

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

July 2012

Highlights of the June Meeting

I'd like to thank those who attended our June lunch and meeting. Reverend Jeff Shull offered the blessing for the group.

Candice Valencia, a Professional Trainer who specializes in Yoga and Weight Training for Seniors, spoke to us about the benefits of movement and took us through some sample exercises before dessert. More information on this is included on page 2.

The DeHaven's brought dessert this month. We have volunteers for dessert duty for July, August and September, but still need volunteers for October and November to close out the year. Call Art if you want to show off your favorite dessert this year.

Peg Hayzlett has finalized plans for the picnic. She gave a good report and passed around a sign-up sheet. See page 2 for more information.

Research Information

Researchers in a national study, including neurologists at the University Of Maryland School Of Medicine, found that a gel form of Parkinson's medications, administered directly into a patient's small intestine, works better than standard oral medications in reducing "off" times in patients with advanced Parkinson's disease.

See Page 3 for more information on this study.

The Hagerstown Parkinson's Support Group Contacts

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Phone: 240-625-2722
E-mail: aguver42@myactv.net

Visit Our Website at:
www.fareshare.net/Parkinsons/

July Meeting

MARK YOUR CALENDARS

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

Thursday, July 5, 2012

Dr. Liana Rosenthal, Neurologist
Johns Hopkins Medical Center

Reservations Required.

Our lunches and follow-on meetings are held at the Community Center Dining Room at 1:00 PM.

Cost for lunch per member: \$6.50

Please call
Kathy Lanham @ Homewood
301-582-1750

For reservations or if you need directions.

Caregivers' Breakfast, **June 18, 2012, 8:30 am**
Call Art Guyer for Information.

Members' Picnic, **June 25, 2012, 1:00 pm**
Call Peg Hayzlett (301-791-0836) for Info. See page 2 for more information on the Picnic.

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Upcoming Events

Future Meetings

July 5, Dr. Liana Rosenthal, JHMC
August 2, Becky Dunlop, JHMC
September 6, Debora Bergstrom, Chemist and Early Onset Leader
October 4, Arita McCoy, RN, BSN, JHMC
November 1, Dr. Linda Sigmund

Educational Activities

JHM PD101, An Introduction, September 10 (410-955-8795)

JHM PD201, Managing Care, October 12 (410-955-8795)

JHM Caregiver Conference, June 16 (800-457-4777)

JHM DBS Information Sessions, July 9 and November 5 (410-955-8795)

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



Don't forget the picnic. See Page 2 for more information.

Reminder! If you use email and are not receiving this newsletter that way, please send an email to Art asking to be put on our email list. You get the newsletter sooner by email!

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

Or

Call: Kathy @ Homewood
301-582-1750

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



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Caregiver's Breakfast.

Our caregivers will meet for breakfast on June 18th this month, at the Railroad Junction Family Restaurant in Hagerstown, at 8:30 AM.

This restaurant has a good breakfast, lots of coffee, and we provide conversation and fellowship. You are encouraged to participate in this if at all possible. Caregivers should call Art by Friday, June 15th, if you plan to attend this breakfast.

Birthdays.

We have begun to collect birthdates (not years, just day and month) so we can celebrate a little at each meeting for those with birthdays that month.

To participate, sign up at the next meeting or contact Art who will keep a master schedule for the group.



Yoga and Exercise

A. Candice Guyer, NSPA, Certified Personal Trainer, Yoga Fit Certified, spoke at our June Meeting. Her training schedule and related information is as follows:

Hagerstown Senior Center (301-671-2368)

Strength Training, Mon. 1:00, Fri. 11:30
Chair Yoga, Wed. 1:00, Fri. 1:00

The Hagerstown classes are free, but there is a charge for the following centers.

Frederick Senior Center (301-600-3525)

Strength Training, Mon. and Fri. 9:30; Tue. and Thu. 11:00; Wed. 9:00

Chair Yoga, Tue. and Thu. 12:15

Mod. Movement, Mon. and Wed. 11:00

Brunswick – Green Country Inn (301-834-8115)

Strength Training, Tue. and Thu. 9:00

Class descriptions:

Strength Training: A 1-hour class combining sitting and standing exercises using dumbbells..

Chair Yoga: A 1-hour class using a chair for standing and sitting Yoga Poses.

