

# 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: July 9, 2016**

**TIME: 12:00 – 2:00 PM**

**Program: We will have our annual Picnic Starting at 12:00.**

**WHERE: OSF Prompt Care**

**5114 N. Glen Park Place**

**Peoria, IL 61614**

The Support Group is going to provide Fried Chicken, Lemonade and water. We ask that if possible you bring your favorite dish to pass. Please contact Roger or Barb at 309 699-7394 or by e-mail [peoriapdgroup@comcast.net](mailto:peoriapdgroup@comcast.net) by Thursday July 7<sup>th</sup>, if you plan on attending, so that we can order the right amount of Chicken and let us know if you will be bringing a dessert or a side dish. Feel free to give us a call if you have question. Please bring your own table service.

Last month 25 members attended and we had 2 outstanding speakers. First Hans Ritter explained the details of the Stars of Hope walk the was held on June 18<sup>th</sup> He also gave a very good talk on Huntington's Disease. The walk that was held on the 18<sup>th</sup> was outstanding as about 400 people walked the walk there was a large silent auction, a live band and good food. Then Dawn Stroup gave a talk on Senior Living and explained what was available in Central Illinois and the different way that it could be paid for. Both programs were very informative and helpful.

We have added a few new books to the library. If you are interested in reading a book that is available in the library. Please give us a call we will bring it to the next meeting. A complete list of books can be found at <http://www.heartstohands.org/support.html>click on Book List.

The Parkinista's / Young Onset is taking a little siesta. If you would like a book to read this summer contact Barb at 712-3770.

Some upcoming events September 10<sup>th</sup> and 11<sup>th</sup> is the Pekin Marigold Festival, the Don Bohlander Parkinson's Disease Fundracers will have a food tent there selling Burrito Bowls. November 5<sup>th</sup> is Pedal For Parkinson's at the River Plex in Peoria. The program is already lining up to be a great one. So mark these events on your calendar.

## MUHAMMAD ALI HAS DIED WITH PARKINSON'S DISEASE

Muhammad Ali (1942-2016), the three time World Heavyweight boxing champion, has died with Parkinson's Disease. He was hospitalized on 2nd June 2016 with a respiratory condition. His condition was initially described as fair. However, the following day his condition worsened and he was placed on life support. His condition did not improve. Late on 3rd June 2016 it was announced that Muhammad Ali had died at the age of 74.

Muhammad Ali became Olympic champion in 1960 at the Rome Olympics. In 1964 he became the youngest world heavyweight champion by beating Sonny Liston. In 1967, Muhammad Ali was stripped of his world heavyweight title for refusing to be drafted into the U.S. Army, because of his conscientious objections. Muhammad Ali was allowed to resume boxing again in 1970.

In 1974 he regained the world heavyweight title by beating George Foreman, and retained it the following year against Joe Frazier. In 1978 he lost the title to Leon Spinks but regained it the same year before relinquishing the title that year. His last contest was in 1981.

Muhammad Ali was diagnosed with Parkinson's Syndrome in 1984 at the age of 42. In 1996, with very apparent Parkinsonian symptoms, he lit the flame at the Summer Olympics in Atlanta. In 1997 he set up The Muhammad Ali Parkinson Center to help people with Parkinson's Disease. In 2012, Muhammad Ali was a bearer of the Olympic Flag during the opening ceremonies of the 2012 Summer Olympics in London. He was helped to his feet to stand before the flag due to the deterioration of his Parkinson's Disease rendering him unable to carry it into the stadium. After further deteriorations in his health over the following years he died at the age of 74.

## PHYSICAL ACTIVITY HALVES THE RISK OF PARKINSON'S DISEASE

Regular exercise is known to alleviate the muscular symptoms of Parkinson's Disease. However, it remained unclear as to whether a physically active lifestyle could also reduce the risk of Parkinson's Disease. An assessment was made of (1) overall physical activity over 4 age periods, (2) competitive sports, and (3) occupational physical activity.

The risk of Parkinson's Disease was lower when comparing moderate to vigorous activities to low physical activity in the age range 18-24 years, and even more so in the age range 45-64, but not in the age range 25-44. People who had consistently engaged in overall physical activity at high levels, before they were 65, had only half the risk of developing Parkinson's Disease when compared to those people with low levels of physical activity.

Having participated in competitive sports prior to the age of 25 nearly halved the risk of Parkinson's Disease, down to a 53% chance of developing Parkinson's Disease. Occupational physical activity did not lessen the risk of Parkinson's Disease at all.

Exercise or activity of the muscles cause a contraction of the muscles used. The after effect of muscle contraction is reduced muscle contraction. Given that the muscular symptoms of Parkinson's Disease are due to excessive muscle contraction, the subsequent reduction of muscles contraction after exercise lessens the muscular symptoms of Parkinson's Disease. Exercise or activity of the muscles do not increase low dopamine levels.