

The Parkinson's Bulletin

Fall Edition

September-November 2008



Fall 2008



ROBERT WOOD JOHNSON UNIVERSITY HOSPITAL

*The NJ/APDA Parkinson Disease
Information and Referral Center*
(732) 745-7520-office (732) 745-34110-fax

Sleep and Parkinson's Disease

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INSIDE THIS ISSUE:

Sleep and PD	1
Fall Calendar of Events	4
Cognitive Behavioral Therapy and PD	7
Caregiver Conference October 11, 2008	9
Exercise in Water and PD	10
Deep Brain Stimulation Seminars	11
Unity Walk Updates	12
NJ APDA Scholarship For High School Juniors and Seniors	14

Difficulty sleeping is one of the most pervasive problems faced by individuals with PD. We all know what it feels like to not be able to sleep, so it is no surprise that sleep difficulties contribute to daytime tiredness, increase physical and emotional distress and significantly reduce the quality of life for the individual and their caregiver.

Until recently, sleep in people with Parkinson's disease received relatively little attention from the research community, but this is changing and we now have a good understanding of the range of problems seen and some idea of what to do about them. Many different sleep problems may be seen in individuals with PD, most of which require a diagnosis by someone with expertise in this area. In this article I will review the most common sleep problems seen in PD and provide some tips on getting the correct diagnosis and proper treatment. I will also provide you some with some advice on what you can do yourself to improve your sleep.

Sleep problems can be thought of as difficulty with too little sleep (insomnia) or too much sleep (hypersomnia). Within the category of too little sleep, one might have difficulty falling asleep or difficulty staying asleep (or both). The most common problem in PD is difficulty staying asleep, referred to as sleep fragmentation. There are also a group of other difficulties, including REM

behavior disorder (RBD), sleep-disordered breathing (sleep apnea), periodic limb movements in sleep (PLMS), restless leg syndrome and vivid dreaming that can disrupt sleep. Among the problems characterized by too much sleep are sleep attacks and excessive daytime sleepiness.

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First Steps

There are a number of important points to consider prior to visiting your doctor, regardless of what sleeping problem you are having.

1. First, remember that aging, pain, most medical illnesses and depression and anxiety are all associated with worsening sleep, so not all sleep difficulties that happen to individuals with PD are attributable to PD.

Save The Date!

Fall Conference

*Parkinson Disease
Management and
Treatment Options*

**Saturday,
November 8, 2008**

**11:00 AM to 3:00 PM
The Mansion,
Voorhees, NJ**

See page 6

Continued on page 6



Coordinator's Corner

**Elizabeth Schaaf, NJ APDA
Parkinson Disease Information
& Referral Center**

Dear Friends,

I hope you had an enjoyable summer. I am looking forward to the autumn weather and the fall foliage.

We have a very busy season ahead with different programs planned for you and your family. Please see page 4 and 5 for details of our upcoming events. We have one or more program in north, central and southern New Jersey this fall.

Please check out our new website at www.njapda.org. It includes information about Parkinson's disease, NJ Parkinson's support groups, upcoming events, and more. Expect more things to come on the website as we move forward. The NJ American Parkinson's Chapter is proud to announce a scholarship program for junior and high school students who have a parent, grandparent or guardian with Parkinson's disease. Please see page 14-15 for more details.

I hope to see you at an event this fall!

Warmest Regards,

Elizabeth Schaaf

Elizabeth Schaaf
Coordinator, NJ APDA Parkinson Information and
Referral Center

*Hold onto your passions, because they are the essence of who you are.- Janet Edmundson,
Caregiving Affirmations,
www.findingmeaningwithcharles.com*



SAVE THE DATE!
***Annual Parkinson's
Action Network
Research & Education
and Public Policy Forum***

**March 15-17, 2009
Washington, DC**

<http://www.parkinsonsaction.org>
1- 800-850-4726

Scholarships are available in later fall 2008.

