

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

DATE: March 5, 2016

TIME: 1:30 – 3:30 PM

Program: MATT WOLFF, MA, LCSW, Patient Advocate with Abbvie.

**WHERE: OSF Center for Health
5114 N. Glen Park Place
Peoria, IL 61614**

This month's program will be MATT WOLFF, MA, LCSW, Patient Advocate with Abbvie. He has great insight and wonderful resources to help people living with Parkinson's improve their everyday life.

Our February program was given by Author Lyle Gibson. He has recently written a new book, "A Lifetime in Motion: Lessons Learned from a Student of the Game(s)". It has recently been listed on the Michael J. Fox Foundation website as a resource book. He told us about his experiences as a baseball national champion, a tennis professional, a Boston marathoner and a high school baseball and tennis coach. He said "Being in motion has been a very important part of my life." But not long before he was finished with the book, he was diagnosed with Parkinson's. I must also say it was impressive to find out that he has not missed a day of doing some type of exercise since his diagnoses in February of 2013.

His book is for sell on Amazon.com <http://www.amazon.com/Lifetime-Motion-Lessons-Learned-Student/dp/1508800243>

The next Parkinista's / Young Onset coffee is March 16th 3:30 at the Panera's in Westlake in Peoria. Call Barb @ 699-7394 or 309 712-3770 if you want more information.

PULLED PORK FOR PARKINSON'S

Don Bohlander Parkinson's Disease FundRACERS

Please Join Us for a pulled pork dinner, live auction, 50/50's, raffles and FUN!
To raise funds for Parkinson's Disease research, outreach and education

Adults, \$8.00 in advance, \$9.00 at the door.
Children under 6, \$5.00 in advance, \$6.00 at the door.

Saturday, March 5th @ 4:00 PM

Moose Lodge 916
2605 Broadway, Pekin IL

The Don Bohlander Parkinson's FUNDRacers next big event will be the Pulled Pork Dinner on March 5, 2016 at 4:00 pm Moose Lodge 916 2605 Broadway Pekin, IL. 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, live and silent auctions, raffles, and T-Shirt sales. The meal will include pulled pork, coleslaw and chips, the cost is \$8 in advance \$9 at the door. There will be a bake sale where you will be able to purchase items for dessert. During the event The Don Bohlander Parkinson's FUNDRacers will present Dr. Craig Cady with a donation, that is the results of their fundraising efforts for 2015. We are however in need of auction items and volunteers. This is a great opportunity to get your family and friends involved. Items are also needed for the auction and raffle, please talk with the businesses that you patronize regularly and see if they will be willing to donate. Small items like gift cards are great as we can add them to a basket. To buy tickets or donate please contact Val Bohlander 309 241-5905 or Roger 309 219-210 for more information.



American Parkinson Disease Association

Save the Date!

Sat. Sept. 10, 2016

Annual Optimism Walk at Riverwalk in downtown Naperville, IL

American Parkinson's

OPTIMISM WALKS

You're Invited to Free APDA Seminar! Sat. April 2, 2016 in Peoria, IL

APDA Midwest Chapter Free Educational Seminar

New, Improved Treatments for Parkinson's —D. Lamichhane, MD

Living Life to the Fullest with PD —Dyveke Pratt, MD

Movement Disorder Doctors from Illinois Neurological Institute

Rock Steady Boxing Demonstration

Location: OSF Center for Health 5114 N. Glenn Park Place, Peoria, IL

Register: Call 630-933-4392 by 3/25

Time: 12:00 — 4:00 Check-in: 11:30 am

Complimentary light lunch refreshments

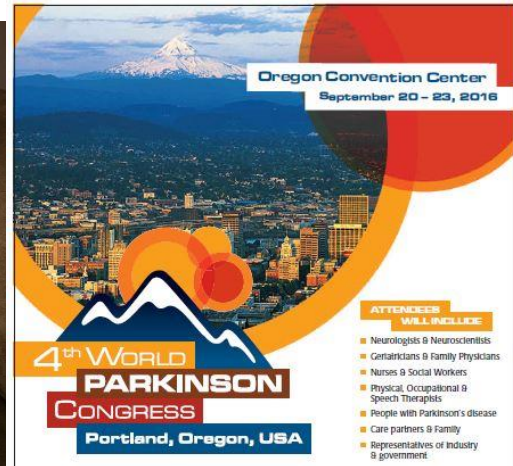
Complimentary valet parking

Learn about becoming a Pledge Partner with us.

