



*You Are Not Alone*

**Issue 20107&8 for July and August** 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](http://www.brevardparkinsonsg.org)

**Next Meeting  
Thursday  
September 21  
1:30 p.m.**

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

**Program:**

"Deep Brain Stimulation to Manage  
Essential Tremors"

Presenter

Dr Richard M. Unger, JR  
Neurologist

**The 2010 Program**

Oct. 28 Satellite Beach Fire Dept. "Home Safety and  
Fall Prevention Strategies."

Nov. No Meeting

Dec. Christmas Party and Discussion Groups

Planning for the Future —  
Making Sure Your Wishes Are Known  
by Ken Kirk

Peg Holloway and Dorothy Burns from Senior Bridge and Dee Boyles from Kurt D. Panouses Attorneys presented information about the legal aspects of advance planning for both financial affairs and medical treatment when persons are hospitalized or serious health issues threaten imminent hospitalization. The designation of powers of attorney and the prior expression of healthcare wishes are very important for people who may find themselves threatened with incapacitation, death or long term terminal illness.

Dee Boyles explained that the difference between durable and general power of attorney is that the authority of a non-durable power of attorney terminates when the principal becomes incapacitated. She urged that most people should have a durable power of attorney designated for both financial and healthcare matters. She also discussed the use of a living will to express personal preferences regarding treatment and life sustaining measures under various conditions. Dorothy Burns emphasized that a living will is not equivalent to a Do Not Resuscitate order, which must be separately executed and which specifically and solely deals with attempts to restore a stopped heartbeat.

(Continued from next column)

that HIPPA privacy laws preclude the release of medical information unless a specific release or a healthcare power of attorney has been executed .

Another point Dee made is (continued page 1 left column)

## **New Treatment - Continuous Dopaminergic Stimulation.**

### **Book Review: Regaining Bladder Control : What Every Woman Needs To Know**

**Author:** Rogers, Rebecca G. 1959 -; Shagam, Janet Yagoda.; Kleinschmidt, Shelley.

**Publication:** Amherst, N.Y. : Prometheus Books, 2006

Did you know that most women experience incontinence? And if you are a woman with Parkinson's chances are you will experience it. Chapter four of this book gives great practical advice that you can implement immediately to help you get back control.

The book also gives a comprehensive review of female incontinence, covering both overactive bladder and stress incontinence. Various testing you can expect and available treatments are discussed. There are also worksheets to help you with gaining control or collecting information to have a meaningful discussion with the urologist should you need to see one. Using the techniques in this book I have significantly improved my condition. Maybe it can help you..

***The Parkinson's Support Group of Brevard extends its condolences to the Halsema family at the passing of long time member Jackie on June 10th and Larry Vance family . Larry passed August 24.***

#### **From The Editor's Desk**

You may not have known Jackie Halsema directly but she was the long time editor of this newsletter until mid-2008. She touched many people, not just with what she did but how she lived her life. She was a great role model for how to live with Parkinson's Disease - with courage, dignity, style, and an ever-positive approach. And she spoke her mind. I will miss her.

Thank You ACMS INC Advanced Computing and Mailing, Inc for generously underwriting the cost of printing our Newsletter

Carbidopa/levodopa has long been the standard treatment for PD. However for some people the beneficial effects wear off too fast. There is a new technology that takes a high concentration of carbidopa/levodopa called Duodopa in gel form and inserts it in the bowel. This allows you to formulate the exact dose and administer it a certain times a day in much more precise doses. There are some drawbacks: it requires a surgical procedure, a pump and tubing, and nursing support. This solution is good for people who are taking medication many times a day and have frequent and severe fluctuation and those who don't qualify for DBS. The FDA has fast tracked this treatment

#### **Executive Board Meets to Prepare for 2011**

The Parkinson's Support group is made up of its members who elect board members to 2 year terms next expiring Dec. 30, 2010. A new board will be elected at the December meeting. Even If you are not interested in serving on the board your opinion and input is needed to determine the group's direction and programs. Please plan on staying after Dr. Unger's talk to participate in the planning for this important activity.

If you are interested in serving on the board contact Ken Kirk or Deb Ridel. We were fortunate in 08 – 09 to have 8 persons filling 8 positions so no one is overburdened. Most of the jobs take only a couple of hours a month, details about each position can be viewed on the internet or you may request a paper copy. You will notice that most of the current officers and committees are co-chaired by a husband and wife. Co-chairs are encouraged.