

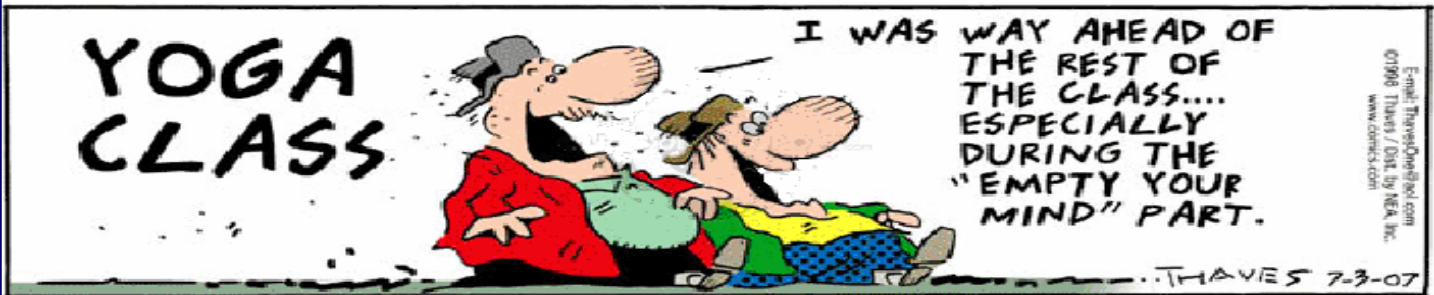


The Parkinsonian

☀ *Summer Issue, 2007*



Northwest PADRECC
Parkinson's Disease Research, Education & Clinical Center



Why Should You Exercise?

Exercise is important for everyone. It is even more important if you have Parkinson's disease. While exercise will not alter the progression of Parkinson's it is very important in order to maintain your quality of life. Exercise can help to reduce stiffness and improve your mobility, posture, balance, and gait. Exercise has also been shown to help reduce depression and stress. Moving, stretching and exercise can also help prevent:

- Poor posture
- Decreasing range of movement (losing flexibility)
- Poor balance
- Decreasing endurance (being out of breath or fatigued)

Decreasing strength particularly in the muscles that hold you upright, result in a tendency to stoop forward.

You should always check with your doctor before starting any exercise program. Your doctor may also be able to make recommendations about:

- What types of exercise would best suit you as well as what types you should avoid.
- How hard you should be working when you exercise.
- How long you should be working out.

Your doctor may also be able to refer you to another professional, such as a physical therapist, who would be able to help you plan a personalized exercise program.

If you are just starting you exercise program then start slow. If you want to workout for 30 minutes,

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Some Exercise Ideas

- Take a walk.
- Get off the bus one stop early or park the car a block away from your house.
- Use stairs instead of an elevator.
- Lift cans of soup, or any small weight, to exercise your arms.
- Do leg exercises while watching TV.
- Join an exercise class. One of the best ways to stay motivated is to exercise with others.
- Play your favorite music and dance or move to the beat.
- Go swimming or do water aerobics. These are easy on joints, and good if you lose your balance easily.
- Garden
- Try doing Yoga, Tai Chi, or Pilates. These are good for strength, coordination, and balance.
- Go shopping
- Use a stationary bike or rowing machine
- Use a treadmill

Just Remember, The greatest benefit comes from doing things that **YOU** enjoy.



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then start with a 10 minute session, and slowly build up to 30 minutes. It is best to exercise when your meds are working well and you are feeling strong. Always be sure to warm-up and cool-down. This will allow your heart rate to increase and decrease at a slower rate. It also allows the muscles time to cool down gradually so they do not become stiff. To warm-up, do the exercise you want to do, but start slowly and progressively get faster until you reach your desired pace. To cool-down you should also do the same exercise activity, but do it progressively slower.

Now get exercising!

A letter From a patient

Dear Candace,

Enclosed is a copy of "Parkinson's Disease Medications" which you graciously mailed to me to view. I also shared the tape with two other PD patients in the Reedsport community and we all thought the content was terrific.

Thanks, so much, for this great service that is convenient and informative. I hope the same arrangements can be made for future lectures of interest.

Sincerely,
Bill

For more information or to check out a copy of one of our talks, please call (503) 721-1091.

Exercise Classes

Parkinson's Exercise Class at the YMCA

This exercise class is at the Metro Family YMCA located at 2831 SW Barbur Blvd., in Portland, Oregon. It meets three times a week and participants engage in a variety of exercise activities designed for the person with Parkinson's Disease. Spouses are welcome to attend. For more information please call Chad Swanson at (203) 294-3366.

