



The Parkinson News

September 2014

SPECIAL PRESENTATION IN SEPTEMBER

Wednesday, September 10, 2014

2:00pm-4:00pm



Dr. Robert E. Wharen, MD Professor and Chair of the Department of Neurosurgery at the Mayo Clinic in Jacksonville along with special guest contributor Neurologist *Dr. Ryan Uitti, MD* also with the Mayo Clinic will present:

"New Options for Patients with Parkinson's Disease - Asleep Deep Brain Stimulation Surgery"

Bethune Cookman University

Michael & Libby Johnson Center for Civic Engagement

740 W. International Speedway Blvd. • Daytona Beach

*****Note location change which is due to the anticipation of high turnout. This meeting will be our only one for the month of September.**



DIRECTIONS:

The Conference Center is located on International Speedway Drive between U.S. 1 and Nova Road. It is on the North side of the street directly across from the large Indian Chief sign (for the business Tobacco Exotica). There is plenty of parking. If you need help with directions please call us.

Refreshments will be served. Please RSVP: Seating is limited

Reservations for this event are required by calling (386) 676-6375 by 12pm on Monday September 8, 2014.

Caregiver's Day Out

This invaluable resource is still in place. Sponsored by Stephen Ministry of the First United Methodist Church in Ormond Beach, this program offers 4-6 hours of free respite care in a safe, comfortable place and includes a light meal and activities. Upcoming dates are Saturday, September 13, Thursday, October 16, Saturday, November 15, and Thursday December 18.

For more info contact

Sherry McElveen at (386) 677-3581 ext. 311.

7th Annual Parkinson "Sole Support for Parkinson's" Fun Walk

Our BIG DAY will be here before we know it! Mark your calendars for Saturday, November 1, 2014. Location is the same- the Port Orange Civic Center & Amphitheatre. Registration starts at 8:30am.

Look inside for registration form!

Condolences

Leigh Baker died on July 16.

Our condolences to Leigh's extended family and friends.

Website

Our website has changed to www.parkinsondaytona.org

Recap of July Meeting

Chiropractors Dr. Terry Kahn and Dr. Mindy Weingarten presented "Adding Chiropractic to your Strategy for Coping with Parkinson's Disease".

Here are some of the key points of their presentation:

- Most people think Health is feeling good and not having any symptoms. Health is actually Function, not how we feel. We want to function as close to 100% as possible.
- Symptoms are 1) Warning signs, 2) signals that something is happening in the body, and 3) something we need to address.
- We have been told (or learn) that if you "take something and you'll feel better." If you cover up or try to make the symptoms disappear, it doesn't make the problem go away. You are just hiding the warning signs.

Central Nervous System:

- Runs everything in the body from the brain. It communicates with all the cells in the body via the spinal cord.
- The vertebrae are where the nerves leave the spine. You want the space between the vertebrae to be as wide as possible, and in good alignment to allow function in the area of the body they serve.
- 90% are motor and 10% are sensory areas in the nervous system.

Subluxation:

- Subluxation is when the vertebrae are out of alignment affecting the nerves and altering function.
- Pain in the sensory areas alters function in the body.
- The purpose of chiropractic is to check for nerve pressure before it causes pain and alters function.
- The solution of the American health system is to give a pill rather than treat the problem.
- What causes subluxation? Stress causes chronic diseases. The nervous system is designed to deal with, adapt and recover from stress. When the system is compromised, it can't do it.
- Subluxation blocks the normal flow of electrical impulses from the brain to the body and can't function 100%.

Causes of stress:

- Physical (falls/injuries, yard work, hobbies, sports, computer work, repetitive activities, standing/sitting in bad posture, bending).
- Chemical (air pollution, water, processed foods, preservatives, food coloring, medications, smoke, alcohol, perfumes, mold, household cleaners, pesticides).
- Emotional anxiety, relationships, caregiving, work, money, health, death, loss of independence).

