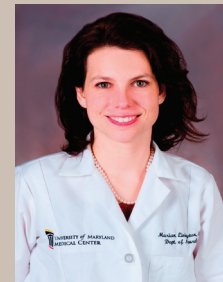




THE PARKINSONIAN

NORTHWEST PADRECC/Parkinson's Disease Research, Education & Clinical Center

Q&A with Marian Livingston, M.D.



Q "Is sinemet the combination of carbidopa and levodopa?"

Yes. Levodopa is the active part of the medication; carbidopa prevents the medication from being broken down in the body before it can be transported to the brain. It helps prevent side effects like nausea and vomiting. The etymology or origin of the name sinemet itself is literally 'without emesis.'

Q "Can you comment on the use of cannabis and coconut oil for relief of non-motor Parkinson's Disease symptoms?"

A randomized, double-blind, placebo-controlled trial of oral cannabis¹ extract showed no improvement in levodopa-related dyskinesia in 19 Parkinson's disease patients. This was a crossover trial, in which the same patients were tested after taking oral cannabis extract and after taking a placebo pill. There are currently no studies examining the role of cannabis and non-motor PD symptoms. Some patients have experienced a benefit from cannabis for levodopa-related nausea that is refractory to multiple anti-nausea medications. There are presently no placebo-controlled research studies supporting or refuting the benefits of coconut oil in Parkinson's disease.

Q "What form of co-enzyme Q10 was tested in the MitoQ trial? Ubiquinated?"

The MitoQ trial² was a study of 128 newly diagnosed Parkinson's disease patients in Australia and New Zealand who were followed over 12 months on either CoQ10 or a placebo. Unfortunately, there was no improvement in motor scores in the CoQ10-treated patients over the course of this double-blind study. The patients received either 40mg or 80mg of MitoQ, which was a ubiquinated formation (i.e., the active antioxidant formation).

References:

¹ Carroll, CB et al. "Cannabis for dyskinesia in Parkinson disease." *Neurology* 2004;63: 1245-1250.

² Snow, BJ et al. "A double-blind, placebo-controlled study to assess the mitochondria-targeted antioxidant MitoQ as a disease-modifying therapy in Parkinson's Disease." *Movement Disorders* 2010;25: 1670-1674.

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WANT TO CONTRIBUTE?

This newsletter is yours, and we think you should be involved. If you have any art, poems, stories, or articles you would like to share with other Parkinson's patients, please e-mail them to nwpadrecc@va.gov with "Newsletter submission" as the subject line.

Or mail to: Portland VA Medical Center
P3-PADRECC
3710 SW US Veterans Hospital Rd.
Portland, OR 97239



MY PARKINSON'S STORY - A WEB-BASED VIDEO LIBRARY

Jeff Kraakevik, MD

Several years ago, I was sitting with Susan Heath, RN, MSN, the DBS coordinator at the San Francisco VA at a meeting, and we were talking about ways to teach patients and families about Parkinson's disease. We wanted to create something that talked about common problems seen in real world situations. We wanted to include smart healthcare providers with simple and meaningful solutions. The result of that discussion was a video series called My Parkinson's Story.



This is a video series funded and produced by the VA with the guidance of faculty from the PADRECC (Parkinson's Disease Research, Education, and Clinical Centers) group. The PADRECCs are designated centers of excellence for research, education, and care of Parkinson's disease within the VA system. Susan and I have selected leaders from VA medical centers throughout the country to discuss these topics in Parkinson's disease. We asked them all to identify one person in their clinic that has dealt with the issue we assigned to them. Our producer, Andrew Stephens, then took his camera crews, and spent about a day with each person and their family. He interviewed them, and filmed them, usually at home and in their community, to outline exactly what the problem feels like and looks like. We then asked the experts to weigh in on how to solve the problem. Andrew filmed physicians, nurses, pharmacists, occupational therapists, physical therapists, speech therapists, social workers, case managers, and anybody else who may have had input in the care of that problem.

We're really proud of the result, and we think you will find it helpful! The videos can all be found on YouTube and are each about 8–10 minutes long. There is a playlist through the VA YouTube channel which has all the videos stored together. The playlist can be found here: <http://tinyurl.com/VAPDvideos>.

It can also be found by searching YouTube for 'VA PADRECC Parkinson Playlist'. The topics covered include:

- Early PD
- Depression
- Falls
- Driving
- Exercise
- Caregiving
- Genetics
- Sleep
- Medications
- DBS
- Thinking and Memory Problems
- Advanced PD
- Hospitalization
- Impulsive behavior
- Speech and swallowing
- Environmental exposure

The videos feature OHSU and Portland VAMC providers with their patients. We welcome you to check out any which may be of interest to you!

Please welcome our new PADRECC Staff!



Victoria Holiday, MD

Dr. Holiday has just completed her Neurology Residency at the University of Utah, where she was the Chief Resident. Her esteemed mentor described her as one of the most talented young neurologists he has ever worked with. Her research interests include finding biomarkers that can diagnose Parkinson's disease before symptoms appear, allowing patients to start early protective agents and modify the disease progression before it starts. She is also interested in identifying sensory disorders in Parkinson's disease.



Nicole Licking, DO

Dr. Licking completed her Doctor of Osteopathic Medicine in Touro University in California, and her Neurology Residency in Pennsylvania, as Chief Resident. She is described as providing excellent quality care to her patients, and having strong communication and organization skills. She knew she wanted to be a Neurologist early on, and enjoyed working with Movement Disorders patients so much that she decided to specialize in this field. She is a dedicated clinician, enjoys seeing patients in clinic, helping them through ups and downs, and is rewarded by her ability to improve their lives.

