasal syndrome (CBS) are rare and serious brain diseases that share some similarities with Parkinson's disease, but also have important differences. The NADAPT study explores whether NR can support brain health in people with these conditions, slow disease progression, and help improve symptoms. To read more, [click here](#).

**STUDIES FOR INDIVIDUALS
WITHOUT PARKINSON'S DISEASE**

Recruiting!

**NADage study**

NADage is a research study for people aged 75 and older who are starting to notice some changes in their physical strength and energy levels. As we get older, it's common to feel a bit more tired, move slower, or find everyday activities more challenging. This can increase the risk of falls and reduce independence. NADage is exploring whether NR can help maintain or slow down further decline in physical and cognitive function. To read more, [click here](#).

**NADream study**

NADream is a research study for healthy adults exploring whether NR can help improve sleep quality. Sleep is essential for how the brain recovers and "resets" each night, influencing energy levels, concentration, and overall well-being during the day. The NADream study aims to find out whether NR can support deeper, more restorative sleep. To read more, [click here](#).

INTERESTED?**Contact us!**NADAPT: parkinson-forskning@helse-bergen.noNADage and NADream: neurosystmedstudier@helse-bergen.no

NEW RESEARCH CENTERS

Mohn Research Center for Neuroprotection and Innovation Center for Neuroresilience (ICoN)

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Opening of the Mohn Research Center for Neuroprotection on 18th February 2026. From left: Christian Dölle (Co-Director of the Center), Nicholas Knag Nunn (Managing Director at Trond Mohn Research Foundation), Trond Mohn (businessman and philanthropist), Eivind Hansen (Administrative Director at Haukeland University Hospital), Torhild Næss Vedeler (Director of the Neurology Clinic, Haukeland University Hospital), Charalampos Tzoulis (Director of the Center) Marit Bakke (Dean at the Faculty of Medicine, University of Bergen), Silje Skrede (Prodean for research, research education and innovation at the Faculty of Medicine, University of Bergen), Margareth Hagen (Rector of the University of Bergen). Foto: Eivind Senneset.

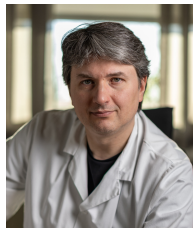


Innovation Center for Neuroresilience (ICoN) funding announcement on December 15th 2025. From left: Anne Kristin Fahlvik (Executive Director, Innovation, Technologies, Health, The Research Council of Norway), Sigrun Aasland (Norway's Minister of Research and Higher Education), Charalampos Tzoulis (Director, ICoN), Karianne Tung (Minister of Digitization), and Yamila Torres Cleuren (Innovation Manager, ICoN). Photo: UiB

One of our most important achievements in 2025 was the award of two major research centers that will work closely together to advance Parkinson's research. These are large funding projects that allow our group, together with national and international collaborators, to continue our mission to find a cure for Parkinson's disease. The first is the Mohn Research Center for Neuroprotection, supported by NOK 50 million from the Trond Mohn Research Foundation (TMF), in partnership with the University of Bergen (UiB) and Haukeland University Hospital. This center aims to shift research and care toward early detection and prevention - protecting the brain before irreversible damage occurs. Its focus is REM sleep behavior disorder (iRBD), a condition discussed previously in this newsletter. The center will establish a national RBD cohort, develop tools for early disease detection, and conduct pioneering preventive clinical trials in people at increased risk. The second center, the Innovation Center for Neuroresilience (ICoN), is a Center for Research-based Innovation funded by the Research Council of Norway. Hosted by the University of Bergen with Haukeland University Hospital, SINTEF

and FHI as academic partners, ICoN brings together leading academic groups and 20 industry partners - ranging from startups to large companies across pharmaceuticals, biotech, digital health, nutrition, and supplements. Among its goals, the center will identify new neuroprotective compounds and test them clinically through the SLEIPNIR platform, confirming whether potential treatments reach the brain and act on their intended targets. Together with the Mohn Research Center for Neuroprotection, ICoN will use the national RBD cohort to run preventive clinical trials and discover early biomarkers of disease. The center will also explore how nutrition and environmental exposures influence disease risk. Securing funding for both the Mohn Research Center for Neuroprotection and ICoN represents more than the establishment of new centers; it brings renewed hope. By tackling Parkinson's disease from new angles and through strong partnerships, these centers bring us closer to a future where devastating brain diseases can be better understood and ultimately, prevented.

NORWEGIAN BRAIN COUNCIL'S RESEARCH PRIZE 2026



Prof Charalampos Tzoulis, who leads the DECODE-PD group, has been awarded the Norwegian Brain Council's Research Prize for 2026. The prize recognizes his contributions to brain research and to increased awareness of Parkinson's disease (PD) and other neurological diseases in Norway. To read about it, please [click here](#).

SUPPORT OUR RESEARCH!



Research to find a cure for Parkinson's disease is very expensive and unfortunately significantly underfunded. In order to explore new treatment options, we are completely dependent on competitive funding, which we are continuously applying for. Better funding will enable more studies, faster results and a shorter path to a breakthrough in the treatment of Parkinson's disease.

HOW CAN YOU CONTRIBUTE?

1. Vipps: scan the QR-code or search for "Neuro-SysMed Gifts" ([Vipps #775396](#)). DECODE-PD is part of Neuro-SysMed and in order for your gift to reach us, we kindly ask you to write "Parkinson's" in the text field of the gift.

2. Bank transfer: account number [3201.24.40714](#). Mark the gift with "WBS: [F-12120-D12092](#)" so that the gift reach us.



Neuro-SysMed Gaver

#775396

FOLLOW US ON SOCIAL MEDIA!

Click on the icons to access our websites and social media:



Thank you for joining us and supporting the fight against
Parkinson's disease. Together we will make it happen!

