



## Movement Disorders Education and Resource Center Provides a Wealth of Information

by Cindy Weatherall, DAPS Board Member

Rachelle DuBose Caruthers, Program Coordinator of the Movement Disorders Education and Resource Center (MDERC) for Texas Health Presbyterian Dallas, and Jessica Broussard, Director of Inpatient Rehabilitation Services, were our guest speakers at the February general meeting. Their presentation highlighted the wide array of services available to Parkinson's patients and their families from diagnosis through late stages of the disease.

The MDERC provides numerous resources for people with PD, their caregivers, and their loved ones. Materials from national organizations like the Parkinson's Disease Foundation, National Parkinson Foundation, and American Parkinson's Disease Foundation are available. The Center helps connect individuals with local resources like DAPS, and service providers like DART Paratransit. A variety of classes and support groups for people with PD and other movement disorders are held on a regular

basis at locations on or near the Presbyterian Hospital-Dallas Walnut Hill campus.

Some of our members are enjoying the free Dance for Movement Disorders classes (DAPS co-sponsors this service) with instructor Misty Owens. Every Tuesday, participants gather for a fun, challenging hour of movement designed to increase mobility, flexibility, and confidence. Tai Chi (free) and Water Exercise classes (purchase of punch-card required) are also available.

Many people with PD wonder if it is still safe for them to drive. A program to assist in making decisions about driving competency is part of an ongoing research study at Presbyterian-Dallas. The evaluation is not done in a car; instead, several tests of motor and sensory responses, hearing, vision, and ability to follow directions are given. (For information about this particular service, contact Lauren Braunfeld at 214-345-2619.)

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## APRIL general membership meeting

### Parkinson's Awareness Luncheon

Monday, April 11, 2011  
12:30 p.m.

University Park  
United Methodist Church  
4024 Caruth Blvd (at Preston)  
Dallas, TX 75225

#### Program:

Motivational speech by

#### Guy Brown, III.

Member of the Dallas Cowboys  
for six years.

Went to two Super Bowls.  
Wife, Jacqueline, is dealing  
with Parkinson's.

April Awareness  
Parkinson's Awards  
will be given in  
several categories.

\$10.00 per person  
**Reservations required.**

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**Dallas Area Parkinsonism Society**

Dedicated to impacting and improving the quality of life for Parkinson's patients and their families

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**Newsletter**

Ann Staton, Editor

The DAPS newsletter is published monthly as an information guide only, and does not serve as legal or medical advice. We welcome your feedback, contributions or requests. Please send to or contact:

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**My PD Log**

My PD Log is a free, independent online on/off log designed by the sister of a young onset Parkinson's patient. My PD Log is simple to use, and provides you, your care partners, and your medical team an easy-to-read chart of all of your on/off cycles, peak dyskinesia times, and general sense of well-being.

The quality of information you are able to impart to your medical team has a direct impact on your care and the quality of your life!

Patients need not enter ANY identifying information; your anonymity is completely secure. Sign up FREE or view a demo at [www.datadrivenhealth.org!](http://www.datadrivenhealth.org!)



**April is Parkinson's Awareness Month**

At the April 11, 2011 General Meeting, DAPS will honor several people and groups who provided DAPS with exceptional service in 2009. We will present awards in the following categories: Professional, Media, Volunteer of the Year, and Community Support. So put on your thinking caps and nominate someone who has made a difference in the lives of Parkinsonians.



Please submit your nominations to the DAPS office by April 1, 2011.

**Medtronic Webinar**

Due to many requests from patients, Medtronic is offering our very first webinar for patients. This webinar, titled "What if you could improve your 'on' time without dyskinesia and reduce your medications?", will be held **Wednesday, April 6** to kick off National Parkinson's Awareness month.

Dr. William Marks, M.D., Associate Professor of Neurology, University of California, San Francisco will lead a presentation focused on DBS Therapy as a treatment option for PD patients with dyskinesias.

To register, go to <http://bit.ly/fDOPok>.