Chiropractors will use adjustments to decrease irritation on the nerve and blood supply, and open the space between the vertebrae. Best to start before subluxation begins. If you do nothing, the space between the two vertebrae start to fuse together and nerve function is lost.

Studies support chiropractic care to manage the symptoms that occur with PD. It improves posture, spinal alignment, decreases stress on the nervous system, and improves all ADLs.

positive. More research is needed to prove the importance of chiropractic care, but studies to date have been encouraging.

****A special thanks to Board member Sharon Estes for taking great notes**

Dopaminergic Therapy Spurs Creativity in People with Parkinson's Disease (PD)

People with PD who take dopaminergic medications show enhanced creativity, according to a study published in the June issue of the *Annals of Neurology*.

Over the years, there have been anecdotal accounts of people living with PD who experience a sudden emergence of artistic creativity after being treated with dopaminergic therapy. Examples include a person who within a month of starting treatment for PD, suddenly began writing poetry, and went on to become an award-winning poet. Yet it has been unclear whether medications lead to creativity directly or more indirectly, as part of side effects called impulse control disorders (ICDs), which are pathological in nature, and include unhealthy levels of gambling, shopping, eating and sexual activity.

Researchers at the Joseph Sagol Neuroscience Center at Sheba Medical Center at Tel Aviv University in Israel were interested in learning more. The researchers assessed the creative skills of 27 people with PD who were taking dopaminergic medications (average age 62, who had a high school education or higher) with a matched control group of 27 people without PD. Participants took a series of tests that assessed skills such as verbal fluency, word association and original thinking. To determine if ICD was a factor in enhancing creativity, participants were also assessed for impulsive behavior, such as gambling and shopping.

- Participants with PD, all of whom were treated with dopaminergic drugs, demonstrated enhanced verbal and visual creativity as compared to the neurologically healthy control group.
- Higher scores on a test of visual creativity were correlated with higher doses of dopaminergic medications, but also with decreased verbal fluency.
- Enhanced creativity was not correlated with the presence of impulse control disorders.

In recent years, researchers have become increasingly interested in the relationship between dopaminergic drugs commonly used to treat PD, such as levodopa and dopamine agonists, and enhanced artistic creativity.

This study demonstrated that people with PD taking dopaminergic medications do, in fact, have increased measures of creativity compared to participants who do not live with PD. More importantly, it found that enhanced creativity was not associated with impulse control disorders, potential complications of certain PD medications.

The good news is that if people with PD do show artistic abilities, creativity has potential to improve quality of life with PD.

Exercise Group ~ You Are Invited

Our weekly exercise group is open to those in our community living with Parkinson's. Walkers and wheelchairs are OK and caregivers are encouraged to attend.

WHEN: Tuesdays from 10:00am to 11:00am

WHERE: Seventh Day Adventist Church

Please call before attending your first session.

401 N. Williamson Blvd. (North of International Speedway Blvd.)

For More Information: Call 386-231-6327.

Note: This program is provided free of charge.

IMPORTANT – Check with your physician before starting any exercise program.



It is still not known exactly why dopaminergic medications boost creativity. One possible explanation is that dopaminergic drugs lower inhibition, which may expand a person's creativity and "outside the box" thinking. Additionally, people with PD exhibit more impulsivity as measured in a laboratory setting – even off medication. It is possible that a subset of people with PD may have a greater creative capacity as a result of their disease, which can be the case in other neurodegenerative diseases, such as frontotemporal dementia.

Parkinson Disease Foundation (PDF) started The Creativity and Parkinson's Project exists to explore, support and encourage the therapeutic value of creativity in Parkinson's. Browse the online gallery or submit creative works (painting, photography, poetry and more) at www.pdf.org/creativity.