OHSU Pilates Class

To qualify for the course and attend safely, we ask that the person has been diagnosed with Parkinson's disease, be fairly mobile, able to get down and up from the floor without assistance, and be able to learn a program and continue it at home during the week. For More Information, please call the Parkinson's Center of Oregon at (503) 494-5620

Movement Classes

These are weekly class held in a variety of locations. These classes provide instruction in the technique created by John Argue (The Art of Moving) for people with Parkinson's. For more information please call Holly at (503) 413-7717.

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 send them to the address listed below or e-mail them to nwpadrecc@va.gov with newsletter submission as the subject line.

Portland VA Medical Center

Attention: Susan O'Connor

P3-PADRECC

3710 SW US Veterans Hospital Rd.

Portland, OR 97239

Crossword Puzzle

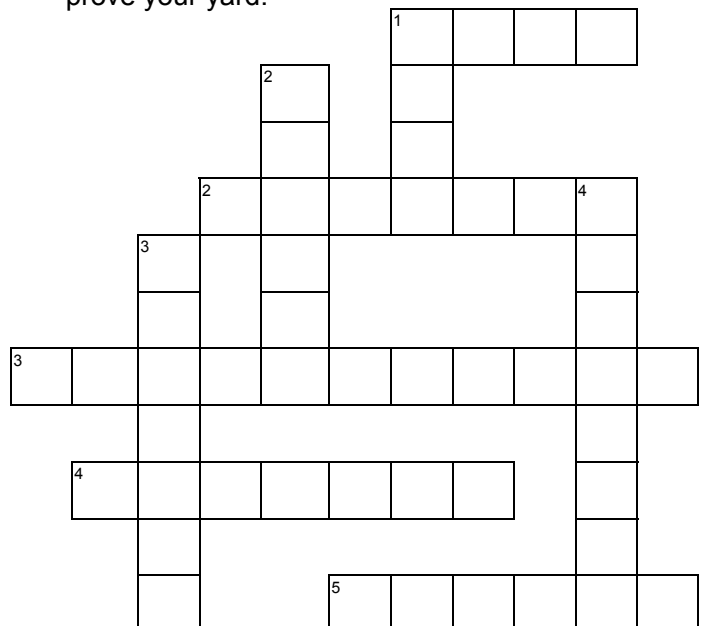
Find all the answers in this issues of the Parkinsonian

Down:

1. Parkinson's exercise classes are offered at the ____.
2. Don't take the elevator, take the _____.
3. OHSU offers a _____ class.
4. _____ will help maintain your quality of life.

Across:

1. An activity that will help improve strength, balance, and coordination
2. Exercise can help prevent poor _____.
3. An event to raise money for Parkinson's Resources of Oregon
4. You should always _____ before you exercise.
5. _____ is an exercise activity that also will improve your yard.



Recruiting VA Studies

Memory and Movement Disorders Demonstration Project (VA IRB ID: 1585 VA IRB Grant Number: #02-2202)

Dr. Joseph Quinn, MD is conducting this research study in order to track the frequency and types of changes in mental functioning that occur over time in Parkinson's patients. Participants would be asked to attend one or more study visits. All study visits would take place at the Portland VA Medical Center. The first visit would take less than twenty minutes. If asked to continue in the study there would be a second 90 minute visit and then follow-up examinations once a year for the next 3 years. All patients in the Parkinson's Disease Research, Education and Clinic Center (PADRECC) are invited to participate in this study. You may or may not personally benefit from participating in this study. However, by serving as a subject, you may help us learn how to benefit patients in the future. For more information on how to participate, please contact Susan O'Connor, RN at (503) 721-1091.

Ability to Arise From the Floor in Persons with Parkinson's Disease (VA IRB ID: 1585 VA IRB Grant Number: #06-1405)

Dr. Jeff Krakkevik, MD is conducting this study to see how well people with Parkinson's Disease can get up from the floor after they experience a fall. Participation would require up to three 30 to 40 minute outpatient visits at the Portland VA Medical center. In order to participate you must be a Veteran treated in the PADRECC Clinic or by the PADRECC physical therapist, Diagnosed with Parkinson's Disease, and at least 30 years of age. You may not be able to participate if you are unable to stand or move without the help of a caregiver, you have other neurological or musculoskeletal abnormalities that might affect your ability to stand from a sitting position, or the investigators determine that you are not eligible for safety reasons. You may not benefit from this study, however if you are found to have difficulty in arising from the floor you may benefit from instruction and advice on how to do so. Study visits would take place at the Portland VA Medical center. For more information on how to participate, please contact Susan O'Connor, RN at (503) 721-1091.