The Dallas Area Parkinsonism Society (DAPS)  
Celebrates  
Parkinson's Awareness Month  
With

The Third Annual April Non-Event  
*Destination Argentina*



*April is Parkinson's Awareness Month*

Join us, your DAPS family and friends,  
as our imaginations depart to

*Beautiful Buenos Aires!*

Not included on this trip:

Business Class Airfare: \$4500 round trip  
Accommodations at the luxurious 5-star Faena Hotel:  
\$600 per night  
Guided tour of the opulent Teatro Colón: \$30  
Coffee, snacks, and tango show at Café Tortoni: \$25  
Late dinner at La Cabrera: \$50  
Group tango class at Tango DNI: \$20

Your donation to DAPS: Priceless!

We encourage everyone "experiencing" our non-event to contribute to DAPS during Parkinson's Awareness month so we can continue to offer our services free of charge to people with PD and their families.

100% of your donation is tax-deductible.

Thank you for your kind generosity!

## Breaking News: Update on Sinemet Shortage

reprinted from National Parkinson Foundation, [parkinson.org](http://parkinson.org)

Merck has sent a letter to the Parkinson's community to inform us that the FDA has approved their new supplier of Sinemet and Sinemet CR. Merck believes that this should mark the end of the Sinemet shortage. As a result of this change, the pills you receive from the pharmacy will likely be changing in shape, color, and marking. The tablets will no longer be scored for splitting. NPF will post images of the new pills to our website as soon as they become available.

Though we think the shortage is coming to an end, NPF has received calls in the past 24 hours from people who were unable to fill a prescription for Sinemet. We have information that there may be trouble filling prescriptions for Sinemet immediate release 25/250 and Sinemet CR in the 25/100 and 50/200 formulations. NPF has been collecting reports from people unable to fill a prescription for branded Sinemet as well as from people who have experienced negative effects from being switched to a generic version of their medication. We hope to prepare a letter to Merck and the FDA detailing the current situation and its impact on patients.

If you have been affected by the Sinemet shortage either because you have been unable to fill your Sinemet prescription or if you have experienced challenges after switching to a generic alternative, NPF would like to know. Please call NPF at 1-800-4PD-INFO (1-800-473-4636) and tell them about your situation.

## **MDERC** *continued from page 1*

For those who need help with speech and swallowing, the Lee Silverman (LSVT) LOUD program is offered, as is the LSVT BIG program for motor skill improvement. The LSVT sessions are valuable even in the earlier stages of PD. Both of these intensive 4-week programs require a physician referral and evaluation by certified therapists.

Nutrition counseling may be recommended by a physician, and registered dietitians are able to assist with meal planning, PD medication side effects and interactions with food, bone health, and management of the constipation that often occurs in PD.

Neuropsychological evaluation, which requires physician referral,

can be valuable in establishing the baseline function of the person with PD, identifying cognitive problems, and developing strategies to compensate for cognitive changes. Neurosurgical intervention (Deep Brain Stimulation Surgery) is available to patients who are qualified candidates for that treatment. Dr. J. Michael Desaloms has performed several hundred DBS procedures.

The Presbyterian Senior Medical Center offers primary care, education, counseling, and guidance on health issues affecting people age 65 and older. The physicians associated with the Center accept Medicare, and staff is available to assist in filing claims. Patients at the center have access to the programs for PD.

Ms. Caruthers emphasized that the MDERC provides information to anyone; you do not have to be a patient of a physician affiliated with Texas Health Resources to receive print materials or to participate in many of the classes. If you missed our meeting, you are welcome to call Ms. Caruthers at 214-345-4224, or email her at [DallasMovementDisorders@TexasHealth.org](mailto:DallasMovementDisorders@TexasHealth.org) to request brochures and class schedules.

Many thanks to Ms. Caruthers and Ms. Broussard for helping us stay informed about the many programs available to support the Parkinson's community.

## **Why We Need to Drink More Water**

*by Aileen Brady*

Did you know that the human body is about 55% water? Did you know that your tissues and organs are mainly made up of water? Muscle is 75% water, Brain is 90% water, Bone is 22% water, Blood is 83% water.

