

# CENTRAL ILLINOIS PARKINSON SUPPORT GROUP

Blessed are those who can laugh at themselves....

Web site: [www.heartstohands.org](http://www.heartstohands.org)

They shall never cease to be entertained

**DATE: January 6, 2018**

**TIME: 1:30 – 3:30 PM**

**Program: Care and Share, Planning for next year.**

**WHERE: OSF PromtCare**

**5114 N. Glen Park Place**

**Peoria, IL 61614**

January 6<sup>th</sup>, will be our next meeting. This will be a discussion and planning meeting, we will have some discussion on what you would like for programs during the upcoming year, so bring your ideas.

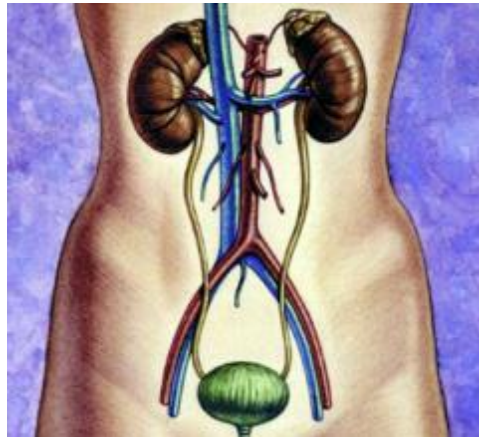
49 people attend our Christmas lunch, there were lots of ugly sweaters in the ugly sweater contest and surprisingly enough there were enough prizes to go around. It was great to have little time to sit back and relax enjoy some good food and fellowship before the busy Holiday season.

We took a collection to make a donation to the Journal Star Christmas Fund and \$100.00 was collected. Thank you so much for making this a success. The Journal Star ran our donation listing on December 11<sup>th</sup>.



The Don Bohlander Parkinson's FUNDRacers next big event will be the Pulled Pork Dinner on March 3, 2018. Please mark this event on your calendars. You and your family will not want to miss it. The event is an evening packed full of activity with a live auction, raffles, and T-Shirt sales. We are however in need of auction items and volunteer help please contact Val Bohlander 309 241-5905 or Roger 309 219-210 for more information.

Dues are \$7.00 per person and are now due. I have enclosed a self-addressed envelope or you may pay at the meeting.



#### BLADDER AND BOWEL SYMPTOMS IN PARKINSON'S DISEASE

An assessment was made of the prevalence of urinary and bowel symptoms, such as urinary incontinence and constipation in people with early Parkinson's Disease. Prevalent bladder symptoms (urinary incontinence and nighttime voiding) and bowel symptoms (constipation and fecal incontinence) were defined as occurring at least sometimes.

Constipation occurred three times more often in people with early Parkinson's Disease (in around 32% of people). Urinary incontinence occurred three times more often in people with early Parkinson's Disease (in around 26% of people). Prevalent nighttime urination was also high (in around 82% of people), but was little different in older people who did not have Parkinson's Disease. The likelihood of urinary incontinence and constipation were significantly higher in early Parkinson's Disease even after adjusting for age, sex, cognition, depression, and anxiety medication usage. While constipation is known to precede the diagnosis of Parkinson's Disease, the results suggest that the occurrence of urinary incontinence is also elevated in early Parkinson's Disease.



#### JESSE JACKSON DIAGNOSED WITH PARKINSON'S DISEASE

Civil rights activist Reverend Jesse Jackson said that he has been diagnosed with Parkinson's Disease. He wrote in a statement that, "My family and I began to notice changes about three years ago. After a battery of tests, my physicians identified the issue as Parkinson's disease, a disease that bested my father." Jesse Jackson added that, "recognition of the effects of this disease on me has been painful." He also said he sees his diagnosis as "a signal that I must make lifestyle changes and dedicate myself to physical therapy in hopes of slowing the disease's progression." The 76-year-old former congressman is a two-time Democratic presidential candidate. The highlight of his career includes participating in civil rights demonstrations with the Reverend Martin Luther King Jr..