

Parkinson's Perspective



Letter from the Medical Director

I learned years ago that Parkinson's Disease does not affect just the patient. It affects everyone around the patient, including sons and daughters. This issue of the newsletter is devoted to the adult sons and daughters of patients with Parkinson's Disease, both to help them as well as ask for their help.

First and foremost, it is important for the son or daughter to recognize that their parent's Parkinson's Disease affects them in both tangible and intangible ways. Adult children have many and often conflicting feelings. There is a tension between their sense of responsibility to the parent affected versus the son or daughter's well-being and the welfare of others for whom the son and daughter also has responsibilities. There is the constant fear of what the future might bring.

Sons and daughters likely will have ambivalent feelings towards their parent with Parkinson's Disease. Feelings include love, gratitude, and responsibility to the patient, but also fear of the demands and burdens that may befall the son or daughter. These ambivalent and competing concerns rarely go away, but if the feelings are allowed to get out of control, serious emotional, psychological, financial, and physical harm may be done to all parties. It is important for families to have a clear understanding of all the expectations that will fall on them. This requires open and clear communication.

In the face of the unknown, we often create worse monsters than could ever really exist. Some sons and daughters have unfounded or unrealistic fears that could lead to serious consequences, such as depression and giving up. The best antidote is education from the physician, other health professionals, or other adult children who have faced these problems.

The relationship between parents and children is complex; it does not become any less so when the sons and daughters reach adulthood. Parents don't stop being parents just because their children are grown. Sons and daughters don't stop looking to their parents for advice, support, and affection just because they are adults. A parent wanting to support his or her children does not change when the parent becomes the one needing assistance. A parent's concern about not wanting to be a burden should not be confused with a lack of gratitude or respect for the son or daughter. The extent of support from the son or daughter, or the extent of support a parent will allow is complex, and there is no right answer. In my experience, the key is mutual respect for everyone involved. Sometimes some risk, particularly when associated with some degree of independence, is worth taking to preserve the dignity of both the parent and the adult child.

Some sons and daughters ultimately are faced with the issue of

whether their mother or father can continue to remain at home. There are many resources to help the parent remain at home (see the article "Ways to Help a Loved One Affected by Parkinson's Disease" in this issue of the newsletter), but for some it is in the patient's best interest to enter a nursing facility. This transition is often difficult. In addition to the financial, psychological, and social issues for the patient, sons and daughters often feel they have abandoned their parent. In my experience, some sons and daughters expend so much time and energy trying to keep their parent out of a nursing facility, that they are no longer able or are too tired to provide the patient with the love, affection, and attention that only the son and daughter can provide. I often tell sons and daughters, "Let someone else provide the custodial care. Your mother (or father) needs your attention, love, and affection." It is important to recognize that there are professionals who can help with this process.

Sons and daughters rightly are concerned about their own risks of getting Parkinson's Disease. For the large majority of patients, it is unknown what causes Parkinson's Disease. It is known, however, that sons and daughters do have an increased risk of developing Parkinson's Disease. Although family history is a suspected cause, routine genetic testing is not done, because it so rarely produces results. Even if a patient is identified with one of the known genetic causes, it is not clear what difference this would make to the patient's treatment, or what risk this poses to the son or daughter. Certainly, most experts would not recommend altering family planning because the person's mother or father had Parkinson's Disease.

The risk for a person to get Parkinson's Disease if a family member has it is 0.47 percent. While this is higher than persons without a family member who had PD, it is still relatively small. With the availability of medications, such as selegiline or rasagiline (trade name, Azilect) that may slow the progression of Parkinson's Disease, it is prudent that children be vigilant for early signs of the disease. These early signs may include tremor, slowing down or taking longer to do things, slowed walking, poor balance, quieter or softer speech, and changes in handwriting. If the son or daughter experiences any of these signs, he or she should consider seeing their physician. In my practice, if I suspect the person may have the earliest signs of Parkinson's Disease, I recommend treatment with selegiline or rasagiline.

