

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: December 3, 2016

TIME: 12:00 noon

Program: Christmas Lunch

WHERE: Sonny's

7327 N. Galena Rd.

Peoria, IL 61615



The December meeting will be our annual Christmas Lunch held at Sonny's 7327 N. Galena Rd. Peoria. On December 3rd starting at 12:00 pm. The cost will be \$12 per person, which includes meal, tax, tip, a non-alcoholic beverage and dessert. The food choices are: Lasagna alla Antonio, Seafood Linguini, Sonny's Chicken, Grilled Chicken Caesar Salad. Please notify Bruce of your choice either by phone, 689-2265, or e-mail brucecolley1@gmail.com before **November 26th**.

Journal Star Christmas Fund as in the past we will also be taking up a collection for our annual donation to this Fund. Bruce will also start collecting dues for 2017 at the meeting. They are \$7.00 per person.

Our Meeting on November 5th was Pedal for Parkinson's at the River Plex in Peoria. Over 70 people attended This year's event and raised funds for two local Charities The Don Bohlander Parkinson's Disease Fundracers and the American Parkinson's Disease Association Midwest Chapter. Christopher Sheridan, Ricki Chaldez, Dr. Craig Cady and Dr. Dronacharya Lamichhane all gave very informative talks and there were several informational displays. Thank you to everyone that donated to help make this a great event.

On Sunday December 11, the Fundracers will host a breakfast at the Pekin Moose Lodge, 2605 Broadway St. Pekin. The breakfast is from 8-11, the buffet includes scrambled eggs, toasts, biscuits, gravy, sausage, bacon, pancakes, tater tots, coffee, juice and milk. Omelets and special eggs can be made to order and are included in the \$8.00 adult and \$4.00 child price.

Well folks it doesn't look like much right now but these photos are of the new medical Marijuana facility in East Peoria. Ben Rediger was kind enough to give me a preview of the facility. While there is still a lot of work to do and some inspections to pass yet they are on target for opening the 1st week in December. Ben and I also talked a lot about the changes in the laws for medical Marijuana use and some of the new condition that have been added. NuMed will be 100% committed to working with you to make sure you get the right type and dose. I'm looking forward to seeing this operational.



JANET RENO DIES WITH PARKINSON'S DISEASE



Janet Reno (1938-2016) has died with Parkinson's Disease. She was the first U.S. Attorney General to be a woman. She was nominated to be Attorney General by President Bill Clinton. Janet Reno was the U.S. Attorney General from 1993 until 2001 during the presidency of President Clinton. In 1995, while serving as Attorney General, she announced that she had Parkinson's Disease. In 2002, after ceasing to be the Attorney General, she failed to become the Governor of Florida and retired from public office. She had Parkinson's Disease for over 20 years. Janet Reno spent her final days at home in Miami surrounded by family and friends. She died aged 78 from the "complications" of Parkinson's Disease.

HEATWAVES INCREASE MORTALITY IN PARKINSON'S DISEASE

Parkinson's Disease is one of the factors associated with a higher risk of mortality during heat waves. The use of certain neuroleptic drugs to control some of the complications of Parkinson's Disease appears to be what relates Parkinson's Disease to an increase in heat-related mortality. There was a maximum daily temperature of 30°C at which Parkinson's Disease related hospital admissions were at a minimum. However, a temperature of 34°C coincides with a clear increase in the number of hospital admissions. For people with Parkinson's Disease, for every increase of 1°C above the threshold temperature of 30°C the likelihood of an admission to hospital because of the heat increased.



CAFFEINE REDUCES PARKINSON'S DISEASE SYMPTOMS



Higher caffeine consumption has been associated with a reduced risk of Parkinson's Disease. Besides coffee, caffeine also occurs to a lesser extent in tea, yerba mate, cola drinks, cocoa, and chocolate. The present study assessed people who were newly diagnosed with Parkinson's Disease over the following four years. Higher caffeine consumption in people with Parkinson's Disease was associated with a lower rate of starting L-dopa treatment, down to 63% of normal. Each additional cup of espresso per day (50 mg of caffeine) was associated with a 5-point lower score on the UPDRS part III (motor symptoms), with a 50% reduction in L-dopa dosage, but was not associated with a lower score on the UPDRS part IV (therapy complications).

AIR POLLUTION INCREASES THE RISK OF PARKINSON'S DISEASE

Nitrogen dioxide is a chemical compound with the formula NO_2 . Nitrogen dioxide is an intermediate in the industrial synthesis of nitric acid, millions of tons of which are produced each year. At higher temperatures it is a reddish-brown gas that has a characteristic sharp, biting odor and is a prominent air pollutant. Air pollution, especially as nitrogen dioxide, has been found to increase the risk of developing Parkinson's Disease. High exposure to nitrogen dioxide, largely because of pollution, doubled the risk of Parkinson's Disease. Another study suggests that ambient air pollution exposure, especially from traffic-related pollutants such as nitrogen dioxide and carbon monoxide also increases the risk of Parkinson's Disease. Previous studies have shown that lower exposures to nitrogen dioxide in air pollution did not significantly increase the risk of Parkinson's Disease.

Nitrogen dioxide toxicity causes the nitration of the tyrosine residues of tyrosine hydroxylase. Tyrosine hydroxylase is the enzyme that produces L-dopa and eventually dopamine. It is by this means that nitrogen dioxide has its adverse effects.

