

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: May 6, 2017

TIME: 1:30 – 3:00 PM

Program: Deep Brain Stimulation

Presented by Laura Dobsch Medtronic, Inc.

WHERE: OSF Center for Health

5114 N. Glen Park Place

Peoria, IL 61614



Taking Advocacy to A Higher Level.
Mountain Peak Sponsor.

This month's program will be on Deep Brain Stimulation presented by Laura Dobsch of Medtronic, Inc.

Our April meeting was an Educational Seminar Presented by The American Parkinson's Disease Association and Illinois Neurological Institute. Speakers were Ricki Chaidez; APDA Midwest Chapter. Melissa Glass APN, Illinois Neurological Institute. Therapists from LSVT Big and LSVT Loud Program. Councilman Sid Ruckriegel, read the Parkinson's Proclamation from the city of Peoria.

Lunch was Provide by Illinois Neurological Institute. It was attended by about 62 people, it was great to see some of you that we haven't seen in while and to see lot of new faces in the group.

We continue our series of Bio's on the Members of the Movement Disorder Team at Illinois Neurological Institute this month with Kathleen Crowell.

Kathleen has been a registered nurse for 20 years. After graduating from Illinois Central College, Kathleen became a nurse on a neuro unit. In addition to her many years of neurological experience, Kathleen has gained experience in many facets of healthcare including home health nursing and management, nursing home care, and interventional radiology. Kathleen began working at the OSF HealthCare Illinois Neurological Institute in November 2015. She finds that caregiving in the neurosciences is most fulfilling for her.

The Stars Of Hope Walk is June 17th. You may Join The Support Group Team and register at the website.

<https://www.starsofhopeillinois.org/> Click on Walk With us at the top of the page. After you register click on join a team and type Parkinson's Support in the box It should then take you to the team page.



June 17, 2017

Walk Details & Schedule

Please join us for the fourth annual walk to support Central IL movement disorder patients and families. This walk is a family fun day with events for the entire family including face painting, balloon twisting, bounce house, games, live music, silent auction, Knights of Columbus famous pork chops and 2 mile walk.

Date: Saturday, June 17, 2017	Contact: Hans Ritter
Venue: Oak Ridge Park – Washington, IL	Email: ritterhe@yahoo.com
Check in Begins: 9:30 am	Phone/Text: 309.253.0646
Walk Begins: 11:00 am	Registration Cost
Lunch Starts: 11:45 am	Adult: \$25.00
Event Ends: 1:00 pm	Children (3-17): \$15.00
	Children (Under 3): Free

Click Here to Walk with Us



BRING THIS VOUCHER WHEN YOU VISIT (DINE IN OR TO GO) THE CHILI'S LOCATION IDENTIFIED BELOW AND **15%** OF YOUR PRE-TAX PURCHASE WILL BENEFIT:

DON BOHLANDER PARKINSONS FUNDRAISERS

Group/Charity

RAISE FUNDS FOR PARKINSONS RESEARCH

Purpose

4/1/17 - 4/30/17

Event/Exp. Date

One coupon per person, per visit at participating Chili's restaurants only. Cannot be combined with any other offer. Offer ends per expiration date above.

EAST PEORIA, NORMAL, PEORIA

Chili's Locations

#99999000007753



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Please use this voucher before April 30th to help raise funds for the Don Bohlander Parkinson's Disease FundRACERS. Good at East Peoria, Peoria and Normal Chili's restaurants.



**Central Illinois
Parkinson's
Support Group**



Meets First Saturday
OSF Center for Health
5114 N. Glen Park Pl.
Peoria, IL 61614

Providing Parkinson's Disease
Education and Awareness
to the Central Illinois Area

www.heartstohands.org



Taking Advocacy to A Higher Level.
Ascending Trail Sponsor

Taking Advocacy to A Higher Level.
Descending Trail Sponsor

HIGHER RISK OF MALNUTRITION IN PARKINSON'S DISEASE



People with Parkinson's Disease are known to be at a higher risk of malnutrition. The prevalence of malnutrition in Parkinson's Disease has been estimated to be up to 24%. Between 3% and 60% of people with Parkinson's Disease are reported to be at risk of malnutrition. To date, there is no clear explanation for malnutrition in these patients.

The aim of this study was to determine the prevalence of malnutrition and the factors that cause it. Of the patients they assessed, 55% of them were at risk of malnutrition, and 8% of them had already been malnourished.

Age, Parkinson's Disease severity, off periods, depression and hypothyroidism were the factors most related to developing malnutrition.

The dopamine agonist ropinirole was one of the factors that was most associated with a more favourable nutritional status.

Dopamine, whose deficiency causes Parkinson's Disease, is made from dietary substances, including vitamins, minerals and L-tyrosine, which is usually obtained from high protein foods. The deficiency of any of these nutrients could consequently lessen the amount of dopamine produced. The malnutrition that is common in Parkinson's Disease could therefore not only contribute to its onset but could worsen the symptoms over time even further.

Reference : Journal of Neurological Science [2017] 375 : 235-238 (S.Tomic, V.Pekic, Z. Popijac, T.Pucic, M.Petek, T.G.Kuric, S.Misevic, R.P.Kramaric) Complete abstract : <http://www.ncbi.nlm.nih.gov/pubmed/28320137>

PREVALENT ESOPHAGEAL SYMPTOMS IN PARKINSON'S DISEASE



Dysphagia (difficulty in swallowing) is a common problem in people with Parkinson's Disease. In order to assess the prevalence of dysphagia and other related symptoms, people with Parkinson's Disease presenting with dysphagia, odynophagia, heartburn, regurgitation, chest pain, and weight loss underwent evaluation using high-resolution manometry (HRM). Most people with Parkinson's Disease (62%) experienced dysphagia (difficult swallowing), which probably contributed to weight loss in 41% of people because they were unable to eat as much. The prevalence of other symptoms was heartburn (37%), regurgitation (31%), chest pain (28%), and odynophagia (painful swallowing) (6%). Problems in the esophagus were also common. The esophagus is through which food passes from the mouth to the stomach. The most common problems were : failure by the esophagus to contract properly (ineffective esophageal peristalsis) (55%), fragmented contraction in the esophagus (fragmented peristalsis) (48%), spasms in the esophagus (DES - diffuse esophageal spasm) (48%), and obstruction of the exit of the esophagus to the stomach (EGJ outflow obstruction) (39%). Each of these causes digestive

problems.

Reference : Diseases of the Esophagus [2017] 30 (4) : 1-6 (A.Su, R.Gandhy, C.Barlow, G.Triadafilopoulos) Complete abstract : <http://www.ncbi.nlm.nih.gov/pubmed/28375482>