Unfortunately, we know that Parkinson's Disease can be very difficult to diagnose, especially in its earliest stages when it is most important to treat with medications. In a 1985 study conducted by Schoenberg et al, 41 percent of those identified as having Parkinson's Disease were not yet diagnosed, while 22 percent of patients waited

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over a year before the correct diagnosis was made.

Anyone suspicious that they may have Parkinson's Disease should consult a movement disorders specialist. If the specialist diagnoses early Parkinson's Disease, he or she can provide the patient's treating physician with treatment recommendations, such as the use of selegiline or rasagiline. We identify a movement disorders specialist as a physician who has completed his or her neurology residency program and has gone on to spend one to two years of specialized training where they see and treat only patients with Parkinson's Disease and other movement disorders. Alternatively, expertise in movement disorders can be demonstrated by past participation in clinical research or publication of scholarly or scientific papers on Parkinson's Disease. You can obtain the relevant information about your prospective physician's training and experience by requesting a copy of his or her curriculum vitae (CV), and you should not hesitate to do so. The coordinator of the American Parkinson Disease Association Information and Referral Office at the University of Wisconsin-Madison can provide you with a list of movement disorders specialists in your area.

One way for sons and daughters to honor their parents and gain support is to become active in the various support groups and chapters of the American Parkinson Disease Association. The majority of those serving in these organizations are patients or spouses of patients. Whether by age or limitations of to the disease, their ability to commit time and energy becomes more difficult. The Wisconsin Chapter of the American Parkinson Disease Association is working to develop and sponsor programs to help the Parkinson community in addition to fundraising efforts. Members of the chapter advise and work with the faculty and staff of the Movement Disorders Program of the University of Wisconsin-Madison to provide educational programs for the lay and professional audience, support research, and identify and meet the needs of the Parkinson community. Anyone interested in joining and working with the chapter may contact Pamela Crapp at (608) 838-8395.

If you are a son or daughter of a patient with Parkinson's Disease, I urge you to give a copy of this newsletter to your brothers and sisters. If you are patient with Parkinson's disease, I urge you to give a copy to your adult children. Additional copies may be obtained from Jessica Hahn at (608) 263-7991 or parkinsons@neurology.wisc.edu.



— Erwin B. Montgomery Jr., MD
Medical Director, APDA I & R Center
University of Wisconsin-Madison

Reference:

Schoenberg BS, Anderson DW, Haerer AF. Prevalence of Parkinson's Disease in the biracial population of Copiah County, Mississippi. *Neurology* 1985; 35:841-845.

This newsletter is intended for educational purposes only and should not be interpreted as providing medical recommendations. Patients are advised not to change their treatment without the advice and consent of their treating physician. The editor of the newsletter is solely responsible for its content.

Ways to Help a Loved One Affected by Parkinson's Disease

There are many services available to help a person with Parkinson's Disease. Family members can help them find these services.

- **Adult Day Center:** A facility that provides services for part of a day in a group setting for adults who need assistance with activities of daily living, supervision, and/or protection. Services may include personal care and supervision as well as provision of meals, medical care, transportation, and activities designed to meet physical, social, and leisure-time needs.
- **Advanced Directives:** There are two types of advance directives. 1) A durable power of attorney for health care, which allows the patient to name a "patient advocate" to act for the patient and carry out his or her wishes. 2) A living will, which allows the patient to state his or her wishes in writing but does not name a patient advocate
- **Home Health Care:** An agency that helps an individual maintain his or her independence and quality of life. Some of the services offered are skilled nursing, rehabilitation therapies, and companion caregivers. The services are provided at home, which can be helpful for those who cannot get around easily.
- **Hospice Care:** Hospice provides support to people with life-limiting illnesses and their families to enhance end-of-life quality. It helps a person live his or her life to the fullest. Grief counseling is also available.
- **Independent Living Aids:** Personal devices used to help a person move, accomplish a task, or just turn over in bed.
- **Prescription Assistance Programs:** Medications can be expensive. Prescription assistance programs are set up through various companies to help people afford their medications, so they can take their medications on a regular basis. The Wisconsin government has a drug savings program as well. Find more information about it at www.drugsavings.wi.gov.
- **Respite:** A service that provides temporary relief for a caregiver, either in a facility or in the patient's home.
- **Support Groups:** Support groups help people become more educated about the disease and realize that there are others out there with this debilitating disease. Groups share information about what they find helpful to get them through a task.

