

# 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: February 3, 2018**

**TIME: 1:30 – 3:30 PM**

**Program: Care and Share with Tammy Lott LCPC. and Tonya Welch BSW.**

**WHERE: OSF Center for Health**

**5114 N. Glen Park Place**

**Peoria, IL 61614**

Our January 6<sup>th</sup>, meeting was well attended and included several New Members and guest. We had a good discussion on what people would like to see in the way of Programs for the coming year..

The Program for our February meeting will be a Care and Share discussion with Tammy Lott and Tonya Welch from INI. Tammy and Tonya work for the Illinois Neurological Institute Movement Disorder Clinic in the field of counseling and Social Work. We will have time for general discussion and time to divide into groups for discussion among the People with Parkinson's and the Care Partners'.



The Don Bohlander Parkinson's FUNDRacers next big event will be the Pulled Pork Dinner on March 3, 2018 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 2017. 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 business 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. Please contact Val Bohlander 309 241-5905 or Roger 309 219-210 for more

information.

March meeting is Saturday the 3<sup>rd</sup>, at 1:30 pm Larry Kellerman will be talking about donating your Brain for Research.

In April we will once again host one of the American Parkinson's Disease Association Educational Seminars. Last year this turned out to be our biggest event of the year so you will not want to miss it this year.

Let's not forget about the fundraiser Larry Kellerman is hosting for Multiple system Atrophy (MSA) also on March 24<sup>th</sup> Starting at 4:00 pm and going to 10:00 pm.

We have updated the Book List for the Support Group and have enclosed a copy with this Newsletter if you would like to read one of the books or watch one of the DVDS's please give us a call and we will bring it to the next meeting.

One of our members has a U-Step Walker that they would like to sell. If you think you would be interested in this let Barb or I know and we will put you in touch with them.

Dues are \$7.00 per person and may be paid at the meeting Please see Bruce.

#### L-DOPA INHALER RAPIDLY IMPROVES PARKINSON'S DISEASE



Background : The L-dopa inhaler CVT-301 is presently being assessed for its use in Parkinson's Disease. It is designed to deliver a precise dose of a dry powder formulation of L-dopa. Inhaled L-dopa enters the body through the lungs and then reaches the brain far more quickly by bypassing the digestive system.

For more information go to :

<http://www.acorda.com/products/research-development/cvt-301>

Methods : Patients used the L-dopa inhaler CVT-301 up to 3 times per day for OFF episodes. After 2 weeks, the study-drug dose was increased from 35mg to 50 mg. The patients were assessed after 10, 20, 30, and 60 minutes.

Results: The L-dopa inhaler was used at an average of 2.1 times per day. The UPDRS Part III score (Parkinson's Disease symptoms) clearly improved. A treatment effect was already evident after only 10 minutes.

Adverse effects : The most frequently reported adverse events in those using CVT-301 were dizziness, cough, and nausea, each in 7% of patients.

Conclusion : As the effect was already seen after 10 minutes, which is the shortest time assessed, the effect could be even quicker. Consequently, CVT-301 could become of widespread use in Parkinson's Disease for when a quick effect is needed.

Please not that this is still in the clinical trial phase and is not yet on the market.