



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 IV

November 2013

DATE: November 2, 2013

TIME: 1:00 - 4:00 pm

Program: Pedal For Parkinson's (see information below)

WHERE: River Plex Recreation & Wellness Center

600 NE. Water St.

Peoria, IL



Pedal for Parkinson's will combine an afternoon of awareness and education with a fundraising event. Please use the form below to get sponsors for riding a stationary bike for either 15 or 30 minutes. The funds raised will go to Parkinson's Action Network, the unified voice of the Parkinson's community. Included with this event will be a fantastic line up of speakers and a number of Parkinson's related displays.

Our lineup of speakers is as follows;

Dr. Dyveke Pratt MD. 1:00pm

Heidi Bauer RKT. 1:45pm

Roger Halleen 2:30 pm

Dr. Craig Cady Ph. D. 3:00pm

We will also have several Parkinson's related displays that will include the Parkinson's Action Network, Michael J. Fox Foundation, Professional Therapy Services, Don Bohlander Parkinson's Disease FUNDRacers and other Parkinson's related organizations. A light snack will also be available . Please plan on attending this event.

*******This is our normal Parkinson's Support Group meeting for the month of November. While this is a fund raising event you do not have to participate in the funding to attend.

There is no charge to join us for the speakers.***

PEDAL FOR PARKINSON'S

Please sponsor me for my participation in PEDAL FOR PARKINSON'S I will be riding a stationary bike for 15 minutes_____ or 30 minutes_____ Your support of the event will go a long way towards Parkinson's awareness and working towards finding a cure for this devastating disease.

	Name	Address	Phone	Amount
1				
2				



Sunday Morning November 10th will be a fund raising breakfast at the Pekin Moose Lodge, 2605 Broadway St, Pekin, IL. The buffet style breakfast starts at 8 am. runs until 11 am. Cost is \$8.00 for adults \$4.00 for children. This is a buffet breakfast featuring scrambled eggs, bacon, sausage, biscuits, gravy, pancakes, toast, coffee, milk and orange juice. Omelets and eggs any style will be available and prepared to order.

Please join us.



Our last meeting was a video on exercise from the Davis Phinney Foundation. If you missed it the CD is available from the Davis Phinney Foundation for free. Go to the website <http://www.davisphinneyfoundation.org/> or call 855 346-7564.

We had 3 visitors they were Dee Dee and Ned Neuhaus, and Alan Edwards.



Our December meeting will be our annual Christmas lunch. December 7th 12:00 noon. We will be at Sazani's Steak and Pasta House 7327 N Galena Road Peoria, IL 61614. We will have our choice of three items from their menu, Lasagna Alla Antonio, Seafood Linguine or Chicken Sazani. The Meal includes bread sticks, dessert and drink the cost is \$ 11.00. You may purchase wine for an additional charge. Last year the food and service was outstanding so mark it on your calendars and plan on taking a little time to relax during

the busy Holiday season.



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 -7394



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.



Central Illinois Parkinson's Support Group and the Don Bohlander Parkinson's FundRACERS also have Facebook pages that keep you up to date on information. So click like us on Facebook and you will have even more information. Click here to go to [Central Illinois Parkinson's Support Group](#), Click here to go to [Don Bohlander Parkinson's FundRACERS](#). You say you don't have a computer you can ask your family or friends to like us and then they can keep you up to date.



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



Don Bohlander Parkinson's FundRACERS make donation to local Parkinson's disease research projects. They do this though various fund raising events; Pulled Pork for Parkinson's, The Don Bohlander Tribute race at the Peoria Speedway, Breakfast the second Sunday of every month at the Pekin Moose Lodge and the Pekin Marigold Festival along with some other events. However we are in constant need of volunteers to help us with these events. If you or any of your family members would like to become involved please give me a call 309 699-7394.



HOUSEHOLD PESTICIDES INCREASE THE RISK OF PARKINSON'S DISEASE

International Journal of Epidemiology [2013] Sep 20 (S.Narayan,

Z.Liew, K.Paul, P.C.Lee, J.S.Sinsheimer, J.M.Bronstein, B.Ritz)

Household pesticide use is widespread, and for over 40 years organophosphorus chemicals

have been common active ingredients in these products. Parkinson's Disease has been linked to pesticide exposures but little is known about the contributions of chronic exposures to household pesticides.

Consequently, researchers investigated whether long term use of household pesticides, especially those containing organophosphorus chemicals, increases the risk of developing or worsening Parkinson's Disease. Frequent use of any household pesticide increased the risk of developing Parkinson's Disease by 47%. Frequent use of products containing organophosphorus chemicals increased the risk of Parkinson's Disease by 71%. Frequent organothiophosphate use almost doubled the risk of Parkinson's Disease. The evidence shows that household use of organophosphorus pesticides is clearly associated with an increased risk of Parkinson's Disease.



THE EFFECT OF TEN YEARS WITH PARKINSON'S DISEASE

Parkinsonism Related Disorders [2012] 18 supplement, 3 : S10-S14 28 (3) : 380-383 (A.

Hassan, S.S.Wu, P.Schmidt, I.A.Malaty, Y.F.Dai, J.M.Miyasaki, M.S.Okun)

A large number of people who had Parkinson's Disease for more than ten years were assessed

to see what effect it had on them. The clinical status and health-related quality of life of patients reaching this milestone had not been well documented before. Their average age was 68 years old. Their average age of onset was 53 years old. Their average disease duration was 14 years. Many of them were minimally disabled (44%) or experiencing postural instability (40%). Most (88%) were able to stand unaided but falls were common (55%). Almost all (93%) were living at home, with a family member as a regular caregiver (84%). They had an average of two additional medical disorders with arthritis (49%) and heart problems (32%) being the most common. Most of them (87%) took at least 2 medications, with L-dopa (96%), dopamine agonists (45%) and antidepressants (37%) being the most common. Most of them were not currently utilizing physical, occupational or speech therapy, but two-thirds of them reported engaging in physical activity. Deep brain stimulation was documented in 22%. Overall the mean health-related quality of life and caregiver burden was impaired in all domains.



L-dopa, in seed form, was being used in India to treat the symptoms of Parkinson's Disease over 6000 years ago.