To find out more about these services, please contact Jessica at (608) 263-7991 or parkinsons@neurology.wisc.edu to receive a free copy of the Wisconsin Parkinson's Disease Resource Book. Help is out there. People just need to know where to find it.

MEET THE STAFF

Jack C. Jones, M.D., F.A.C.P.

If you know Jack Jones, M.D., F.A.C.P., you know that he is a busy man. He sees patients for sleep difficulties, epilepsy, movement disorders, and Botox treatments at UW Hospital and Clinics and at the William S. Middleton Memorial Veterans Hospital. When he is not in clinic you can see him teaching, taking care of four children at home, hiking or skiing, or chopping wood.

Dr. Jones graduated cum laude from Williams College in Williamstown, MA. From there, he attended Penn State University College of Medicine, where he earned his M.D. Dr. Jones chose

to complete a residency at University of Wisconsin–Madison. He did his residency in both internal medicine and neurology and finished with a fellowship in EEG, EP, epilepsy, and sleep.

Dr. Jones, who is also associate professor of neurology, is no stranger to movement disorders and Parkinson's Disease. Besides being the director of the sleep disorders clinic, he is also the associate director of the Francis M. Forster Epilepsy Clinic at the VA Hospital in Madison.

We are fortunate to have Jack Jones, M.D., F.A.C.P., we appreciate his gusto for first-rate neurological care.

Long-Distance Caregiving

Many adult children take care of a parent with Parkinson's Disease even from a distance. This is called long-distance caregiving and occurs when an individual is not directly caring for a parent but is offering other forms of support, such as finding services.

When a parent is diagnosed with Parkinson's Disease, it is helpful not to jump to conclusions about what the future will bring. The best way to help is to start gathering information about the disease to use in future decision-making situations. Because it is difficult to know how the disease will progress in each person, gathering information ahead of time is helpful. This information can be used to form a plan to handle each situation. The plan should include the input of the individual with Parkinson's Disease.

A team approach can be very valuable when caring for a parent with Parkinson's Disease. The team usually consists of a main caregiver, spouse, family members, neighbors, and/or friends. The team gives a long-distance caregiver the reassurance that there is always someone around to keep an eye on his or her parent. Having many people involved allows everyone to offer support while still being able to live their own lives.

Roles of caregivers on the team should be determined based on each person's different strengths and weaknesses. The best care will be given if each member of the team can do what he or she are best at and what they find most rewarding. Support can range from showing appreciation to the primary caregiver, to helping find useful resources, to providing emotional encouragement to the person with Parkinson's Disease as well as to the rest of the team.

It can be difficult for a long-distance caregiver to balance work, family, and caregiving duties. It can be hard to decide between work priorities and caring for a parent, but the Family and Medical Leave Act (FMLA) was created to ease the stress of this decision. The FMLA allows an individual with family medical issues to receive up to twelve weeks of unpaid leave without losing his or her job. This relieves the stress and worry of losing a job and allows the individual to concentrate on taking care of a loved one.

When a long-distance caregiver uses the FMLA, he or she will want to get the most out of the time spent with their parent, so it

is helpful to have a list of what the members hope to accomplish during this time. This list could include attending a doctor's appointment with the patient, going through the house to identify and fix potential hazards, and relieving the primary caregiver of his or her duties and offer them a much-needed break.

Another important aspect of being a caregiver involves knowing the current medical situation of the person with Parkinson's Disease. To receive this information from the physician, a release of information must be signed by the patient. Without this form, physicians cannot talk to individuals about someone else's care, because they must follow the Health Insurance Portability and Accountability Act (HIPAA). HIPAA is a federal law passed in 1996, which regulates the use and sharing of medical information. In addition, it is valuable for caregivers to have a list of all medications, including over-the-counter, and the doses of those medications in case of emergency.

