



The Parkinsonian

Fall Issue, 2007



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



Nutrition and Parkinson's Disease

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Eating is easy, right?

Many of us take for granted the skills involved with eating such as hand dexterity, healthy teeth for chewing and a normal swallowing reflex.

Parkinson's Disease (PD) involves the nervous system affecting our ability to perform every day activities such as eating. For instance, delayed or impaired swallowing reflex can make some favorite foods hard to eat.

Weight loss can be unhealthy

When eating becomes difficult or less enjoyable, weight loss can occur. Unintentional weight loss in PD can also occur from: nausea (medication induced), loss of appetite, depression, tremor or dyskinesia (uses up calories), and can result in:

- Increased risk of illness and slower healing,
- bone fracture,
- longer hospitalizations or poorer outcomes.

If this happens to you, don't give up! Seeking help from a Registered Dietitian can give you ideas on how to modify your favorite foods to make eating easier and more enjoyable! Seeking help from a swallow specialist—also known as a Speech-Language Pathologist—can give you tips for eating safely. Here are some ideas to make foods easier and safer to swallow, higher in calorie protein to (prevent weight loss), and easier to chew:

Vegetables and fruits: Choose cooked vegetables with butter or cream sauces; soft fruits such as applesauce, peaches or pears, oranges, bananas, canned fruit, fruit smoothies or vegetable juice.

Breads/cereals: choose cooked cereals or cold cereals soaked in milk, moist breads or salad sandwiches, biscuits and gravy, toast dipped

in soup, macaroni and cheese or baked pasta dishes, mashed potatoes and gravy. Protein (i.e. meat/dairy): eggs, ground meats or poultry, fish, casseroles, meatloaf, cottage cheese, yogurt, milk, cheeses, sour cream.

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"Run, run, as fast as you like. We won't bother catching you, you're the 'no sugar gingerbread man!'."

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Word Find

B R E A K F A S T R T L U N C H T Y U M
 E A T Z G H W Q A P P E T I T E I O P I
 Q S N A C K E A E D R I N K A S M M D N
 W L F X F J R S Q W E F I B E R E E F E
 P R O T I E N D V I T A M I N S D N G R
 R K O C D K U F H J K C X P R S I U H A
 T J D V S L T A S T E A C A T D C V J L
 Y H N B A P R G G F D L V N Y F A B K S
 U G M Q J U I C E A S O B C U G T N L Z
 W F H W P O T H J K L R C A L C I U M D
 A D E E O I I J B N J I N K I H O M G I
 T S A L E V O D O P A E M E O J N A H N
 E A L R I U N K L W E S Q S P K Z S J N
 R P T T U Y T S U G A R W E A L X D K E
 I O H Y C A R B O H Y D R A T E C F L R

APPETITE, BREAKFAST, CALCIUM, CALORIES, CARBOHYDRATE, DINNER, DRINK, EAT, FIBER, FOOD, HEALTH, JUICE, LEVODOPA, LUNCH, MEDICATION, MENU, MINERALS, NUTRITION, PANCAKES, PROTIEN, SNACK, SUGAR, TASTE, VITAMINS, WATER

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Choosing softer foods that are easier to swallow will also make chewing easier. If you want to conserve your energy for other activities (besides eating), choose softer foods that are easy to chew!

Feature Medication: Levodopa

The medication carbidopa/levodopa (Sinemet) is the most widely used treatment for PD. Levodopa is used by the brain to produce dopamine, which is deficient in persons with PD. It is usually taken in combination with carbidopa to lower side effects such as: nausea, vomiting, loss of appetite, or dry mouth. If you are experiencing any of these side effects you should notify your doctor.

Foods high in protein can block the absorption of levodopa. Foods high in protein include: meat, poultry, fish, eggs & dairy products; beans, nuts, seeds, and soy protein/meat substitutes. It is best to take carbidopa/levodopa (C/L) at least 30min *before* eating or . . . wait at least 1-2 hours *after* eating.

Recipes



Whole-wheat pancakes

2 cups whole wheat flour
 3 tsp baking powder
 1 tb sugar
 3 large eggs
 2 cups skim milk or soy milk
 2 tb vegetable oil
 cooking spray

Mix flour, baking powder, and sugar well. In separate bowl, beat together eggs, milk, and oil. Add dry ingredients and stir till just blended. Spray skillet with cooking spray, heat to medium-high. Pour 1/2 cup batter into skillet, bake till golden brown, about 1-2 minutes. Turn pancake, bake on other side 1-2 minutes till browned. Serve with butter and syrup. Makes 4 servings, 2 large pancakes.

Apple Crumble

1/2 cup rolled oats
 1/4 cup whole wheat flour
 1/4 cup butter or margarine, melted
 2 tb brown sugar
 2 large apples, peeled and sliced thin



1/2 tsp cinnamon
 1/4 cup honey or maple syrup

Combine oats, flour, brown sugar, and melted butter/margarine, tossing till crumbly. In oiled 8 x 8 baking dish, place apple slices. Sprinkle apples with cinnamon, drizzle with honey. Sprinkle crumb mixture evenly over top. Cover baking dish with foil, and bake in preheated 375 degree oven for 35 minutes. Remove foil, bake 10 minutes longer or till browned. Serve warm or cool. Makes 4 servings.

Banana-Cherry Frostie

1 teaspoon flax seed
 1 very ripe banana, peeled
 1 cup fresh or frozen unsweetened pitted tart cherries
 1 cup skim milk



Put flax seed into blender and grind. Add banana, frozen cherries and milk and blend till smooth. Serve immediately. If too tart, add a tablespoon of honey. Makes 1 serving.

PADRECC Website



Have the internet? Check out the newly updated PADRECC Website at <http://www.visn20.med.va.gov/portland/PADRECC>

The PADRECC website provides information about Parkinson's Disease and other movement disorders, as well as services available to veterans and their caregivers. Here are some things you can find on the website:

- ◆ PADRECC staff and contact information
- ◆ Information about Parkinson's Disease and its treatments.
- ◆ Information about PADRECC Clinics
- ◆ Information about local support groups
- ◆ Patient Education events
- ◆ Research projects that are occurring at the Portland VA PADRECC
- ◆ Other Internet resources for people with Parkinson's Disease.

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.

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

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

December 7, 2007: Caregiver Q&A: see flyer attached

February 8, 2008: Updated on PD Research— Amie Peterson, MD and Jason Aldred, MD

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

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

February 19, 2008: Care Giving Issues—Joleen Shaughnessy, SW

Parkinson's Center of Oregon (PCO)

Newly Diagnosed Educational Session

Occurs every other month

For more information call 503-494-9054

Housing Transitions (November dates have been canceled. Please call for information on new dates) A three part lecture series with guidance and resources on how to stay safely in your home or how, when, and where to move. For more information, please call (503) 494-9054



Parkinson's Resources of Oregon

Movement Classes

Weekly class held in a variety of locations providing instruction in the technique created by John Argue (The Art of Moving) for people with Parkinson's. Call: 503-413-7717
Ask for: Holly

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

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



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