



You Are Not Alone

Issue 12 for December 2010. To contribute contact Deb Ridel (Hungarydeb@yahoo.com) or phone 751- 0444

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For the latest news visit us on the web at: www.brevardparkinsonsg.org

Brevard Parkinson's Support Group

Next Meeting

**Thursday
December 9, 2010
12:30 p.m.**

**Place: Eau Gallie Public Library
Community Room
1521 Pineapple Avenue
Melbourne FL.**

**Program:
Christmas Lunch and
Group discussion
"5 Things You Should Do When You
Have Parkinson's disease"**

Fall Prevention

The Satellite Beach Police Dept. gave a presentation on Fall Prevention. They offered tips on how to prepare your house and how to take care of yourself to prevent falls. They also presented statistics about the community and falling instances. They will conduct a free evaluation of your home. Call the Satellite Beach Police Department and ask for Tony. Recommendations, such as the installation of grab bars, etc., can be installed for free by volunteers from the Brevard County Senior Association. The Satellite Beach Police Department can assist with the arrangements.

2011 Program

Jan. 28 - Metro Crime Prevention
Feb. - No meeting. Moved to Mar. 3rd
Mar. 3 - Seanna Bruno, Topic: Michael J. Fox Foundation.

New Members:

Charles & Mary Hare
Palm Bay, FL

We wish to thank HealthSouth Sea Pines Rehabilitation Hospital for providing refreshments for our October Meeting.

The Newsletter welcomes Penny Magin as new editor.

Election of New Officers

The Parkinson's Support Group of Brevard Executive Committee is presenting a list of candidates for Board positions to serve from 2011 through 2012. The slate of candidates is included in this letter for your review. The election will be held December 9th. If you have any questions, contact Deb Ridel at 751-0444.

The Group's bylaws require elections be held every two years. The slate of candidates includes a new person to the board, Jeff Magin. Also, several members are changing positions.

Parkinson's Brain Cells Lose Energy

By Rachael Rettner
MyHealthNewsDaily

The brain cells of patients with Parkinson's disease undergo a shutdown of their energy powerhouses, the mitochondria, according to a new study. Because this shutdown probably occurs early in Parkinson's cases, the finding could lead to therapies that stop the disease before too much damage has been done.

Researchers identified 10 groups of genes — called gene sets, each carrying out one biological process — associated with Parkinson's disease. Many of these gene sets are involved in helping the mitochondria do their job. Even in people whose autopsies revealed early Parkinson's who did not have clinical symptoms, but whose brains showed signs of the disease — these gene sets were not expressed properly, meaning the mitochondria in those cells probably weren't working. The loss of working mitochondria, which produce most of the cell's energy, may contribute to the onset of the disease, the researchers said.

Medications that activate the PGC-1alpha gene already have been approved by the U.S. Food and Drug Administration for treatment of other diseases, such as diabetes. This means pharmaceutical companies may be able to develop new drugs for Parkinson's by tweaking already developed drugs rather than by starting from scratch, the researchers said.

The study was funded by the National Institute of Neurological Disorders and Stroke, the National Institute on Aging, and the Michael J. Fox Foundation, among others.

Seven Resources for Parkinson's Patients

From the National Parkinson Foundation

Join the National Parkinson Foundation (NPF) and honor the caregiver in your life this month. Father, daughter, spouse or friend... if you are the primary care partner for someone with Parkinson's disease, NPF is here to support you and help you maintain balance in your life. Caring for a loved one with Parkinson's poses many challenges and we've assembled some resources to help you navigate your daily caregiving and connect with others to find the support you need. **Caregiver Resources on Parkinson.org. :**

1. Read the latest monthly Caregiver Blog. Learn about the available resources from the National Family Caregivers Association, and their current campaign, "Reach Out for Help." Join their effort in recognizing the important work that family caregivers do.
2. Join our Caregivers Forum at a place where caregivers of people with Parkinson's can converse and address their unique concerns.
3. Watch a short video in our online PD library. Listen to Julie Carter, RN, ANP, from the Oregon Health & Science University, an NPF Center of Excellence; discuss "What do caregivers need to know?"
4. Request or download a free manual, "Caring and Coping" written especially for caregivers. This educational manual discusses how to organize financial and legal matters and how to create support networks.
5. Call our toll-free Helpline, 1-800-4PD-INFO (473-4636), to locate a support group near you, or e-mail helpline@parkinson.org with your questions.
6. Post your message of support to the caregivers in your life on our Facebook and Twitter pages.
7. Honor your caregiver by making an online gift to the National Parkinson Foundation in their name. NPF will send an honor card in the mail to the caregiver that you designate.

If you are a caregiver, the National Parkinson Foundation honors you today and everyday. Thank you for your dedication.

Thanks to ACMS general computing for printing our news letter