As a caregiver, it is also necessary to know where to find personal, health, financial, and legal papers. This is especially important if the person with Parkinson's Disease cannot make decisions and the power of attorney needs to be enforced. A facility caring for the patient will not allow decisions to be made on his or her behalf without a power-of-attorney form.

Long-distance caregiving can be stressful. The stress often results from the work that is involved and from feeling guilty for not being closer to your loved one with Parkinson's Disease. Because of this stress, it is important to take care of yourself as well as your parent. Try to find ways to de-stress, such as participating in caregiver support groups, receiving massages and manicures/pedicures, or exercising.

Providing support to the primary caregiver from a distance offers benefits to both parties. It is beneficial to know a loved one is taken care of and also lets the primary caregiver and the person with Parkinson's Disease know they are not alone. For additional suggestions about how to provide support, please see this Web site: <http://www.nia.nih.gov/healthinformation/publications/longdistancecaregiving>

SAVE THE DATE!

July

Parkinson's Tulip Sale. Dr. James Parkinson tulip bulbs will be shipped directly from Holland in time for planting this fall. July 31 order deadline. Contact Lindsey at lacarlstrom@wisc.edu or (608) 843-7696.

July 21, 2007

"Ride Down a Cure," hosted by Captain Ron's in Pardeeville. 120-mile motorcycle (or whatever vehicle you have) ride, followed by food, fun, music, and door prizes. Registration begins at 10 a.m., and the ride starts at noon; \$20 per person, \$30 per couple. For more information, call 608-429-2498.

July 26-19, 2007

NATIONAL CONFERENCE

The 2007 APDA Chapter Presidents and Coordinators Conference will be held July 26-29 in Boston. Representing Wisconsin will be Angel Hodsdon, chapter president, and Jessica Hahn, coordinator of the Information and Referral Office. Conference highlights will include scientific presentations, APDA organizational updates, sharing ideas, and exchanging information.

August

Second Annual Bowl-A-Thon sponsored by the Wisconsin Chapter APDA (details pending).

August 19, 2007

What: **Public Symposium in Rockford**
Where: Clock Tower Resort
7801 East State Street, Rockford, IL
Time: 1:00-4:00 pm

Dr. Montgomery will be speaking on the medical management of Parkinson's Disease.

September 11-October 30, 2007

Elder Family Caregiving Class

"Taking Care of You: Powerful Tools for Family Caregiving" is an educational training class designed to help family care givers take care of themselves. Classes are designed to give the caregiver the necessary emotional tools to reduce guilt, anger, depression, personal stress, learn how to deal with difficult feelings, help you relax, set goals, solve problems and effectively communication with family members and health service providers. Classes are held once a week for seven weeks for two hours. The cost is \$5. For more information or to register contact the Rock County Council on Aging at 758-8455
Where: HospiceCare, Inc.
3001 W. Memorial Drive, Janesville, WI
Time: 9:00-11:30 am

September 15, 2007

Parkinson's ride, 10 a.m., sponsored by the Riley Tavern, 8205 Klevenville/Riley Road, Verona. For more information, call Murph or Kathy at (608) 845-9150.

September 22, 2007

What: **Public Symposium in Eau Claire**
Where: Quality Inn
809 W Clairemont Avenue, Eau Claire
Time: 1:00-4:00 pm

Dr. Montgomery will be speaking on the medical management of Parkinson's Disease.

October 1-November 12, 2007

Elder Family Caregiving Class

"Taking Care of You: Powerful Tools for Family Caregiving" (see September 11 description)
Where: 2nd Congregational Church
657 Bluff, Beloit, WI
Time: 1:00-3:30 pm

October 7, 2007

What: **Public Symposium in Madison**
Where: UW Health Sciences Learning Center
750 Highland Avenue
Time: 1:00-5:00 pm

This mini-conference will help people learn different treatment options dealing with Parkinson's Disease, and some of the complications of the disease.

