CENTRAL ILLINOIS PARKINSON SUPPORT GROUP

Blessed are those who can laugh at themselves….

Web site: www.heartstohands.org They shall never cease to be entertained

Volume I Issue III July 2013

Next Meeting August 3, 2013 1:30pm – 3:30pm Methodist Hospital in the Morron Room. Dr. Mark Katchen will be our speaker. Chris Snyder of Medtronic will be on hand with DBS patient education material.

18 people enjoyed our annual picnic in July. The food and fellowship was outstanding. A special thanks to Rose and Bob Franks for providing the Great indoor place for our picnic and drinks.

Coming in November Pedel for Parkinson's November 2, 2013 this event will be in place of our regular meeting that month. There will be more information coming in next month's newsletter. Start recruiting your sponsors now.

Remember you can stay up to date with everything going on in the area with Parkinson's by visiting www.heartstohands.org Copies of our past newsletters are posted on the site along with photos of our events, and upcoming event information.

If you have questions please contact Barb or Roger Halleen at 309 219-1210, 309 699-7394 or peoriapdgroup@comcast.net

News from the Don Bohlander Parkinson's FundRACERS

We will be making a donation to Dr. Pratt at the Illinois Neurological Institute. This Donation will help fund her research project. Dr. Pratt is working on local cause of Parkinson's Disease.

The Peoria Speedway is open and up and running again after being destroyed by flooding this spring. We are not only selling 50/50 tickets this year but also some Peoria Speedway souvenirs. So stop out and see us some Saturday night. September will once again kick off our monthly fundraising breakfast at the Pekin Moose Lodge. This is a buffet style breakfast severed 8:00 am to 11:00 am on the second Sunday of the month Starting with the Marigold Festival Breakfast on September 8, 2013

We also have T-shirts from the Don Bohlander Tribute Race for sale they are $12.00 ea. with 2x and 3x slightly more. You can also get Peoria Speedway T-Shirts or rally towels from us. If you're interested in one please call Roger at 309 219-1210

If you are interested in reading one of the Groups books that are available in the library please give us a call. We will bring it to the next meeting. The list of books available on our web site or call Barb at 309 699-7394

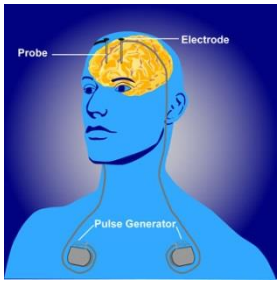
Parkinson's Action Network

Congress is scheduled to be on summer recess August 3 - September 8, and Members will be at home, meeting with constituents. This is a great opportunity to interact one-on-one with your elected officials and members of their staff to discuss the federal funding priorities of the Parkinson's community, including the National Institutes of Health (NIH), the Food and Drug Administration (FDA), and the Department of Defense Parkinson's research program. Aaron Schocks office number is 309 671-7027. Cheri Bustos office number is 309 644-2358, however her office is in Moline but if she is your Congress woman please at least give her a call. We need to be heard from.

ALCOHOL AND THE RISK OF PARKINSON'S DISEASE

Researchers examined total alcohol consumption and consumption of specific types of alcoholic drinks in relation to future risk of developing Parkinson's Disease. It was the largest study of its kind, assessing over 300,000 people. Total alcohol consumption was not associated with Parkinson's Disease. However, the association differed according to the types of alcoholic drinks consumed.
Compared with non-beer drinkers, beer drinkers were less likely to develop Parkinson's Disease, whether they had less than 1, 1 to 2, or 2 drinks per day. For liquor (spirit) drinkers the likelihood of developing Parkinson's Disease appeared to gradually increase with the number of drinks they consumed per day, but with less than one drink per day making no difference. The results for wine consumption were less clear. However, a drink or two of wine per day made no difference to the risk of Parkinson's Disease. So beer drinking appears to be associated with a reduced likelihood of developing Parkinson's Disease, but liquor (spirit) drinking appears to be associated with an increased likelihood of developing Parkinson's Disease. Please visit http://www.viartis.net/parkinsons.disease/news.htm for more information.