Science News July 22 2014

New Hope for Parkinson's

The disease doesn't discriminate sexually, racially, or geographically, and its prevalence is rising partly because people live longer than they used to. That doesn't tell the whole story though. In fact, 15 percent of those diagnosed are younger than 50. They should be resistant to the disease but "our increasingly toxic environment is lethal to the nervous system, so it is no surprise that we are seeing a surge in neurological disorders."

Scientists have pinpointed several of the toxins that increase risk of the disease. One culprit is pesticides. Research shows that the more pesticides you're exposed to, the higher your risk of developing PD—whether you're a farmer or recreational gardener, or someone who just happens to drink well water near pesticide-treated land. The researchers found that those individuals regularly exposed to pesticides had a 70 percent higher incidence of PD.

The first step, then, in preventing or slowing PD is to limit your exposure to these toxins. You can do that by choosing organic produce, drinking purified water, and living in an area with low pollution levels.

Along with avoiding the toxins that ignite the free-radical fire, you should eat foods and take supplements that put that fire out. Growing research shows that diets rich in antioxidants, as well as free radical-fighting supplements, help keep PD patients functioning better with fewer symptoms.

People with PD, like all of us, should keep their bodies moving. Exercise helps the muscles run smoothly and staves off the "rusting" and rigidity PD induces. So has music therapy, a treatment that uses music to stimulate movement and emotional responses via different sensory pathways. Music therapy helps PD patients initiate movement—of great benefit, since freezing-up is a common PD challenge.

Dance therapy offers ways to retrain the brain—not just for pirouettes, but for daily challenges like stepping through doorways or walking with a smooth gait

Yoga also seems particularly effective. Gentle yoga practice increased energy, balance, and coordination. PD-specific yoga classes are popping up around the country.

With the verdict still out on the best treatment for PD, doctors and naturopaths alike recommend trying as many healing therapies as possible. These complementary approaches—both time-tested and cutting edge—offer hope to those with PD, no matter what stage they're in.

Rethink Your Diet

- Decrease toxin exposure. Choose organic produce, drink filtered water, and load up on fiber to ensure regular bowel movements.
- Drink more green tea. New research found that naturally occurring chemicals in green tea actually protect dopamine neurons affected by PD.
- Cut back on carbohydrates. It's also smart to limit dairy and refined or processed meats and grains, which increase inflammation (and therefore increase your risk of PD, though why that happens remains unclear).

Reduce Stress

- Try acupuncture. Although studies have been inconclusive, many proponents have found that acupuncture, especially using points from the yin channels, boosts energy and improves sleep in patients.
- Exercise more. Obesity appears to increase your chances of getting PD, sometimes up to 300 percent. Body fat may store toxins that damage the neurons in your brain responsible for dopamine production.
- Meditate. A calm, meditative mind soothes the nerves and may increase dopamine production. A 2002 study found that Yoga Nidra, also called yogic sleep, boosts dopamine production by up to 65 percent. Although the study wasn't conducted on PD patients, doctors have cited it as a potentially important discovery for fighting the disease.

Alternative Medicine May/June 2014

Editor's note: These are some excerpts from this lengthy but informative article. Read the article in its entirety at www.alternativemedicine.com Always consult with your physician before trying anything new.

DANCE for PD®

The cost of this program is fully subsidized by our Association (PAGDB).

Time and locations:

Monday 1:00pm ~ Port Orange Family YMCA
4701 City Center Dr., Port Orange, FL 32129 • (386) 760-9622

Wednesday 12:30pm ~ DeLand Family YMCA
761 E. Int'l Speedway Blvd., DeLand, FL 32124 • (386) 736-3000

Wednesday 1:15pm ~ Southeast Volusia Family YMCA
148 W. Turgot Ave., Edgewater, FL 32132 • (386) 409-9622

Thursday 1:00pm ~ Ormond Beach Family YMCA
500 Sterhaus Ave. Ormond Beach, FL 32174 • (386) 673-9622

To register for the program, call the closest YMCA
or Bev Johnson at 386-738-9622 ext. 313 or visit vfyymca.org