October 13, 2007

What: **Parkinson's Walk-A-Thon**
Where: City Center Plaza (Mall)
College Avenue, Downtown Appleton
Time: 12:00 pm

Come and help raise funds for the Wisconsin Chapter of the APDA to help those in Wisconsin have a better life with their Parkinson's Disease. For more information, contact Lorraine at (920) 858-1840.

October 20, 2007

What: **Public Symposium in West Bend**
Where: Clairemont Inn
2520 W. Washington Street, West Bend
Time: 1:00-4:00 pm

Dr. Montgomery will be speaking on the medical management of Parkinson's Disease.

Parkinson's Disease Events

For more information, please contact Jessica at 608.263.7991 or parkinsons@neurology.wisc.edu



IN OUR OWN VOICES

Lindsey Schultz

My dad was diagnosed with Parkinson's Disease when I was about 16 years old. I had no idea the impact that his diagnosis would have on the rest of my life. Over the years it has been since he was diagnosed I have watched the ups and downs of his life. In the midst of all of this I decided to become an occupational therapist because so often patients of all types of diseases and medical conditions only have their physical symptoms treated. I believe that treatment should encompass medical interventions as well as occupation base interventions because meaningful occupation is the core of life. I decided to help start the WI Chapter of the APDA almost 2 years ago because Madison did not have a place for PD patients to get information or for local fundraising. It has been a challenge to say the least but I am so proud of what the chapter has accomplished in its short time here in Madison and I am looking forward to many more years helping to make the lives of PD patients, family, and friends better.

Kim Ninmann

My mother was diagnosed with Parkinson's Disease during my senior year of high school. I remember how I responded when my father told me. The only thing I said was "OK". At the time I did not really know anything about Parkinson's and how it can affect the lives of members of a family.

My parents and I attended a Parkinson's seminar in Appleton during my freshman year of college. It really helped me understand what my mother was going through and how she was going to change over the years. Luckily right now she does not show the obvious signs of Parkinson's that most people recognize but I know that she will continue to get worse.

This has not been easy on our family but we have handled it together. Sometimes I wish I was still at home so I could help out more but my dad has really been a big help to my mom and we will both always be there for her.

HELPFUL HINTS

For itchy scalp, try Dove unscented bar soap and unscented conditioner.

This hint comes from a person with Parkinson's Disease from the Sun Prairie Support Group.

If you have any helpful hints to share with others in the Parkinson's Community, please let Jessica Hahn know at (608) 263-7991, parkinsons@neurology.wisc.edu or 600 Highland Avenue, J6/504 CSC, Madison, WI 53792-5132.

FROM THE EDITOR

Dealing with Parkinson's Disease can be difficult. When you are a child of a person with Parkinson's Disease, it can be tough as well. Children always think of their parents as strong and as caretakers, not recipients. When a child hears that a parent is diagnosed with a chronic disease, many things go through their mind: Will I have to take care of my parents sooner rather than later, will they be able to do the things they once did, why my parent, along with many more.

These questions are hard to answer. In most cases, patients may be able to take care of themselves for a long time, but for those who have advanced Parkinson's Disease, they may need care sooner. It is hard to tell how someone is going to be affected by Parkinson's Disease. Some may be able to do the things they enjoy, while others may have to find new hobbies. Many people wonder "why me," but that is hard to answer, since it is unclear what causes Parkinson's Disease. Until a cause is found, that question cannot be answered.