Caregivers' Connections



Caregiver's Connections is a program of DOROT, a nonprofit agency that serves the elderly, offers a convenient, low-cost way for busy caregivers to get expert advice and emotional support without leaving their homes or workplaces.

Participants get connected by teleconference call to informational workshops and support groups lead by professional eldercare experts. No special equipment is needed, only a regular telephone. Sessions last for 50 minutes and meet in the evening.

Some upcoming programs include: Music and Memory, Living Well With Parkinson's Disease, Caring for a Parent, Understanding and Adapting to Vision Loss, and many more. Registration fee is \$10. Multi-session programs cost \$15 for each series and single-session programs cost \$5. Scholarships are available. To receive the current schedule of programs, call Caregivers' Connections toll-free (877) 819-9147, or Fran Rod at (973) 763-1511, or log onto www.dorotusa.org.



A SPECIAL THANK YOU!

*Thank you to the following companies
who generously donated wonderful
prizes for the March 29, 2008 Spring
Conference*

**Randall's Floral Creations, Old
Bridge, NJ**

Olive Garden, East Brunswick, NJ

Boston Market, East Brunswick, NJ

Perkins Restaurant & Bakery, East Brunswick, NJ

Applebee's Restaurant, Milltown, NJ

Denny's Restaurant, East Brunswick, NJ

Red Lobster, East Brunswick, NJ

Chilli's, East Brunswick, NJ

Stop & Shop, Dayton, NJ



President's Notes
Benton Yip, President
NJ Chapter, American
Parkinson Disease Association

Dear Readers:

The NJ APDA is proud to take the lead as the first state chapter to introduce the American Parkinson Disease Association Scholarship for college-bound high school students who are entering their junior or senior year this coming September. The idea of the scholarship grew from recognition that families with a disabled parent affected by the illness and unable to continue with full-time employment, or whose household income has been so affected that the student, would find paying the tuition difficult.

The APDA scholarship brings attention to Parkinson's disease and helps us raise awareness of PD affecting young adults. We all know that PD affects older people and usually hear about people in their seventies or sixties suffering from the symptoms of PD. As we bring more awareness to the public about PD, adults in their forties and fifties will need information and support as much as the older Parkinsonian. The scholarship helps (delete) by bringing awareness to families with a Parkinson's parent with an adolescent high school child that there is support out there. The support comes in different forms such as the APDA/RWJUH support groups, books on PD, information from the quarterly newsletter, the NJAPDA Web site, and the APDA/RWJUH I&R Center in New Brunswick. This year, we have decided to name one of our two scholarships of \$1,500 in honor of our past president, Bill Lear, to recognize his dedication and long service to NJAPDA. The scholarship is available only to students residing in New Jersey, who may attend any accredited college or university in the United States and Puerto Rico.

The American Parkinson Disease Association looks forward in bringing the scholarship to every state that has an APDA chapter, and I look forward to making it a reality for all chapters. The scholarship is introduced at the same time as our inaugural NJ sponsored NJAPDA Web site. Please send your comments and queries to us. We appreciate hearing from everyone.

Benton Yip

Chapter President
 New Jersey Chapter, American Parkinson Disease Association



University Without Walls Offers Classes By Telephone

University Without Walls brings people together over the telephone. Without leaving home, participants are connected to "live" interactive classes and support groups by DOROT, the sponsoring organization, places and pays for the weekly calls. All groups are lead by professional facilitators.

Some of the upcoming Fall 2008 courses include: Living Well With Parkinson's Disease; Memory: How It Works and How to Make It Work Better; Tricky Trivia; The Current Political Scene; Bette Davis in Reel Life; Galapagos Adventure; even BINGO!

Anyone 55+ who is driven by a love of learning and a desire for socialization is eligible to enroll. Over 100 classes, ranging from art, music, history, literature, and current events, to health and wellness are available. All you need is a regular telephone. Registration fee is \$10 and each course costs \$15; scholarships are available. Most courses meet weekly for 4-8 sessions. "At home students" are able to ask questions of the instructors and interact with each other.