Visit www.apdamidwest.org for more details and upcoming events.



Barb and I want to whole heartily thank the Central Illinois Parkinson's Support Group for your extremely generous donation to help us attend The World Parkinson's Congress



What is the World Parkinson Congress; It is an international forum to learn about the latest scientific discoveries, medical practices, caregiver initiatives and advocacy work related to Parkinson's disease. By bringing physicians, scientists, nurses, rehabilitation specialists, caregivers and people with Parkinson's disease together, each Congress allows for a worldwide dialogue to help expedite the discovery of a cure and best treatment practices for this devastating disease.

The idea for the Congresses came from a meeting held in 2002 in Washington, DC. Dr. Elias Zerhouni, the then head of the National Institutes of Health, asked some of the leaders in the community why a meeting inclusive of all those touched by Parkinson's did not exist and suggested that they consider hosting one. That idea was carried forward by Mr. Robin Elliott, President of the US-based Parkinson's Disease Foundation (PDF) who approached Dr. Stanley Fahn, one of the most recognized Parkinsonologist in the world, asking him to help launch the World Parkinson Congresses.

Barb and I look forward to attending The World Parkinson Congress and bring back as much helpful information as we possibly can.

EXCESSIVE DAYTIME SLEEPINESS IN PARKINSON'S DISEASE



Excessive daytime sleepiness (EDS) is a common feature of Parkinson's disease (PD) that contributes to the disease burden and increases the risk of harm. The aim of this study was to examine persistency and risk factors for EDS in people with Parkinson's Disease. Excessive daytime sleepiness proved to be a non-persistent symptom in Parkinson's Disease, although persistency and the proportion of patients with EDS increased when followed up. At the outset, 43% of people with Parkinson's Disease had EDS. This increased to 46% when checked later on. Those factors that were more associated with Excessive daytime sleepiness in

Parkinson's Disease were : male gender, poorer night time sleep, cognitive dysfunction, autonomic dysfunction, hallucinations, less severe dyskinesias, dosage of dopamine agonists, and use of anti-hypertensives. With longer disease duration of Parkinson's Disease a large proportion of patients develop Excessive daytime sleepiness (EDS). However, some of the risk factors are modifiable, and so can be altered in order to lessen the degree of Excessive daytime sleepiness.

Reference : Parkinsonism and Related Disorders [2016] Jan 22 [Epub ahead of print] (Kl. Zhu, J.J.van Hilten, J.Marinus)

<http://www.viartis.net/parkinsons.disease/news/160211.pdf>

PRE-MOTOR SYMPTOMS OF PARKINSON'S DISEASE



Parkinson's disease is characterised by motor and non-motor clinical features.

The latter may

present as pre-motor symptoms several years before the onset of motor symptoms. Pre-motor

symptoms have been found to be associated to a later motor onset of Parkinson's Disease.

The overall frequency of pre-motor symptoms was 76%. Among the most prevalent

symptoms were depression (38%), sleep disorders (37%) and anxiety (36%). The time prior to motor onset was greatest for constipation (9 years) and pain (8 years).

People with more than two pre-motor symptoms had a later age at motor onset when compared to people without pre-motor symptoms (56 v 52). Late onset patients had a higher frequency of pre-motor symptoms (79% v 65% in early onset) and worse symptoms than early onset. Females reported a higher number of pre-motor symptoms (1.9 v 1.4). Anxiety lead-time was greater in tremor-dominant compared to bradykinetic-rigid patients (3 years).

Pre-motor symptoms load is associated to a later motor onset of PD. Pre-motor symptoms are more frequent in subjects with late onset Parkinson's disease. Female subjects report a higher number of pre-motor symptoms, depression and anxiety being the most common.

Reference : Journal of Parkinson's Disease [2015] Dec 10 [Epub ahead of print] (M. Rodríguez-Violante, A.J.de Saráchaga, A.Cervantes-Arriaga, R.Millán-Cepeda, R.Leal-Ortega, I.Estrada-Bellmann, C.Zuñiga-Ramírez)

<http://www.viartis.net/parkinsons.disease/news/151231.pdf>