The functions of water in the human body are vital. Water: transports nutrients and oxygen into cells, moisturizes the air in lungs, helps with metabolism, protects our vital organs, helps our organs to absorb nutrients better, regulates body temperature, detoxifies, and protects and moisturizes our joints.

Every cell in your body needs water from head to toe. That is why it is so important to drink enough fluid. Take for example, the brain consists of 90% water, if you do not supply enough water to your body, your brain cannot function well, and you will get a headache. If you feel fatigue and headache, it may be the sign of dehydration.

Senior citizens are at particular risk for dehydration because their kidney function has diminished to some degree. Symptoms of dehydration, which can cause death in extreme circumstances, include confusion, drowsiness, labored speech, dry mouth, and sunken eyeballs. Side effects for seniors who do not drink enough water, however, extend far beyond dehydration. Even short-term water deprivation has been known to cause chronic pain. Over time, lack of water causes loss of muscle tone, excess weight gain, slow metabolism, increased toxicity, and even organ failure. Other negative effects include: joint pain, dry skin, headaches, kidney stones, hypertension, digestive problems, and constipation.

How do you know if you're getting enough water? Watch your urine. It should be light yellow or clear. If it is dark or strong smelling, it is time to drink more water. Also watch for other signs of dehydration such as fatigue, headaches, and difficulty concentrating. If you are thirsty, you are already dehydrated.

Make sure to drink adequate amounts of water throughout the day. At the very minimum, one should consume one cup of water for every 20 pounds of body weight daily, that's around 6-8 glasses for the average person. Soda, diet soda, coffee, tea, or alcohol does not replace water. Caffeine acts as a diuretic by flushing water from your body and can contribute to dehydration.

## Ask the Doctor: Sleeping Problems in Parkinson's Disease

Presented by Xabier Beristain, M.D. M.D. at the 2010 PAAACI symposium

Dr. Beristain began by citing a statement made by James Parkinson in 1817, noting sleep trouble with Parkinson's: "Sleep becomes more disturbed; the tremulous motions of the limbs occur during the sleep and augment until they awaken the patient. [In the final stages of the disease there is] constant sleepiness, with slight delirium and other marks of extreme exhaustion."

### **How common is sleep disturbance in PD?**

Two-thirds of Parkinson's patients have sleep trouble. Whereas the incidence is 46% of diabetics, and 33% of healthy individuals (based on a study of 245 patients). Early awakening and sleep fragmentation (awakening and reawakening during the night) are the most common complaints. Problems with sleep become more apparent with advancing Parkinson's disease. The frequency of sleep disturbances in PD is likely underestimated.

### **Causes of sleep impairment in PD**

Primary causes are degeneration of brain structures regulating sleep/wakefulness. Secondary causes are motor involvement, autonomic

problems, depression and anxiety. Tertiary causes are effects of medications. Age-related diseases may include sleep apnea, restless leg syndrome, and heart and lung disease.

### **Types of sleep disturbance in PD**

**Insomnia:** Sleep-onset insomnia is not the most typical type of insomnia in PD. Sleep-maintenance insomnia, when the patient wakes up 2–3 hours after falling asleep and has a hard time falling asleep again, is the most common type of insomnia in PD.

**Excessive daytime sleepiness:** The incidence could be as high as 44%, according to one study, and might be related to more severe disease and a likelihood of cognitive decline. Medication, especially dopamine agonists, may play significant roles, and "sleep-attacks" have been described.

**Parasomnia:** REM behavior disorder enacting dreams while asleep. The presence of this finding before the onset of PD may predict PD in the future in up to 50% of males. REM behavior disorder can also be seen in Lewy Body disease and multisystem atrophy. Periodic limb movements of

sleep are more common among PD patients and can disrupt sleep.