L-dopa has been found to increase the risk of neuropathy. Neuropathy is a collection of medical disorders that occur when nerves of the peripheral nervous system are damaged by various means.
Motor nerve damage leads to symptoms such as muscle weakness, cramps, spasms, a loss of balance and coordination. People may find it difficult to walk, feel like they have heavy legs, stumble, or tire easily. Damage to arm nerves may make it difficult to do routine tasks like carry bags, open jars, or turn door knobs. Sensory nerve damage can cause tingling, numbness, pinching and pain. Autonomic nerve damage can lead to abnormal blood pressure and heart rate, reduced ability to perspire, constipation, bladder dysfunction, diarrhea, incontinence, sexual dysfunction, and thinning of the skin. For more information go to Neuropathy : http://www.medicalnewstoday.com/articles/147963.php
Those people taking L-dopa for more than 3 years were most affected with nearly 20% of them being diagnosed with neuropathy. Only 7% of those people taking L-dopa for less than three years were diagnosed with neuropathy. The risk of neuropathy was not influenced by : Parkinson's Disease duration, severity of Parkinson's Disease or gender. The risk of neuropathy increased by approximately 8% for each year of age. The L-dopa dosages were higher in those affected. So L-dopa dosage and duration and age were the main risk factors for neuropathy. Please visit http://www.viartis.net/parkinsons.disease/news.htm for more information.



THE EFFECT OF DEEP BRAIN STIMULATION ON PARKINSON'S DISEASE
Researchers assessed the effect of Deep Brain Stimulation (DBS) on the different types of symptoms experienced in Parkinson's Disease. Deep Brain Stimulation (DBS) involves the use of electrodes that are implanted into the brain and connected to a small electrical device called a pulse generator that can be externally programmed. DBS requires careful programming of the stimulator device. For more information go to Deep brain stimulation : http://www.ninds.nih.gov/disorders/deep_brain_stimulation/deep_brain_stimulation.htm
The major Parkinson's Disease symptom score (the Unified Parkinson's Disease Rating Scale) decreased by 70%. Patient condition improved according to the Hoehn-Yahr scale, approximately by two stages. Twelve hours after the withdrawal of Parkinson's Disease drugs execution of daily activity improved by 57% and motor functions developed by 79%. Duration of dyskinesias decreased by 62%. Duration of akinesia (loss of movement) diminished by 87%. Quality of life rose by 41%. Neuropsychological tests detected improvement in verbal memory. (continued on next page)

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The dosage of Parkinson's Disease drugs could be reduced by 63% after the operation had been completed. They concluded that, with Deep Brain Stimulation and by careful patient selection, the dosage of Parkinson's Disease drugs could be significantly reduced with considerable improvements in motor function and quality of life.

PEPPERS REDUCE THE RISK OF PARKINSON'S DISEASE

Nicotine has long been known to reduce the risk of Parkinson's Disease. So researchers assessed whether the risk of Parkinson's Disease is associated with the consumption of nicotine-containing vegetables edibles from the same botanical family as tobacco, Solanaceae, which includes peppers, tomatoes, and potatoes. When people with Parkinson's Disease were compared with those people that did not have it, Parkinson's Disease was found to be less likely in those people that ate more peppers, tomatoes, tomato juice, and potatoes during adulthood. An association was also found for just peppers. The likelihood of developing Parkinson's Disease was an average of 81% as likely, and in some people down to 65% as likely. The association was intensified when the nicotine concentration of the vegetables was higher. So it was nicotine that caused the effect. The potential effect largely occurred in people who had never used tobacco or who had smoked cigarettes for less than 10 years. Consumption of other vegetables was unrelated to the likelihood of developing Parkinson's Disease. Please visit http://www.viartis.net/parkinsons.disease/news.htm for more information.

SWEETENER FOR TREATING PARKINSON'S DISEASE

The sweetener, mannitol, has been proposed as a potential means of treating Parkinson's Disease because of the dual mechanisms it has in the brain. Mannitol, which is used in medicine, is derived from mannose, which is a sugar. Researchers assessed the ability of mannitol to (1) interfere with the aggregation of alpha-synuclein, and (2) its ability to disrupt the blood-brain barrier. Alpha-synuclein can accumulate in the brains of people with Parkinson's Disease and other medical disorders but can also be absent in Parkinson's Disease. It therefore appears that Parkinson's Disease can cause alpha-synuclein rather than alpha-synuclein being the cause of Parkinson's Disease as is often claimed. The blood brain barrier restricts access to the brain to certain substances. They demonstrated the effect of mannitol on alpha-synuclein by various means, and a decrease in alpha-synuclein accumulation.

The researchers therefore suggest mannitol as a basis for a dual mechanism therapeutic agent for the treatment of Parkinson's Disease. However, the research was only carried out on mice and flies, who did not have Parkinson's Disease and who were not rid of its symptoms