

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: November 10, 2018

TIME: 1:00 PM

Program: Pedal For Parkinson's

**WHERE: River Plex Recreation & Wellness Center
600 NE Water St.
Peoria, IL 61602**

November will be "Pedal For Parkinson's" held November 10th at the River Plex. See information on the back.

December will be our Christmas Lunch held December 1st 12:00 PM at the Fox Pub.

For more information please feel free to contact Barb or Roger at 309 699-7394 or 309 219-1210

Our October 6th meeting had two speakers, Claudia Revilla an Ambassador for the Michael J Fox Foundation speaking on "What is going on with the Michael J Fox foundation". Brittany Heidemann, MS CCC-SLP Speech Language Pathologist with OSF HealthCare and Rehabilitation speaking on their new voice program "Parkinson's Voice Project"



Rock Steady Boxing is adding a Tuesday, Thursday 8:30 A.M. Class. For more information on this class or any Rock Steady Boxing Class Contact; Phone 309 682-9348

Email peoria@rsbaffiliate.com

PD/AP Discussion Group

- Become a part of a new Parkinson's Disease/Atypical Parkinsonism discussion group
- Third Friday of the month – next one is **11/16/18**

Different topic each month: this month's topic is "Building a User-friendly Parkinson's Disease manual."

- Location: 2500 N. Main, East Peoria, IL
- Time: 12:00 p.m. – 2:00 p.m.
- Questions? Call (309) 634 6357
- Butcher paper on the wall! Markers in hand! A PD booklet for caregivers and patients by caregivers and patients.

Friday Afternoon Parkinson's Discussion Group, November 16, 12:00 - 2:00 p.m. at the Burklund Distributing building 2500 N. Main, East Peoria, IL. Use MadDog Cleaning entrance. The discussion will focus on a Parkinsonism related topic. We will be working on "Building a User-Friendly Parkinson's Disease Manual."



MIDWEST SYMPOSIUM ON PARKINSON DISEASE NOVEMBER 2nd, 2018

NIU Conference Center
1120 E Diehl Rd Naperville, IL

9 AM Check in registration

10:00 Overview: Current & Future Treatments
Michael Rezak MD PhD APDA Medical Director

11:15 Non-Motor Symptoms
Michael Mercury PhD Northwestern Medicine

12:30 Lunch

1:00 Workshops #1

2:00 Workshops #2

After the symposium a celebration honoring
Dr. Michael Rezak

2018 Midwest Symposium on Parkinson Disease

Friday, November 02, 2018 9:00am to 3:00pm

Location NIU Conference Center 1120 East Diehl Road Naperville IL 60563

Education event that offers information on Parkinson's Disease including an array of PD Resources, Research Exercise and Physical Therapy.

Dr. Rezak is leaving the Area, and there will be a reception for him after the Symposium starting about 3:00P.M.

<https://www.apdaparkinson.org/community/midwest/events-mw/2018-symposium-parkinson-disease-2/>

Beverages & Lunch
provided

Free Event & Parking

Register by 10/31/2018

www.apdamidwest.org

Phone: 630-933-4392



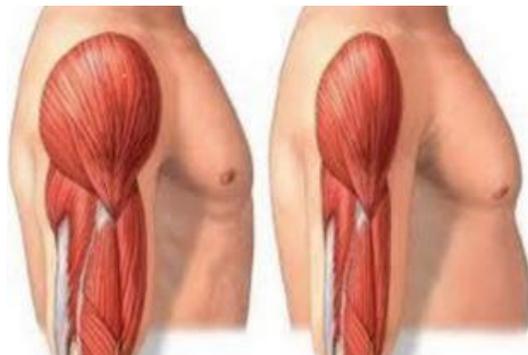
AMANTADINE EXTENDED-RELEASE FOR DYSKINESIA

Amantadine extended-release (ER) capsules (GOCOVRI™) are approved in the USA for the treatment of dyskinesia in people with Parkinson's Disease who are taking L-dopa. With a recommended dosage of 274 mg once daily at bedtime, the new formulation of amantadine allows a more gradual time to peak plasma amantadine concentration and higher drug concentrations in the morning and

throughout the day, which is the time period when L-dopa induced dyskinesia (LID) is the most problematic. For more information go to : <https://www.rxlist.com/gocovri-drug.htm>

After 13 weeks and 25 weeks amantadine ER capsules significantly improved L-dopa-induced dyskinesia (LID), while also increasing ON time without troublesome dyskinesia and reducing OFF time and ON time with troublesome dyskinesia from the morning and throughout the day. After 64 weeks patients previously treated with amantadine ER maintained their improvements.

Amantadine ER was generally well tolerated, with most of the adverse events (AEs) of amantadine ER being transient and mild or moderate in severity. The most common adverse events were treatment related and had an incidence of more than 15%. <http://www.viartis.net/parkinsons.disease/news/180811.pdf>



SARCOPENIA IS INCREASED IN PARKINSON'S DISEASE

Sarcopenia is the loss of muscle mass, strength and function related to ageing. Sarcopenia and frailty are found in up to one-third of the general elderly population. Both are associated with major adverse health outcomes such as nursing home placement, disability, decreased quality of life. For more information go to :

<https://www.iofbonehealth.org/what-sarcopenia>.

In people who have Parkinson's Disease who were in care the prevalence of sarcopenia was found to be much higher, as it was 55% and only 8% in people who did not have Parkinson's Disease. Frailty was detected in 35% of people with Parkinson's Disease. In those people with Parkinson's Disease who were not in care, 33% had sarcopenia and 22% had frailty. Both sarcopenia and frailty were significantly associated with longer disease duration of Parkinson's Disease, higher motor impairment, higher Hoehn and Yahr stages, decreased quality of life, higher frequency of falls, a higher non-motor symptom burden, institutionalization, and higher care levels.

Regular exercise, or dietary changes and an increase in the intake of high protein foods, or the use of certain drugs can reverse sarcopenia or help to prevent sarcopenia from occurring.

<http://www.viartis.net/parkinsons.disease/news/180920.pdf>

PEDAL FOR PARKINSON'S

A Fundraising and Awareness Event Sponsored by
Central Illinois Parkinson's Support Group



To Support the Cause of
The Don Bohlander Parkinson's Disease FundRACERS
The American Parkinson's Disease Association Midwest Chapter



Saturday November 10, 2018
1:00 - 4:00 pm
River Plex
Recreation & Wellness Center
600 NE Water St. Peoria, IL

Questions and Answers
With
Dr. Dronacharya Lamichhane
and Melissa Glass APN CNP

A Presentation By
OSF Health Care Rehabilitation

A Presentation By
Dr Luis Zayas

Sheryl Jedlinski

"Parkinson's? You're kidding me, right?"

Parkinson's Disease
More Than Motor Symptoms
Presented by
Lori M Guyton, MD
Neurology of Southern Illinois, Ltd.



Visit www.heartstohands.org/events for more information

Donation may also be made at; <http://www.pedalforparkinsons.myevent.com/>



PEDAL FOR PARKINSON'S

Please sponsor me for my participation in PEDAL FOR PARKINSON'S I will be riding a stationary bike for 15 minutes _____ or 30 minutes _____
Your support of the event will go a long way towards Parkinson's awareness and working towards finding a cure for this devastating disease.

Name _____

Address _____ Phone _____

	Name	Address	Phone	Amount
1				
2				
3				
4				
5				
6				
7				
8				

Make checks Payable to **APDA Midwest Chapter** or **Bohlander Fundracers**