

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

October 2011

Visit Our Website at:

www.fareshare.net/Parkinsons/

Volume 1, Issue 4

Recap of September's Meeting

We had an excellent turnout at our September meeting, filling the meeting room to hear Dr. Zoltan Mari from Johns Hopkins Hospital, where he is an Assistant Professor of Neurology, specializing in Movement Disorders.

Dr. Mari got his medical degree in Hungary, and continued his education at the Brookdale University Hospital and Medical Center in Brooklyn, the State University of New York, and NIH.

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Deadline Alerts

Parkinson's Matters 2011

October 20, 2011

Registration ends October 7, 2011, for this seminar. Space is limited. A registration form is attached.

Parkinson's Disease & Your Health

November 12, 2011

If you plan to attend this Symposium, you should register by October 1st. The fee goes from \$25 to \$50 after that date. A registration form is attached.

Please try to attend this Symposium to help our sister support group in Berkeley County. If transportation is an issue, perhaps we can arrange car pools.

The Hagerstown Parkinson's Support Group Contacts:

Kathy Lanham @ Homewood:
301-582-1750

Group Facilitator, Art Guyer:
240-625-2722

October Meeting Topic

Join us for our Parkinson's Support Group Meeting At Homewood at Williamsport

Thursday, October 6th

Featuring
Becky Dunlap, RN, BSN
Johns Hopkins Medicine
and
Don Barron
Former Support Group Leader

This is a special meeting at which we will be honoring Don Barron for forming the Hagerstown Parkinson's Support Group and for his many years of service as its Leader.

Lunch will be served at 1:30 PM
Followed by a meeting at 2:30 PM

Our meetings are held at the Hilltop Assisted Living Facility at Homewood at Williamsport.

Please call
Kathy Lanham @ Homewood
301-582-1750
for directions
No reservation is needed.

The Hagerstown Parkinson's Support Group meets at and is supported in part by:

**HOMWOOD**
AT WILLIAMSPORT

16505 Virginia Avenue
Williamsport, MD 21795
301-582-1750

Upcoming Events

Future Meeting Topics

10-6: Becky Dunlap, RN, BSN, JHU
11-3: Judy Barron, County Health Dept.
2012
03-1: Candice Valencia, Senior Yoga

Educational Activities

Sep 26, 2011 (12:30 PM – 5:00 PM)
Parkinson's Disease 201: "Managing Care" -- Johns Hopkins
Contact: 410-995-8795

Sep 30, 2011 (2:00 PM – 3:30 PM)
Dec 05, 2011 (6:00 PM – 7:30 PM)
Deep Brain Stimulation Information Sessions – NPF & Johns Hopkins
Contact: 410-995-8795

Oct 20, 2011 (9:00 AM – 3:30 PM)
Parkinson's Matters 2011 Seminar
Univ. of Maryland Medical Center
Contact: 800-492-5538

Nov 12, 2011 (8:00 AM – 4:00 PM)
Mid-Atlantic Parkinson's Symposium
Martinsburg Parkinson's Support Group & Johns Hopkins
Contact: 304-886-8594

Please let us know of any other events you would like to see publicized.

UNSUBSCRIBE: If you no longer wish to receive this newsletter, please email: aguver42@myactv.net

Or

Call: Kathy @ Homewood
301-582-1750

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October 2011

Recap of September Meeting: Dr. Zoltan Mari (From Page 1)

His *clinical practice* focuses on movement disorders, including Parkinson's Disease and related syndromes, essential tremor and dystonia, with particular interest in deep brain stimulation (DBS) therapy.

Dr. Mari's *research* focuses on neuro-protection in Parkinson's Disease and the neurophysiology of dystonia.

He is certified by the American Board of Psychiatry and Neurology with the Sub-specialty of Clinical Neurophysiology.

Dr. Mari's presentation focused on pharmaceutical and surgical treatment of Parkinson's Disease. He indicated there are between 1.0 to 1.5 million people in the United States diagnosed with Parkinson's. About 50,000 new cases are identified each year

He described a research effort currently going on which has built a world-wide data base of Parkinson's patients, their symptoms, problems, medications, and symptomatic relief. This information can be used to form solutions for individuals based on thousands of other similar patients.

A diagnostic tool Dr. Mari described in some detail was "DaTscan," which can objectively establish a Parkinson's Disease diagnosis. More information on this scan has been provided in the next column.

Dr. Mari also discussed DBS and its effect on Parkinson's Disease symptoms. This surgical treatment is covered by medical insurance and has good results for certain candidates. The best candidates for DBS are those who (1) have advanced Parkinson's Disease, (2) respond well to levodopa, and (3) fluctuate widely between on and off medication.

Dr. Zoltan Mari's Contact Info:

Parkinson & Movement Disorders
Department of Neurology
600 North Wolfe Street
Meyer Room 6-181
Baltimore, MD 21287
410-502-0133
zmaril@jhmi.edu

DaTscan

Early this year the website for *The Michael J. Fox Foundation for Parkinson's Research* released the following information:

DaTscan Receives U.S. FDA Approval: Implications for Patient Care and Drug Development

DaTscan is a specialized imaging technique that allows doctors to capture detailed pictures of the dopamine system in the brain. It is the first FDA-approved diagnostic imaging technique for the assessment of movement disorders such as Parkinson's disease. DaTscan can help confirm a physician's clinical diagnosis of Parkinson's disease — something that has never been possible before. This, in turn, can enable timely initiation of appropriate treatment, avoid the consequences of treatments that may be unnecessary, improve disease management and contribute to better long-term outcomes.

In March 2011, DaTscan was rolled out at major medical centers with the goal of making the procedure locally available to anyone who needs it. The technique is currently in use at a number of U.S. sites as part of the Parkinson's Progression Markers Initiative (PPMI), the Foundation's landmark clinical study seeking biomarkers of Parkinson's disease. In keeping with the Foundation's commitment to mobilize cutting-edge technologies in its urgent pursuit of a cure, PPMI is one of the first studies to use DaTscan to confirm volunteers' status as Parkinson's patients or control participants.

The full cost of an individual DaTscan is approximately \$2800, of which about \$2500 is eligible for reimbursement. Individual's out-of-pocket costs will depend on their health insurance plan's structure, co-pays and deductibles.

There is a small amount of radiation exposure from the chemical substance injected prior to imaging. This kind of radioactivity is also used routinely in other common procedures, such as imaging of the thyroid gland. The level of exposure from this study is well within the limits specified

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by the FDA in its guidelines for acceptable radiation exposure for research participants. In addition to being FDA-approved as of January 2011, DaTscan is widely used internationally. It has been approved in Europe for over 10 years. To date, more than 300,000 people worldwide have undergone DaTscan, and the procedure has not presented significant safety issues.

By using DaTscan, researchers can determine with greater confidence that patients enrolling in clinical studies of Parkinson's disease actually have the disease, which has never been possible before. Having more homogeneous patient populations in clinical trials will contribute to clearer trial outcomes and help speed progress toward improved treatments and a cure.

DaTscan is being used to confirm the patient or control status of participants in the Foundation's landmark biomarker study, the Parkinson's Progression Markers Initiative (PPMI) — greatly reducing the risk of inadvertently enrolling people who do not have Parkinson's in our patient population. PPMI is one of the first clinical trials to use DaTscan in this way.

