



Dallas Area Parkinsonism Society

6370 LBJ Freeway

Suite 176

Dallas, Texas 75240

(972) 620-7600

www.daps.us

JANUARY 2012

Orthostatic Hypotension (Low Blood Pressure) and Parkinson's

Parkinson's patients frequently ask for tips about coping with a condition known as orthostatic hypotension (OH), or low blood pressure. If you have experienced it, you may already know that this symptom is common in mid- and late-stage Parkinson's disease (PD), and it can be quite alarming.

Orthostatic hypotension is a sharp drop in blood pressure that happens when a person gets up from bed or from a chair, causing dizziness or even loss of consciousness. Doctors define it as a blood pressure drop of 20 millimeters of mercury (20 mm Hg) in systolic blood pressure (the top number in a blood pressure reading), or a drop of 10 millimeters in diastolic blood pressure (the bottom number), within three minutes after standing up.

The condition can put people with Parkinson's at risk of fainting, losing balance, falling, and being injured. What can you do? One thing you can do is learn strategies to predict when blood pressure is most likely to fall. Another is to take steps to avoid feeling dizzy in the first place.

Symptoms

Your doctor can test for OH by measuring your blood pressure. If you feel a little dizzy when you first stand up—but the feeling passes quickly—you probably do not have the condition. If instead your blood pressure continues to drop after a minute or more of standing, this may suggest a problem.

It is important that your physician measure your blood pressure while you are lying down, sitting and standing. Sometimes, the problem of OH is only revealed when the blood pressure is measured in these three positions.

The symptoms of OH include the following:

- lightheadedness
- dizziness
- weakness
- difficulty thinking
- headache
- feeling faint
- fainting
- trembling
- nausea
- cold hands & feet
- chest pain

Hypotension continued on page 3

JANUARY general membership meeting

Join us for
our monthly meeting!

speaker:

Dr. Gary L. Tunell
**DAPS Medical
Advisory Board
Member**

**Monday, Jan. 9, 2012
1:00 p.m.**

Bring your questions and
join us for refreshments
after the presentation.

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

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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:

Ann Staton

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All submissions must be received by the first of the month preceding publication date and are subject to editing.

Muscle Exercises for the Mouth and Throat

Do each exercise 10 times. Hold each position for 5 seconds. Practice 20 minutes, 2-3 times a day.

Lips

1. PUCKER UP like you're going to kiss a baby.
Make your lips as round as possible.
2. SMILE as wide as you can.
Make the smile as even as possible.
3. ALTERNATE
Pucker / Smile, Pucker / Smile
Say "Ooooh---Eeeee"
4. PUFF OUT your cheeks with air.
Do not let the air escape from your lips.

Tongue

5. Side to Side
Touch each corner of your open mouth with your tongue.
6. Up and Down
Keeping your mouth open, touch your top lip and bottom lip with your tongue.
7. Circle your lips with your tongue as completely as you can.

Laryngeal Elevation (Swallowing)

8. Say "EEE" in a low voice, then say "EEE" in a very high/squeaky voice.
9. Say a long/loud "Aahhhhh" for 3-5 seconds.
10. Say a short/harsh "Ah, Ah, Ah" 10 times.
11. Suck on one end of a straw to hold a piece of tissue paper/toilet paper on the other end for 3 seconds.

Vocal Cord Adduction

12. While sitting, push down on the arms of a chair holding your breath for 2-3 seconds.
13. Lie flat on your back, lift your head up, and look down at your toes for up to 60 seconds.

Causes

Normally, when a person rises from lying down or sitting, the blood vessels constrict and send blood from the legs and trunk up to the head. In addition, the heart beats slightly faster and more forcefully. In people living with PD, the heart rate may not increase upon standing, and the blood pressure may drop as a result.

Both Parkinson's itself, and the medications that are used to treat it, can contribute to OH. In addition, people with Parkinson's may be on other medications that affect blood pressure. Specifically, the medications that can cause OH in Parkinson's include carbidopa/levodopa (Sinemet®), bromocriptine (Parlodel®), ropinirole (Requip®), and pramipexole (Mirapex®); drugs for high blood pressure, including calcium channel blockers; certain antidepressants; drugs to treat urinary problems, such as prazosin (Minipress®) and terazosin (Hytrin®); and drugs for erectile dysfunction (e.g., Viagra®).

Additional causes include diuretics, cardiac disease, dehydration, fever, and anemia.

How to Avoid Orthostatic Hypotension

If you can recognize your symptoms and are aware of what makes them worse, you can take steps to reduce and avoid them.