What is a DO? DO's practice the entire scope of modern medicine, bringing a patient-centered, holistic, hands-on approach to diagnosing and treating illness and injury. Today, more than 20 percent of medical students in the United States are training to be osteopathic physicians. Osteopathic physicians bring the additional benefits of osteopathic manipulative techniques to the diagnosis and treatment of patients.



Keiran Tuck, MD

Dr. Tuck completed medical school at the University of Sydney in Australia and his Neurology Residency at the Oregon Health & Science University (OHSU). His research interests include the interplay between Palliative Care and Parkinson's Disease. When not at work, he enjoys spending time with his wife, who is a Family Medicine and Preventative Medicine Resident at OHSU, and his 3 year old son Jakob.



Kristi Ketchum LCSW

Kristi is the new outpatient Neurology Social Worker and Dementia Educator. She first came to the Portland VA as a Palliative Care Fellow in 2007 as a Masters of Social Work student at Portland State

University. After receiving her MSW in 2008, Kristi worked at Legacy Health Systems; when a social work position opened at the VA in 2009, she jumped at the opportunity! She has worked as an Inpatient Medical Social Worker with general medicine and orthopedics and a Primary Care Social Worker in the Center for Women Veterans Health and DHSM Resident Clinic. Kristi has experience facilitating several groups for women veterans and is excited to offer dementia education classes. In her new role, Kristi will be facilitating Savvy Caregiver, a six week series of classes for unpaid caregivers of loved ones with dementia diagnoses. There will be two series offered this fall: at the Vancouver campus September 5 through October 10 and at the Center 50+ in Salem October 7 through November 4th (see flyer at right). Kristi will also be the Dementia Clinic and PADRECC social worker. She hopes to develop some group offerings for Veterans and caregivers.

Registration Open for Savvy Caregiver Class



This is a six-week psycho-educational series offered by the Portland VA Medical Center.

The series is designed especially for unpaid caregivers caring for a loved one with a dementia diagnosis.

Class size is limited and participants must pre-register to reserve a space in a class.

<u>Class Location</u>	<u>Class Dates & Times</u>
VA Vancouver Clinic	Fridays 10 a.m. – 12 p.m. Sept. 5, 12, 19, 26, Oct. 3, 10
Center 50+ 2615 Portland RD NE Salem	Tuesdays 10 a.m. – 12 p.m. Oct. 7, 14, 21, 28, Nov. 4

Signing up is easy!

Contact Kristi Ketchum at
(503) 220-8262 ext. 58594

Portland VA Medical Center
P3-PADRECC
3710 SW US Veterans Hospital Rd.
Portland, OR 97239
Phone: (503) 721-1091

Seattle VA Puget Sound
Health Care System
Neurology 127
1660 S. Columbian Way
Seattle, WA 98108
Phone: (206) 764-2021
nwpadrecc@va.gov

CALENDAR OF EVENTS

Upcoming classes, support groups, and other events related to movement disorders

PORTLAND PADRECC

FATIGUE IN PARKINSON'S DISEASE: My "get-up-and-go" got-up-and-went!

October 24, 2014 10:00am to 11:30 am Pacific Time in the Portland VA Medical Center - Bldg 100 Auditorium. Symptoms and management of fatigue in Parkinson's disease will be discussed. Q&A period to follow. Please call to sign up: 503-721-1091. This event will be available at 12 video conference locations. Call for locations.

Check out our website:
www.parkinsons.va.gov/northwest

CARE FOR THE CAREGIVER

This is a special phone presentation for caregivers of Veterans with Parkinson's and movement disorders. If you are a Family Caregiver of a Veteran involved with a PADRECC or Consortium Center, this group is for you! The presentation is open to Family Caregivers of Veterans of all eras.

When: Tuesday, September 23rd at 12-noon PST

Where: Participation is via toll-free telephone

Registration: Registration is required. Please contact Lynn Klanchar of the Richmond, VA PADRECC at 804-675-6952 by September 17th. A member of the Caregiver Support Line Team will then contact you to complete the registration process.

PARKINSON'S RESOURCES OF OREGON (PRO)

10th ANNIVERSARY OF SOLE SUPPORT FOR PARKINSON'S 1K & 5K Awareness Walk and Fundraiser
September 6th in Portland at Moda Center
September 27th in Medford at Bear Creek Park
September 28th in Eugene at Alton Baker Park
Registration and event details at www.solesupport.org

LIVING WITH PARKINSON'S CONFERENCE; Treatment Options and Strategies for People with Parkinson's and their Family Members

September 20, 2014 in Boise, Idaho. 9:00 am to 3:30 pm
\$20 registration before Sept. 5th, \$25 after. Includes lunch. Scholarships available. Please visit www.nwpcf.org

OHSU PARKINSON CENTER

OPTIONS AND OPPORTUNITIES: ANNUAL PD SYMPOSIUM
Sunday, October 12, 2014.

Mark your calendars for the 31st annual Parkinson's disease symposium. This year's symposium will focus on diet, exercise, and keeping our minds healthy in the face of PD. Many community vendors will offer resources and ideas for how to live better with Parkinson's disease. Program, lunch, and materials: \$35 per person. For questions please call 503-494-9054