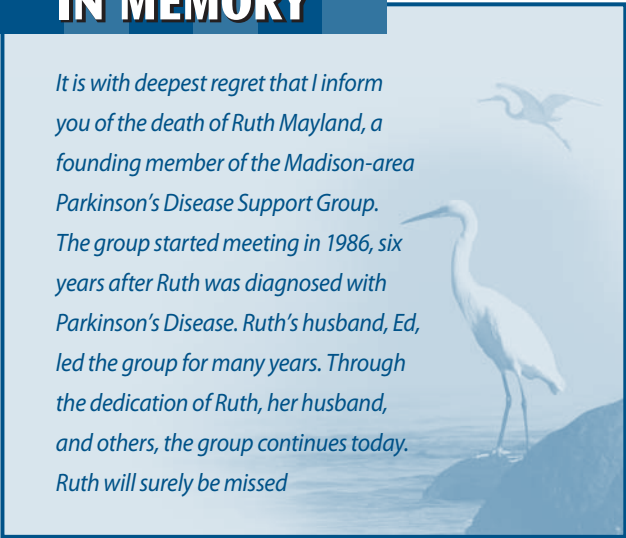
There are many ways you can help your parents. You can go with them to their medical appointments, so you know where they are at in their disease state. Educating oneself will help know where to receive expert help when issues arise with a person's Parkinson's. Also, you can show your support by joining a local Parkinson's Disease organization. Events held by the various organizations help people know what services are available and educate the general community about Parkinson's Disease. Being supportive of a person with Parkinson's Disease will help them do better with their disease than if they were dealing with it alone.



Jessica Hahn, Coordinator
APDA Information & Referral Office

IN MEMORY

It is with deepest regret that I inform you of the death of Ruth Mayland, a founding member of the Madison-area Parkinson's Disease Support Group. The group started meeting in 1986, six years after Ruth was diagnosed with Parkinson's Disease. Ruth's husband, Ed, led the group for many years. Through the dedication of Ruth, her husband, and others, the group continues today. Ruth will surely be missed



2007 Walk-a-Thon a HUGE Success

Thank you to the Parkinson's community, families, and friends who turned out April 15 for our second annual walk-a-thon at East Towne Mall in Madison. It was an overwhelming experience. There were 233 walkers, and we raised over \$21,000 for research. Thank you to everyone who helped make it possible.

We are grateful to local media—TV, public and commercial radio, and print—for fantastic coverage prior to and on the day of the walk. We appreciate the willingness of several individuals to share their stories: Carla Aspelmeier, interviewed by Sarah Carlson of WMTV; Angel Hodsdon and Dr. Erwin Montgomery, interviewed by Larry Meiller of Wisconsin Public Radio; and Nancy Ninmann and her family, interviewed at the walk by WISC-TV.

Thank you to our corporate sponsors, whose generous donations helped make this event possible: Allergan, Alliant Energy Foundation, American TV, Coca-Cola, Dale's Service & Refrigeration, East Towne Mall, Erickson Publishing, GHC, GlaxoSmithKline, Kramer Business Service, Medtronic, Novartis, O'Gara Publishing, Sport Court of Madison, Teva Neuroscience, and Vernalis Pharmaceuticals.

Thank you to the silent auction donors: American TV, Lynn Belongia, Jody Jacoby/Boardwalk Hair Designs, Botham Vineyards and Winery, Betsy Carlstrom, Condon Jewelers, Dale's Service & Refrigeration, Jessica Hahn, Into the Woods, Kathleen Kocs, The Michael J. Fox Foundation, Outback Steakhouse, Sconnie Nation, Gary Shaw, Steve & Barry's University Sportswear, Winterland Nursery, and Zimbrick.

Thank you to Julie Cabbage, Marketing Director for East Towne Mall, and mall management for making their facility available and working with the chapter to pull off this event. It was a big undertaking with limited people resources.

And, last but certainly not least, thank you to our walkers and their sponsors—we couldn't have done it without you.

Persons who were honored or memorialized at the walk are included in the Hall of Memory and Honor, (see back panel).



BOARD PROFILE

Angel Hodsdon, President

I'm 37 years old, have been married for ten years to Jason, and have one son, Jeromey, who is seven years old. I have worked full time for the State of Wisconsin for 11 years, currently with the Department of Military Affairs, and am *always* busy!

My mom was diagnosed with Parkinson's Disease about seven years ago, and my stepdad was involved in getting the Wisconsin Chapter APDA (WI-APDA) up and running, which is how I became involved in the chapter. I have to admit, I got involved mainly for selfish reasons—to find a way to make sense of what was happening to *me* because of my mom's disease. I was angry; it wasn't fair. She couldn't watch my newborn son as we had always planned, because she could no longer run her daycare. She couldn't spend all day going shopping, going out to eat, and just going crazy doing fun stuff with me like we used to. I just wanted my mom back because *my* life was different now, harder, and not going according to *my* plan!

