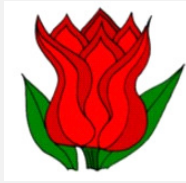


**PARKINSON'S SUPPORT
GROUP OF BREVARD**



You Are Not Alone

Issue for May 2010. To contribute, contact Deb Ridel (Hungarydeb@yahoo.com) or phone 751- 0444
For an e-mail copy contact Don Wilkof (don991@cfl.rr.com).
For the latest news, visit us on the web at:
www.brevardparkinsonsg.org

Ask the Neurologist

Dr. Richard M. Unger, Jr., of The Neurological Institute of Melbourne, answered questions at the April meeting.

- Differentiated treatment and symptoms of Parkinsons dementia, Lewy Body dementia and Alzheimer dementia.
- Identified the four idiopathic Parkinson's disease symptoms - tremor, slow movement, rigidity, and gait or postural instability.
- Swallowing problems and drooling
- Effectiveness of deep brain stimulation.
- Protective nature of treatments - Azilect.
- Parkinson's Plus symptoms are - symmetrical, no tremor, no eye movement.
- What about pain and Parkinson's. Rigidity and dystonia can be resolved with Botox.
- Long term use of Sinemet and Stavelo. Usually the first 5 to 10 years is easy to treat. After that it becomes harder to treat.
- Benefits of exercise, especially cycling. We know from stroke studies that the brain can be retrained. It may be for PD also.
- UPD rating scale is used to determine progression. In practice Dr. Unger observes walking as a measurement.
- Risks associated with PD.

Next Meeting

Thursday

May 27

1:30 p.m.

Place: Eau Gallie Public Library

Community Room

1521 Pineapple Avenue

Melbourne FL.

Program:

**Rap Session with
Special Interest Groups**

The 2010 Program

Jun 4 " Developing a Plan for Future Care and Support Needs" - Peg Holloway of Senior Bridge

July/August No Meeting

Sept 23. "DBS to Treat Essential Tremor"

Oct. 28 TBD

Nov. No Meeting

Dec. TBD Christmas Party and Rap Session

Thanks to Darian Collins of Teva Neuroscience for providing the refreshments for April's meeting

News in Context: Cycling for Freezing of Gait

-
On April 1, 2010, the New England Journal of Medicine published a case study about a Parkinson's patient with advanced disease who surprised his doctors by his ability to cycle. The study author, Bastiaan Bloem, PhD at the Radboud University Nijmegen Medical Centre is a recipient of an MJFF award to study and overcome the behavioral barriers to physical activity in PD patients as well as the effects of exercise on disease progression. The Michael J. Fox Foundation spoke with Dr. Bloem about the case study. MJFF: Why is this area of research important?

BB: Exercise may alleviate some of the physical and cognitive symptoms of PD, and also constipation, sleep disturbances or depression. Exercise also slows down osteoporosis and can reduce the risk of cardiovascular disease. In studies with rodents with experimental parkinsonism some findings to suggest that exercise can induce adaptive changes in the dopaminergic system, and may thereby be able to modify the course of the disease. It is a provocative finding, and we're now looking at the full spectrum of these clinical and disease-modifying effect. For more information on the interview visit <http://www.michaeljfox.org/researchviewpoints>

Unity Walk Raises \$1.2 Million for Research

The sixteenth annual mile Unity Walk for Parkinson's Disease took place April 24th in Central Park in New York. It is an event when the seven major Parkinsons Research Foundations come together to raise funds and awareness. This year four of our Brevard Support Group members were among the estimated 10,000 participants. First time walkers Rhonda and Chuck Delmater plan on walking again next year with a bigger team. They plan on skipping the speakers and booths (all the information is available on line) and concentrating on the walk.

This was the 2nd year Larry and Margie Swope have walked or rolled (Margie uses a wheel chair). Margie said, "It was a wonderful experience. When I crossed the finish line, I felt I had fought a good fight against Parkinson's disease. It inspires me to continue to fight and not give in." Margie sent a letter thanking the PSGB for our support.

This year's event raised almost \$1.2 Million which goes 100% to research.

Welcome to New Members

Milan and Linda Johnson-Cocoa Beach

Peggy Hall- Melbourne

Henry Brace- Sat. Bch.

Colleen and Gary McCormack-Merritt I.

George and Ann Ingram- Melbourne

Thank You ACMS INC
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of printing our Newsletter