Most important is to avoid dehydration, especially during the months of hot weather. Ask your doctor to identify the medications you are taking that may lower your blood pressure, and see if a change in dose is indicated. Avoid abrupt changes in position.

Be aware of behaviors and circumstances that can make orthostatic hypotension worse.

These include the following:

- dehydration
- fever
- vigorous exercise
- certain times of day (especially early morning)
- changing the position of the body (e.g., standing up)
- exposure to heat
- prolonged standing
- drinking alcohol
- straining while going to the bathroom
- meals high in carbohydrates

Drug Therapies

Ask your doctor whether there are any medicinal approaches that will help you manage OH and its effects. Options may include midodrine (ProAmatine®), fludrocortisone (Florinef®) or pyridostigmine (Mestinon®). Be aware that medications that raise low blood pressure to normal levels when a person is standing may cause high blood pressure when a person is lying down.

Tips for Avoiding Orthostatic Hypotension (OH)

- Drink lots of water and other fluids, at least one cup (eight ounces) with meals and two more at other times of the day.
- After consulting your doctor, increase your salt intake by eating prepared soups or pretzels. (Note: for people with heart disease, this should be avoided.)
- Exercise gently and regularly — and avoid long periods of inactivity.
- Eat small, frequent meals.
- Reduce alcohol intake.
- Avoid hot drinks and hot foods.
- If you expect to be standing for a long period of time — while shopping, for example — quickly drink two eight-ounce glasses of cold water. This will increase blood volume and causes blood pressure to go up for a couple of hours.

If you experience dizziness in the morning:

- Raise the head of the bed by four inches (10 cm).
- Drink two eight-ounce cups of cold water 30 minutes before getting up.
- Do isometric exercises before getting up that contract the leg or feet muscles. For example, raise the toes, contract the thigh muscles and hold for 30 seconds, or march the legs slowly in place.
- Shift slowly from lying to sitting and then standing.
- Try putting on an abdominal binder before you get out of bed (and remove it before lying down again). Compression garments such as antigravity stockings can be effective in preventing OH.

This article was originally published in the Fall 2011 edition of the Parkinson's Disease Foundation (PDF) newsletter, News & Review. It is reprinted, in its entirety, with permission from PDF. For other publications, please visit www.pdf.org.

If You Sit Too Long, Your Chair May Kill You

by Carl Lowe

By now, almost everyone should know that exercise improves health. But even if you can't or won't spend an extended amount of time working out, there's a simple movement you can do right now, at your desk or in your living room that can make a huge difference for your well-being: Stand up. That's right. Occasionally standing up, even if you get no other exercise, is vital for keeping your weight down and lowering your risk of illness.

Sitting Dangerously

A growing body of research shows that prolonged sitting, without getting off your chair or couch, endangers your well-being no matter how much exercise you get at other times. When you are immobilized in front of a computer or television screen for a long time, your metabolism slows and your interior physiology changes in unhealthy ways. "The enzymes in blood vessels of muscles responsible for fat burning are shut off within hours of not standing," warns Marc Hamilton, Ph.D., a researcher and professor at the University of Missouri-Columbia. "Standing and moving lightly will re-engage the enzymes... Since people are awake 16 hours a day, it stands to reason that when people sit much of that time they are losing the opportunity for optimal metabolism throughout the day."

Even if you are a dedicated exerciser who walks, runs, bikes, swims, dances or lifts weights, if you sit for long periods of time without budging, your exercise sessions will not entirely compensate for the negative health effects of your inactivity. For example, a study from researchers at the American Cancer Society showed that the longer you sit every day, the larger your risk of dying, no matter how many times you go to the gym or jogging trail.

In this research, scientists analyzed the lifestyle habits of more than 120,000 people over a period of about 13 years. They found that the amount of time somebody spent sitting was directly related to his risk of dying during the study. Women who sat more than six hours a day were 37 percent more likely to die than those who sat less than three hours daily. Men who stayed in their chairs more than six hours a day were 18 percent more likely to die than their counterparts who were sitting down for only three hours each day.

Among people who never exercised at all, sitting for six hours a day was particularly lethal. The non-exercising women who sat for six hours a day were 94 percent more likely to die. The totally sedentary men were at a 48 percent increased risk.

All that sitting directly harms your heart and metabolism. "Prolonged time spent sitting, independent of physical activity, has been shown to have important metabolic consequences," says Alpa Patel, Ph.D., who took part in the research. "(It) may influence things like triglycerides, high density lipoprotein, cholesterol, fasting plasma glucose, resting blood pressure and leptin which are biomarkers of obesity and cardiovascular and other chronic diseases."