Biomarker's in Parkinson's Disease (VA IRB ID: 1774 VA IRB Grant Number: 04-0406)

Dr. Kathryn Chung, MD is conducting a study in order to understand the unique proteins (biomarkers) for Parkinson's Disease (PD) and dementia that are found in the brain. Some of these proteins are also found in the cerebrospinal fluid (CSF). CSF is a watery fluid which flows in the cavities within the brain and around the surface of the brain and spinal cord. If we come to understand the kinds and amounts of proteins that exist in the CSF, it may be possible to track the progress of the disease, determine if treatments are helping to slow the disease down, and make more accurate diagnoses of true PD versus conditions that may act like PD. This is a research study and is not treatment for Parkinson's Disease. To participate in this study you must be 21 years of age or older, and have PD. Participants will be asked to participate in 2 study visits which will occur at either the GCRC or the VA Research Clinic area. The first visit, for a screening and physical examination, will last about an hour, and the second visit, for the lumbar puncture, will last about 2 hours. These two visits may be scheduled a couple of days or a couple of weeks apart, depending on scheduling. Participants must be willing to undergo a lumbar puncture (where a special needle will be inserted in between two bones in your lower back). You may not benefit from this study; however you may help us learn how to better help patients in the future. You will also be compensated \$200 for your time and effort. Kathryn Chung, MD is the clinical investigator for the study and can be reached at:

P3-PADRECC
Portland VA Medical Center
3710 SW Veterans Hospital Road
Portland, OR 97239

For more information on how to participate contact Brenna Lobb at 503-220-8262 ext. 51871.

Recruiting OHSU Studies

Fish Oil for Depression in Multiple Sclerosis (MS) and Parkinson's Disease (PD)

The Parkinson's Center of Oregon at Oregon Health & Science University is looking for people with a confirmed diagnosis of PD who are suffering from Depression. The purpose of the study is to determine if taking omega-3 fatty acids along with your current antidepressant helps with symptoms of depression in people with PD. In addition we will determine if omega-3 fatty acids decrease blood levels of substances that are associated with depression.

You may be eligible to participate in the study if you meet all of the following criteria.

- Have a definite diagnosis of PD
 - On a stable dose of anti-depressant medication
- Between 18-85 years of age

This is a three-month pilot study in which 60 participants with either PD or MS will be randomly assigned to receive either fish oil capsules (which have high amounts of omega-3 fatty acids) or placebo capsules. The study requires 5 visits to OHSU. The research study will pay for all costs associated with the participation in this study. You will be responsible for any expenses that have to do with other aspects of your participation such as childcare and transportation. If you meet the eligibility requirements described above and are interested in participating in this study please call Dr. Lynne Shinto at (503) 494-5035.

Calendar of Events

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

Seattle Patient Education Talks

All talks listed will be held at the Seattle VA (Building 1, Room 240) from 1:30 PM – 3:30 PM
For More information call 206-277-4560

October 16, 2007: Speech and Swallowing and Driving — Shirley Glazer and Kay Ballen from the Booth Gardner PD Care Center

December 18, 2007: Protein, Appetite, & Weight Changes in PD and Sexual Dysfunction in PD — Patti Pritchard, RD and Diane Clowers, RN

Portland Patient Education Talks

All talks listed will be held in the Portland VA Auditorium from 10:00 – 11:00 unless otherwise noted. Please arrive early for parking
For more information call 503-721-1091

October 12, 2007: Nutrition and Swallowing — Erin Bookout

December 7, 2007: Caregiver Q&A — Speaker TBA

Parkinson's Resources of Oregon

Sole Support for Parkinson's Disease
A 1 or 5 K walk to help raise money for the Parkinson's Resources of Oregon.

Portland: Sunday, September 16, 2007
Willamette Park, 1:30PM

Eugene: Sunday, September 23, 2007
Alton Baker Park, 1:30pm

For more information please call (800) 426-6806 or visit www.solesupport.org

Parkinson's Center of Oregon (PCO) 2006-2007 Annual Events:

Newly Diagnosed Educational Session

Occurs every other month
For more information call 503-494-9054

November 1, 15, 29, 2007: Housing Transitions (luncheon series) — A three part lecture series with guidance and resources on how to stay safely in your home or how, when, and where to move. Located at Doernbecher's Vey Auditorium from 10:30 - 1:30 with lunch provided. For more information, please call (503) 721-1091

Southern Oregon Stand Down A Project for Veteran's in Need

September 14-16, 2007— A veteran's resource fair
Veterans Memorial Stadium
8495 Crater Lake Highway
White City, OR 97503

For More information, please call Kathy Patterson at (541) 665-5001.

Cross Word Answers

Down:

1. YMCA
2. Stairs
3. Pilates
4. Exercise

Across:

1. Yoga
2. Balance
3. solesupport
4. Stretch
5. Garden

To receive the Parkinsonian by e-mail please forward a request to nwpadrecc@va.gov. Call 503-721-1091 to be removed from our mailing list



**Department of
Veteran Affairs**

Portland VA Medical Center

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3710 SW US Veterans Hospital Rd.
Portland, OR 97239
Phone: (503) 721-1091

Seattle VA Puget Sound Health Care System

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Seattle, WA 98108
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