Moderate Movement: A 50-minute class for people with movement disorders such as strokes, arthritis, Parkinson's Disease, and MS. Consists of chair and balance exercises using all parts of the body and moving all the joints.

Picnic for all Members and Families July 25, 2012, 1:00 PM.

We are holding a covered dish picnic at the St. James Brethren Church, 17718 Lappans Road, St. James, MD, on June 25th at 1:00 PM. Peg Hayzlett and a small group of members have arranged for this event.

We will buy fried chicken and members may bring a dish or dessert. The cost of the chicken will be divided among those attending. Art and Doris are providing plates, utensils, napkins, cups, beverages, and ice. There are rumors of games and contests too!

If you need transportation for this activity please call Kathy or Art.

Call Art, or call Peg Hayzlett at 301-791-0836 if you have questions.

Driving Directions from Homewood to the St. James Brethren Church:

Take Governor Lane Boulevard 1.9 miles south.

Turn left on MD-68 (Lappans Road) for 3.7 miles. Church will be on the left.

Driving Directions from Hagerstown and (Downsville Pike and I-70) to the Church:

From I-70 take Downsville Pike south for 2.6 miles.

Turn left on MD-68 (Lappans Road) for 1.7 miles. Church will be on the left.

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UNIVERSITY OF MARYLAND NEUROLOGISTS PART OF NATIONAL STUDY FINDING PROMISING RESULTS FOR GEL TO TREAT PARKINSON'S

Researchers in a national study, including neurologists at the University Of Maryland School Of Medicine, found that a gel form of Parkinson's medications, administered directly into a patient's small intestine, works better than standard oral medications in reducing "off" times in patients with advanced Parkinson's disease (PD). "Off" times occur when standard oral medicines wear off, causing the return of symptoms such as tremor, slowness, stiffness and walking difficulty. **Investigators will present results of the phase three trial at the American Academy of Neurology's 64th Annual Meeting in New Orleans.**

"With this levodopa-carbidopa intestinal gel (LCIG), a pump infuses the drugs through a tube implanted in the small intestine, similar to a feeding tube. This is a new way to administer the most beneficial PD drug, levodopa, and it appears to be effective in this phase three trial. This gel may prove to be an alternative for more advanced patients considering Deep Brain Stimulation surgery," says William Weiner, M.D., professor and chairman of neurology at the University Of Maryland School Of Medicine.

In the three-month double-blind study, researchers randomized 71 participants to receive either continuous infusion of LCIG and placebo pills or a placebo intestinal gel and pills that contained levodopa and carbidopa. The study found that the continuous LCIG reduced "off" time by an average of nearly two hours a day without an increase in troublesome dyskinesia, a common side effect of Parkinson's medicines, which cause involuntary and uncontrolled dance-like movements. The gel also improved "on" time, providing patients good control with fewer side effects than the oral medication.

"At the start of the study, the average patient had more than six-and-a-half hours of 'off' time. More hours of quality 'on' time and lessening the amount of 'off' time by several hours can make a huge difference in people's lives. This added time may allow people to spend more time with their families and friends or simply go shopping or take a walk, which can greatly affect a person's quality of life," adds Dr. Weiner, who directs the Parkinson's Disease and Movement Disorders Center at the University of Maryland Medicine Center.

Researchers think the continuous infusion of the gel avoids the fluctuation of medication levels associated with oral therapy, and the gel may also avoid side effects that come with long-term use of oral medication.

"Results of this study may lead to new options for patients considering brain surgery as their Parkinson's disease progresses. The University Of Maryland School Of Medicine's participation in this national research reflects our faculty's commitment to finding new treatment options for their patients," says E. Albert Reece, MD, PhD, MBA, Vice President for Medical Affairs, University of Maryland, and John Z. and Akiko K. Bowers Distinguished Professor and Dean, University of Maryland School of Medicine.

Abbott Laboratories, the company developing the new intestinal gel, supported the study, the results of which will be submitted to the U.S. Food and Drug Administration for approval. The most common side effects for the gel involved complications due to inserting the device, including pain during the procedure, abdominal pain and nausea.

For more information on the University of Maryland Parkinson's Disease and Movement Disorders Center, go to www.umm.edu/parkinsons.

For patient inquiries, call **1-800-492-5538**