### **Management of sleep in PD**

You need to examine sleep hygiene/habits. Consider associated sleep apnea, nocturnal urination, pain and the effects of medication. L-dopa at a low dose helps sleep, but at a high dose has an awakening effect. The medications modafinil/armodafinil may help excessive daytime sleepiness. You may need bladder medications for nocturnal urination issues that disturb sleep. Clonazepam is used for REM behavior disorder. There are also sleeping aids over the counter and by prescription.

Dr. Beristain concluded by saying that the management of sleep disturbances can be a challenging one and will require multiple changes in different areas, including time and amount of your PD medications, good sleep hygiene, correcting associated problems that may include depression, pain, and sleep apnea, and the judicious use of medication to alleviate insomnia, excessive sleepiness or abnormal sleep behaviors.

## Tips on Getting Yourself to Drink Enough Water:

- Keep a glass of water by your bed and drink it as soon as you wake up
- Spread your water intake out evenly throughout the day.
- Buy a measured water bottle, such as a one or two litre so you know how much you drink.
- Add a slice of lemon or cucumber if you don't like the taste of water.
- Buy a faucet filter or a pitcher such as Brita so that the water tastes better.
- Drink a cup or two before and after exercise and sip during exercise to replenish the fluid loss.
- Drink a glass of water before, during and after meals.



## Memorials • Honors • Donations February 2011

**In memory of Mr. Paul Frucht**  
From: Sandy & Mark Kaman

**In memory of Allen J. Hargis**  
From: Juanita Wagener

**In memory of Sostenez Reyna**  
From: June Mohn

**In memory of Ted Schuessler**  
From: Virginia N. Collett

**In memory of Hy Schwartz**  
From: Lisa & Jim Albert  
Howard & Debbie Freed  
Mrs. Betty S. Gross  
Sandy & Mark Kaman  
Mitch Kreindler  
Prudence Meier  
Susan Most  
Thompson Hine LLP  
Barbara & Ed Thorman

**In honor of Sherry Burke**  
From: Philip Burke  
M. Carol Burke  
Terry & Beverly Burke  
Otis & Liz Ellis  
Dr. & Mrs. R. R. George  
Victor & Barbara Lambert  
Bill & Linda Mitchell  
Mr. & Mrs. Jack D. Reaves

**Donation to DAPS**  
From: Arapaho Exercise Group  
February General Meeting  
Half Shells Seafood Restaurant  
Irving Exercise Group  
Just Give  
Plano Caregivers  
Preston Hollow Exercise Group  
Preston Hollow Caregivers  
Southwest Dallas County Parkinson's

## DAPS Dues

This is a reminder that DAPS dues for 2011 need to be paid. Check your newsletter label to see the last year you paid. If you have a question, call Ann Staton at the DAPS office, 972-620-7600. We feel that everyone wants to show support and appreciation for DAPS, and paying your dues is a good way to do that. Thank you.

## There's Still Time...

...to sign up for the **Parkinson's Benefactors Golf and Tennis Tournament** at Brookhaven Country Club! **Monday, April 25** is the big day, and for those who really enjoy a challenge, a hole-in-one on hole #6 (\$5 additional fee) will see you driving a new Lexus IS Sedan, courtesy of Park Place Lexus! Entry fees are \$200 for an individual playing golf, and \$100 for an individual playing tennis; a boxed lunch and the Awards dinner are included in the fee. Proceeds help fund research right here in North Texas. Call 214-728-2260 or visit [www.parkinsonsbenefactors.org](http://www.parkinsonsbenefactors.org) to register.

## Symposium for PD Patients and Caregivers

**UT Southwestern Department of Neurology – Clinical Section of Movement Disorders** will host an informative seminar for people with PD and their caregivers on **Saturday, April 2, 2011**. DAPS will have a table hosted by Jann Horswell and Sandi Pautler. Many DAPS members have attended in the past and have found the presentations by the specialists at UTSW to be valuable. The symposium is free, but registration is required. Please call 214-648-3138 to register and request to be added to the mailing list.