But, as I got more involved and met many more people who are affected by this disease, I learned a ton (and am still learning tons) about what PD is, what it actually does to a brain and a body, what mom can expect, what our family can expect, and what we can do to make the best of our situation and go on. And, I realize, Mom is still my mom, who still wants to have crazy fun and still be an important influence in my son's life. There are just different ways we need to go about doing these things now.

I also learned I'm not the only person who has been angry because a disease has affected their family's life, and that we will get through this as others have done, mainly because of the support of a great organization like the WI-APDA. The people in this chapter have set and reached great goals—promoting support groups, raising over \$21,000 for PD research at our 2007 walk-a-thon, and spreading awareness about this devastating disease that affects so many of us. Being a part of this chapter is a very important part of my life. It's a way I can help others find support and make a difference to the people affected by PD.

Please get involved with us in any way you can! Together we can "ease the burden, find the cure."

Join the Chapter—It's All in the Family

We invite the daughters and sons of persons with Parkinson's Disease to join the Wisconsin Chapter APDA. Volunteers are the backbone of every nonprofit organization, and we're reaching out to the children of Parkinson's patients, because this disease affects you, too.

Our mission is to raise public awareness of Parkinson's Disease and ease the burden on Parkinson's patients, families, and caregivers. To that end, we have undertaken a number of important, exciting, fun, and work-intensive activities.

Volunteering can be very rewarding, especially for a cause that has a personal impact. We need your help to continue the impor-

tant work we do. Active members are critical to the success of our chapter. Please consider helping us "ease the burden, find the cure."

Chapter meetings are held the second Wednesday of the month at 6:30 p.m. in the UW Hospital and Clinics Neurology Library and are open to all members. If you live in the Madison area and are able to do so, we encourage you to attend and become involved in the work of the chapter.

Please note: While this call for volunteers is directed specifically at "Parkinson's children," we will enthusiastically welcome all who wish to join us in our efforts.

QUESTIONS & ANSWERS

Q: Are there certain foods recommended for Parkinson's patients and foods to avoid?

A: Good nutrition is critical for everyone, particularly patients with Parkinson's Disease. This means eating the proper amounts of the basic food groups, such as protein, fats, carbohydrates, and vitamins and minerals. Many patients with Parkinson's Disease, particularly older patients, do not get adequate and balanced nutrition. There are many reasons, including difficulty preparing proper meals. There are community programs that prepare and deliver meals. In addition, patients with Parkinson's Disease have a diminished sense of smell. Because most of the enjoyment of food comes from smell, many patients will say food doesn't taste good to them any more. Nutritionists can help review the patient's diet and make recommendations. Some patients lose weight dramatically. While this can be a complication of Parkinson's Disease, it is very important to make sure the weight loss is not due to some other serious illness. It is important for these patients to consult their physicians.

The issue of diet for patients with Parkinson's Disease is complicated due to the timing of meals and medications. Most medications for Parkinson's Disease can be taken with meals, but medications containing levodopa, such as Sinemet, Stalevo, Parcopa, and

carbidopa/levodopa, need to be taken on an empty stomach. We recommend, levodopa-containing medications be taken at least a half hour before meals or one hour after meals.

There are no particular foods specifically recommended for patients with Parkinson's Disease. However, a few patients taking medications containing levodopa may find their symptoms are somewhat worse after eating meals with large amounts of protein, such as ice cream, fish, or eggs. For these rare patients, the protein can interfere with the levodopa entering the blood stream and brain. These patients need to reduce the amount of protein in their meals. However, it is very important that everyone eat a certain amount of protein, or the body will break down its own tissue. Patients who find that protein interferes with the effectiveness of levodopa are referred to a nutritionist for a 60-gram protein diet divided into multiple small meals. Vitamin supplementation is a good insurance policy, but it will not make up for a poor diet. Excessive amounts of vitamin B6 can interfere with the effectiveness of levodopa as well.