Learn more about

Dance for PD®
by visiting

www.danceforpd.org



*So
get out
and
DANCE!*

LOCAL CAREGIVER SUPPORT GROUP

*Support Group for
People with Parkinsons
& Parkinson's Caregivers*

1st Tuesday of Every Month

Next meeting:

Tuesday, October 7, 2014

2:15 pm

**Bishop's Glen
Retirement Community**
900 LPGA Blvd., Holly Hill, FL 32117

Facilitators:
Karen Grant, L.C.S.W.
Julie Randolph, L.C.S.W.
Halifax Health Hospice of Volusia/Flagler

***This is the only area support group
specific to Parkinson's***

***People with Parkinsons and Parkinson's
Caregivers meet in separate rooms.***

Complimentary refreshments
will be served.

**RSVP to (386) 226-9110
or email: Helen.Kuhel@rhf.org**

**Halifax Health
is now offering
a FREE caregiver
support line.**

**The hotline offers
information and support
to residents who are
providing long-term care
for loved ones.**

**The support line is open
9:00am - 3:00pm
Monday through Thursday.**

**Calls received Friday or after
hours will be returned
within 48 hours.**

**The hotline can be reached
by calling 386-947-4652.**



"PD Tulip"
The unifying symbol
for Parkinson's awareness.

PARKINSON ASSOCIATION
OF GREATER DAYTONA BEACH
P.O. BOX 4193
ORMOND BEACH, FL 32175

It's a terrible thing, I think, in life to wait until you're ready. I have this feeling now that actually no one is ever ready to do anything. There is almost no such thing as ready. There is only Now. And you may as well do it now. Generally speaking, now is as good a time as any."

Hugh Laurie

Postage Courtesy of Halifax Health

Parkinson Association of Greater Daytona Beach
P.O. Box 4193 • Ormond Beach, FL 32175
386-252-8959 (Leave Message)
www.ParkinsonDaytona.org

PAGDB BOARD ROSTER

Vince Kinsler, PAGDB President
Owner, Affordable Home Care
(386) 676-6375 • Email: yovinnny57@aol.com

Nancy Dawson
Halifax Health Hospice
Newsletter Editor
Email: nancy.dawson@halifax.org

Sharon Estes, RN
Visiting Angels Senior Home Care
(386) 252-3777

Ellen Lauturner
(386) 451-5512

Diana L. Lee
leed@cookman.edu

Bruce Popielarski
popiebp@bellsouth.net

Lori DeVilbiss
Volusia /Flagler Family YMCA
(386) 760-9622

Ken Sipes, CPA

**DELAND AREA
PARKINSON'S SUPPORT GROUP**

Meetings will be held the **2nd Thursday of the month at 3:00 pm** at a new location - *Woodland Towers, 113 W. Chipola Avenue, DeLand.*

The DeLand group is directed by **Nicolle Cella of Home Instead Senior Care**. For more info contact Nicolle at (386) 864-5918 or email: nicolle.cella@homeinstead.com.

**FLAGLER AREA
PARKINSON'S SUPPORT GROUP**

Meetings are held the **2nd Wednesday of the month from 1:00-3:00pm** at the **Florida Hospital Flagler Education Center, 60 Memorial Medical Parkway, Palm Coast, FL.**

The facilitator is **Laurel Gaddy, Physical Therapist.**

For more information contact Laurel at (386) 586-4420 or email: laurel.gaddy@ahss.org.

**PARKINSON'S
RESOURCE LIBRARY**

Located at
Attorney Randy Schecter's office
1870 West Granada Boulevard
in Ormond Beach.
Just West of I-95.

HOURS:

Monday through Thursday
9:00am — 4:00pm,
Friday 9:00am — 3:00pm.

Please remember to return books to the library or bring to one of our meetings so others can benefit.

Thank you.

NOTE: The information in this newsletter and the information provided by our speakers is not intended as medical advice. Please consult your physician before trying anything new or different.