## Dance Council of N Texas Dance Planet 15

Dance Council of North Texas presents **Dance Planet 15 Adaptive Dance Workshop, Sunday, April 17, 2011**. These free classes are designed for dance and school educators, studio owners, creative art therapists, occupational, physical, recreation, speech therapists, child life specialists and anyone interested in learning how to teach inclusion-based arts - which focuses on creating an open environment in which children and adults of all abilities can participate. Participants will gain knowledge, confidence and skills to be able to work with special needs children and adults through lectures, demonstrations, movement experiential, role-playing, and much more.

2-2:55 pm: "A Chance to Dance" A Creative Adaptive Dance Program for Children, Lynn Moon Schellenberg, MPS, R-DMT, YogaEd.

3-4:15 pm Dance for Adults with Movement Disorders, Misty Owens, MFA

**Where:** Booker T. Washington High School for the Performing & Visual Arts, 2501 Flora St., Dallas, TX 75201. Please register online to reserve your spot! (Registration starts April 1st) [www.thedancecouncil.org](http://www.thedancecouncil.org).

For more information, please contact Adaptive Dance Chair, Suzy Matheson, MA, BC-DMT, NCC at: 214-701-5491 or [ssrossol@hotmail.com](mailto:ssrossol@hotmail.com).

## **NO CHARGE** speech therapy and group exercise

### **CARROLLTON:**

#### **St. Andrews Christian Church**

3945 N. Josey Lane

#### **Group Exercise:**

Wednesday...9:45 a.m. to 10:45 a.m.

#### **Speech Therapy:**

Wednesday...10:45 a.m. to 11:30 a.m.

### **DALLAS:**

#### **Baylor Institute for Rehabilitation**

909 N. Washington (ph: 214-820-8854)

#### **Water Therapy**

Wednesday...11:00 a.m. to 12:00 p.m.

#### **Dallas Yoga Center**

4525 Lemmon Ave., 3rd Floor

#### **Yoga for Parkinson's:**

Friday...11:00 a.m. to 12:00 p.m.

#### **Juanita J. Craft Recreation Center**

4500 Spring Ave.

#### **Group Exercise:**

Friday...10:00 a.m. to 11:00 a.m.

#### **Lakeside Baptist Church**

9150 Garland Rd.

#### **Speech Therapy:**

Wednesday...10:30 a.m. to 11:15 a.m.

#### **Group Exercise:**

Wednesday...9:30 a.m. to 10:30 a.m.

#### **Partners-in-Care Group:**

2nd Wed....10:30 a.m. to 11:30 a.m.

#### **Preston Hollow United Methodist Ch.**

6315 Walnut Hill Lane

#### **Speech Therapy:**

Tuesday...11:30 a.m. to 12:15 p.m.

#### **Group Exercise:**

Tuesday...10:30 a.m. to 11:30 a.m.

Thursday...10:30 a.m. to 11:30 a.m.

#### **Partners-in-Care Group:**

First Tuesday...10:30 a.m. to 11:30 a.m.

#### **Skillman Church of Christ**

3120 Skillman St., FLC 2nd floor

Mezzanine

#### **Group Exercise:**

Monday...9:15 a.m. to 10:15 a.m.

### **DUNCANVILLE:**

#### **Trinity United Methodist Church:**

1302 S. Clark Rd.

#### **Speech Therapy:**

Thursday...1:00 p.m. to 1:45 p.m.

#### **Group Exercise:**

Monday...6:30 p.m. to 7:30 p.m.

Thursday...2:00 p.m. to 3:00 p.m.

#### **Support Meeting:**

Last Monday...6:30 p.m. to 8:00 p.m.

### **GARLAND:**

#### **South Garland Baptist Church**

1330 E. Centerville Rd.

#### **Speech Therapy:**

Thursday...9:30 a.m. to 10:15 a.m.

#### **Group Exercise:**

Monday...10:30 a.m. to 11:30 a.m.

Thursday...10:30 a.m. to 11:30 a.m.

#### **Discussion Group:**

Monday...9:30 a.m. to 10:30 a.m.