Vitamin supplementation is a good insurance policy but it will not make up for a poor diet. Excessive amounts of vitamin B6 can interfere with the effectiveness of levodopa as well.

** Questions for this section may be sent to the editors.*

Wisconsin Chapter—American Parkinson Disease Association

P.O. Box 7513 • Madison, WI 53707-7511 • (608) 263-7991
 chapter@wischapterapda.org • www.wischapterapda.org
 National Website: www.apdaparkinson.org

Name _____

Address _____

City _____ State _____ Zip _____

Phone: Home () _____ Work () _____

Phone: Cell () _____ E-Mail _____

Preferred Method of Correspondence: Email _____ Postal _____

Patient _____ Caregiver _____ Other _____

Put me on mailing/membership list: Yes _____ No _____

I would like to be involved with:

Support Groups _____ Fundraising _____ Walk-A-Thon _____ Board _____

Membership Drive _____ Other _____

Membership is renewed annually in September. The optional \$5 membership fee helps the chapter "ease the burden...find the cure."

\$5 _____ or Other \$ _____ (optional)

Please send application and donations to the above address or call (608) 263-7991.

Signature _____ Date _____

ALL DONATIONS ARE TAX DEDUCTIBLE

BECOME A MEMBER TODAY!

The Wisconsin Chapter APDA is a not-for-profit, voluntary organization committed to raising public awareness of Parkinson's Disease and dedicated to easing the burden on Parkinson's patients, families, and caregivers. Chapter News Co-editors, Floyd Carlstrom and Pamela Crapp

PUBLICATIONS

Use this order form or call (608) 263-7991.

_____ **Basic Information about Parkinson's Disease**
(4-page brochure)

_____ **Parkinson's Disease Handbook**
(symptoms, causes, treatment; 40-page booklet)

_____ **Be Active** (25-page exercise program for people with Parkinson's Disease)

_____ **Be Independent** (32-page booklet on equipment and suggestions for daily living activities)

_____ **Speaking Effectively** (34-page booklet on speech and swallowing problems with Parkinson's)

_____ **Good Nutrition in Parkinson's Disease**
(26-page booklet)

_____ **Young Parkinson's Handbook** (78-page booklet)

_____ **How to Start a Parkinson's Disease Support Group**
(24-page booklet)

_____ **Aquatic Exercise for Parkinson's Disease**
(20-page booklet for patients and families)

_____ **My Mommy Has PD . . . But It's Okay!**
(20-page booklet for young children)

HALL OF MEMORY & HONOR

The following individuals have been recognized through donations to the Wisconsin Chapter APDA in 2007

In Honor of...

Ed Anderson	James Hoffman
Diane Behm	Katherine Kocs
Don Behnke	Linda Martinson
Dale Carlstrom	Tim Menning
Gary Crapp	Elizabeth Neitzel
LeRome Darden	Nancy Ninmann
Connie Fausett	Otis Paulson
Dorothy Fox	Paul Pfeffer
Kathleen Gago	Ken Schroeder
Mrs. Russ Gessler	Gary Shaw
Mark "Charlie" Getka	E. Stony Steinbach
Antonie Hamann	Jodie Westimayer
	Larry Zins

In Memory of...

Ruth Ahern
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Here to Serve You!

The American Parkinson Disease Association Information and Referral Office is here to serve you. We can provide a great deal of information: Books APDA provides free of charge to anyone looking for more information; information on Wisconsin support groups; lists of neurologists who specialize in Parkinson's Disease; and any information you are looking for about Parkinson's Disease. Our mission is "to ease the burden, to find the cure," and that is what we want to do: ease as much of the burden as we can for you. Please contact Jessica Hahn at (608) 263-7991 or parkinsons@neurology.wisc.edu for further information.

Parkinson's Perspective is published three times a year for Parkinson's patients, their families, and caregivers. It is produced by the APDA Information and Referral Office. If you no longer wish to receive this newsletter, please call 608-263-7991.

—Jessica Hahn, editor



A Parkinson's Publication
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