Take A Break

If you have a job that requires long periods of sitting, the best bet for coping with this inactivity is to either work standing up (Thomas Jefferson, Ben Franklin, Virginia Woolf and Ernest Hemingway had desks that allowed them to stand) or take frequent breaks out of your chair. Research on sitting reported in the European Heart Journal found that the more times you stand up during a day of mostly sitting, the better your chances are of avoiding heart disease and keeping your weight down. According to Dr. Genevieve Healy, who led this study, "for the number of breaks in sedentary time, the most significant differences were observed for waist circumference... The people who took the most breaks had, on average, a 4.1 cm (1.6 inches) smaller waist circumference..."

To keep from being too sedentary at a desk job, Dr. Healy suggests:

- Stand up when you make phone calls.
- Take the stairs instead of the elevator.
- Walk to other offices to confer with colleagues instead of instant messaging.
- Use a bathroom on another floor.
- Encourage co-workers to stand up during meetings or have regular breaks during conferences.

[Sit Too Long continued on next page](#)

Sit Too Long *continued from previous page*

- Incorporate walking into daily routines by having to walk to your printer rather than locating a printer in your office.

You Have To Move

The evidence is clear: Your chair can kill you if you let it. But, if you get up more often and walk around, or even if you merely stand, you can offset some of the unhealthy effects of sitting too long. And all you have to do to get healthier is get to your feet.

Reprinted with permission from Easy Health Options: <http://www.easyhealthoptions.com/alternative-medicine/if-you-sit-too-long-your-chair-may-kill-you/>

A Great Gift & the Price is Right!

by Sarah Malcolm

Have you heard of the CARE Medical History Bracelet? Costing only \$19.99, including wrist band, instruction booklet, and CD, this powerful medical tool allows you to enter your complete personal health history, and that of your whole family if you wish, into a small memory band on your arm. If you don't like to wear a bracelet (it comes in black, pink, green, blue, and gray and contains no Latex), you may choose instead a medical history card that fits in your wallet (\$29.99) or a keychain (\$24.99). However, the bracelet would be more readily noticed by responders.

In case of an emergency or if you are incapacitated, EMTs or Paramedics can see the medical alert symbol on your bracelet and know right away that it contains emergency medical information. The design allows the band's USB to be plugged into any PC, including laptops carried by emergency personnel. Your life-saving medical information, including history, can then be easily accessed. Once plugged in, a photo image of the owner provides for positive identification, since there is no drivers license or Social Security number contained in the data. There are **NO MONTHLY FEES** and Internet access is not required to input your information. The bracelet may be bought online by searching "CARE Medical History Bracelet", or through local pharmacies. Prices may vary. I found the quoted prices on-line on October 26, 2011.

Reprinted with permission from PFHC Bulletin, November 2011.

Can You Still Ride a Bicycle?

In a new study published in the Journal of Parkinson's Disease, Japanese researchers report that the ability to ride a bike can differentiate between atypical parkinsonisms (disorders that look similar to Parkinson's disease (PD), but respond differently to treatments) and PD, regardless of the environment or situations for bicycling.

Patients with atypical parkinsonism lose their ability to cycle during the early phase of the illness, while patients with PD continue to ride well. The "bicycle sign" can help clinicians differentiate between atypical parkinsonism and PD in making a diagnosis.

Reprinted with permission from PFHC Bulletin, November 2011. From a news release by medicalnewstoday.com.

Half Shells Fundraiser

Dine at Half Shells at their Legacy location in Plano on January 3, 2012, and DAPS will receive 15% of all sales for the day!

When: 11am to 10pm, Tues., Jan. 4, 2011

Where: 5800 Legacy Dr., #C-2, Plano TX 75024
Phone: 469-241-1300

Directions: Toll Road to Legacy, right to first light, then right—Half Shells will be on your right.

Great food! Hope you can make it!

DAPS Adopts New Logo

The DAPS Board voted at the September Board Meeting to change the DAPS Logo. The new Logo is the State of Texas with the newly adopted national symbol for Parkinson's, the Red Tulip, placed at the Dallas location. Watch for this new Logo on all DAPS literature in the near future.



Memorials • Honors • Donations
November 2011

In memory of Jack Harris

From: Scott MacPherson & Charles Schlinke

In memory of Rebecca Black Kendall

From: Marcie J. Black

In memory of William E. Massey

From: Charles & Laura Hennessee

In memory of James Pride's Birthday

From: Dorrell D. Pride

Donation to DAPS

From: Arapaho PAGE

Plano PAGE

Preston Hollow PAGE

Skillman PAGE



IT'S DUES TIME AGAIN

It's time to pay your 2012 membership dues for the Dallas Area Parkinsonism Society.