#### **Partners-in-Care Group:**

Thursday...10:30 a.m. to 11:30 a.m.

### **IRVING:**

#### **First United Methodist Church**

211 W. Third St.

#### **Group Exercise:**

Tuesday...10:00 a.m. to 11:00 a.m.

### **PLANO:**

#### **Custer Road Methodist Church**

6601 Custer Road

#### **Speech Therapy:**

Thursday...11:00 a.m. to 11:45 p.m.

#### **Group Exercise:**

Monday...9:45 a.m. to 10:45 a.m.

Thursday...9:45 a.m. to 10:45 a.m.

#### **Partners-In-Care Group:**

Monday...9:45 a.m. to 10:45 a.m.

### **RICHARDSON:**

#### **Arapaho United Methodist Church**

1400 W. Arapaho at Coit

#### **Group Exercise:**

Tuesday...10:00 a.m. to 11:00 a.m.

Wednesday...10:00 a.m. to 11:00 a.m.

Friday...10:00 a.m. to 11:00 a.m.

#### **Partners-In-Care Group:**

1st Wednesday...10:00 a.m. to 11:00 a.m.

## **Parkinson's Disease Support Group**

Texas Health Resources offers a Parkinson's Disease Support Group on the 3rd Thursday of each month at 6pm. It meets at the Texas Health Presbyterian Hospital Dallas campus, in the Beasley Conference Room, Main Building, First Floor. The address is 8200 Walnut Hill Lane, Dallas, TX 75231.

### **NEW PROGRAMS IN 2011**

#### **• Dance for Movement Disorders.**

This class meets every Tuesday at 2:00 pm at the Finley Ewing Cardiovascular & Fitness Center (CVC), 5721 Phoenix Drive, across Greenville from Presbyterian Hospital, in Studio 3, Upstairs. This weekly class is cosponsored by the Movement Disorders Education and Resource Center and the **Dallas Area Parkinsonism Society (DAPS)** and is offered free of charge to individuals with movement disorders.

#### **• Caregiver Support Group.**

This group meets on the 4th Tuesday of each month at 2:00 pm in the classroom across the hall from Studio II at the Finley Ewing Cardiovascular & Fitness Center (CVC).

#### **• Essential Tremor Support**

**Group.** This group meets at 1:30 pm in the Beasley Conference Room, Main Building, on the 2nd Wednesday of each new quarter (January 12, April 13, July 13, October 12).

**Caregivers are welcome to attend any of our support groups and exercise classes.** For more information on our programs, or to RSVP for a support group, please contact us at 214-345-4224 or [DallasMovementDisorders@TexasHealth.org](mailto:DallasMovementDisorders@TexasHealth.org).

# MARK YOUR CALENDAR

## general meeting

Monday, Apr. 11 - 12:30 p.m.

### Parkinson's Awareness Luncheon

Program: Motivational Speech by Guy Brown, III  
University Park United Methodist Church  
4024 Caruth at Preston

## open board meeting

Monday, Apr. 18 - 1:00 p.m.

University Park United Methodist Church

## next month

Monday, May 9 - 1:00 p.m.

Speaker: Elizabeth Creasy, RN, with Brentwood  
Hospice: "End of Life Care for  
Parkinson's Patients"

University Park United Methodist Church.

**disclaimer:** The contents or opinions expressed in this Newsletter are those of the individual writers or presenters and do not constitute an endorsement or approval by DAPS staff. Please consult your personal physician regarding your individual medical problems.

## Tom Thumb Reward Card

Link your Tom Thumb Rewards card to number **3071**, and a percentage of what you pay to Tom Thumb will be donated to DAPS!

## Kroger Cares Card

Have the cashier scan the barcode before your Kroger Cares card is scanned. A percentage of what you pay will go to DAPS!

DALLAS AREA PARKINSONISM SOCIETY



For change of address or corrections, please indicate the changes on this page and mail or fax it to DAPS, or email: [daps125@sbcglobal.net](mailto:daps125@sbcglobal.net)



### Dallas Area Parkinsonism Society

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