This will ensure that you are part of our outstanding work:

- Parkinson Appropriate Group Exercise at 10 locations
- Speech Therapy at five locations
- Partners-in-Care sessions at five locations
- Aquatic Program for Parkinson's Patients at Baylor Institute for Rehabilitation
- 11 issues of our informative Newsletter
- 11 General Meetings featuring leading experts or fun luncheons
- Up-to-date information on PD

DAPS provides a positive local environment for all touched by Parkinson's disease. It is a community of care that gets things done.

We are here to serve. Help us continue making a difference—renew your membership today!

Go to <http://www.daps.us>. There you can either print out a Membership Form to mail or fax, or you can renew online: choose your Membership Level, click Subscribe, and pay through PayPal.

Thank you for your continued support!

2012 General Meetings

Mark your calendars NOW!

- | | |
|---------------|-----------------------|
| • January 9 | • July 9 |
| • February 13 | • August - no meeting |
| • March 12 | • September 10 |
| • April 16 | • October 15 |
| • May 14 | • November 12 |
| • June 11 | • December 10 |

Reminder

Now you have the option of receiving the DAPS newsletter by email! If you are interested in receiving a PDF of the monthly newsletter, send an email to Ann Staton at daps125@sbcglobal.net and she will add you to the newsletter email list.

WAYS TO GIVE THAT MAKE A BIG DIFFERENCE

- **Donation:** Write a check or make a credit card donation on the phone.
- **Matching Gift Program:** Check with your employer and double your donation.
- **Tribute Gifts:** Make a donation in honor or memory of a loved one.

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 (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.

Finley Ewing Cardiovascular & Fitness Center, Studio 3

5721 Phoenix Drive (214-345-7074)

Dance for Movement Disorders:

Tuesday...2:00 p.m. to 3:15 p.m.

Thursday...2:00 p.m. to 3:15 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...11:30 a.m. to 12:30 p.m.

Skillman Church of Christ

3120 Skillman St., FLC 2nd floor
Mezzanine

Group Exercise:

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

PLANO:

Custer Road Methodist Church
6601 Custer Road

Speech Therapy:

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

THPHD GROUPS & CLASSES

The Movement Disorders Education and Resource Center at Texas Health Presbyterian Hospital Dallas (8200 Walnut Hill Lane, Dallas, TX 75231) offers the following:

SUPPORT GROUPS

PD Support Group. 3rd Thursday of each month at 6pm in the Beasley Conference Rm, Main Bldg, 1st Floor.

Essential Tremor Support Group. 2nd Wednesday of each month at 1:00pm in the Beasley Conference Rm, Main Bldg, 1st Floor.

PSP Support Group. 3rd Saturday of each month at 6pm in the Southeast Conference Rm, Main Bldg, 1st Floor.

Caregiver Support Group. 4th Tuesday of each month at 2:00 pm in the classroom across the hall from Studio II at the CVC*.

FITNESS CLASSES

Dance for Movement Disorders.

Instructed by Misty Owens, MFA every Tuesday and Thursday, 2:00 – 3:15 pm in Studio 3 of the CVC*. This class is cosponsored by Texas Health Presbyterian Hospital Dallas and the **Dallas Area Parkinsonism Society (DAPS)** and is offered free to individuals with movement disorders.

Water Exercise for Movement

Disorders. In the pool at the CVC* every Monday, Wednesday, and Friday at 11:00 am. (A physician release form and the purchase of a CVC punch card are required. Please call for more information: 214-345-7074.)

Caregivers are welcome to attend any of our support groups and exercise classes. For more information or to **RSVP**, please contact us at **214-345-4224** or **DallasMovementDisorders@TexasHealth.org**.

*CVC = Finley Ewing Cardiovascular & Fitness Center, 5721 Phoenix Drive, across Greenville from Presbyterian Hospital, Dallas. 214-345-7074



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**RETURN SERVICE
REQUESTED**

MARK YOUR CALENDAR

general meeting

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

Speaker: Dr. Gary L. Tunell, Neurologist on DAPS'
Medical Advisory Board

University Park United Methodist Church
4024 Caruth at Preston

open board meeting

Monday, Jan. 23 (4th Mon.) - 1:00 p.m.

University Park United Methodist Church

next month

Monday, Feb. 13 - 1:00 p.m.

Speaker: Sheila Ricketts, Community Liaison
from Pinnacle Home Health
"A Matter of Balance "

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



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and mail or fax it to DAPS, or email: daps125@sbcglobal.net**