To receive a University Without Walls brochure contact Fran Rod at (973) 763-1511 or frod@dorotusa.org. The DOROT website is www.dorotusa.org.



SAVE THE DATE!

**Annual Spring
Parkinson's Symposium**

Saturday, April 4, 2009

New Location!

**The Imperia
Somerset NJ**



Upcoming Educational Events

Fall 2008

Getting a Good Start:

Program for Newly Diagnosed People with Parkinson's & Their Families

Friday, October 3, 2008, 1:00 PM to 3:00 PM; Light lunch will be served.

Overview of Parkinson's disease and treatment options,

Presented by Dr. Jacob Sage, Professor of UMDNJ-RWJMS, Movement Disorder Specialist

Overview of community resources, tips for living well with Parkinson's, support groups, etc.

Presented by Elizabeth Schaaf, Coordinator, NJ APDA Information and Referral Center

Panel of people with Parkinson's (Young Onset and Later onset people with Parkinson's) available to answer your questions and share their stories of hope and coping.

Location: Robert Wood Johnson University Hospital Auditorium, New Brunswick, NJ

Space is limited; please call (732) 745-7520 to register.



Caregiver Conference: Taking Care of You Taking Care of Me

Saturday, October 11, 2008

9:00 AM to 10:00 AM; Registration, Exhibits and Breakfast

10:00 AM to 2:30 PM: Program

Topics include: Emotional Survival Guide for Caregivers; Transitions in Caregivers: Challenges and Opportunities; Caregiver Panel Discussion; and Relaxation Techniques for the Family Caregiver.

Program: \$20.00 per person includes continental breakfast, lunch and resource materials.

Location: Robert Wood Johnson University Hospital Arline and Henry Schwartzman Courtyard, New Brunswick, NJ

Space is limited; please call (732) 745-7520 to register.

Ask the Neurologist

Wednesday, October 15, 2008, 7:00 PM to 9:00 PM

Evening Parkinson's Support Group Meeting, New Brunswick, NJ

Guest Speaker: Dr. Lawrence Golbe, Professor of Neurology, UMDNJ-RWJMS, Movement Disorder Specialist will answer your questions regarding Parkinson's treatment options, research, etc.

No registration required for this program.

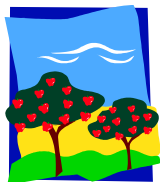
Thursday, November 20, 2008, 12:30 PM to 2:30 PM

Afternoon Parkinson's Support Group Meeting, New Brunswick, NJ

Guest Speaker: Dr. Jacob Sage, Professor of Neurology, UMDNJ-RWJMS, Movement Disorder Specialist will answer your questions regarding Parkinson's treatment options, research, etc.

Location (both dates): Robert Wood Johnson University Hospital Auditorium, New Brunswick, NJ

No registration required for this program.



Upcoming Educational Events Fall 2008

Parkinson's Disease Treatment Has Changed

Tuesday, October 28, 2008, 5:30 PM to 8:00 PM

Crowne Plaza, 110 Davidson Ave, Somerset NJ 15143

Dr. Jacob Sage, Professor of Neurology, UMDNJ-RWJMS and Dr. Shabbar Danish, Assistant Professor, UMDNJ-RWJMS will discuss the medical, surgical, and future treatment options for Parkinson's disease. The physicians will also discuss Activa DBS. Refreshments will be served. This event is free, but space is limited. **Please register online at: http://www.activadbs.com/attend_event.asp or call 1-877-438-3574.**

Saturday, November 1, 2008, 10:30 PM to 1:00 PM

Hackensack Hospital, Hackensack NJ

Dr. Hooman Azmi, Neurosurgeon, Hackensack Hospital and Dr. Fiona Gupta, Movement Disorder Specialist from Hackensack Hospital will address the medical, surgical, and future treatment options for Parkinson's disease. The physicians will also discuss Activa DBS. Refreshments will be served. This event is free, but space is limited. **Please register online at: http://www.activadbs.com/attend_event.asp or call 1-877-438-3574.**



Living Well With Parkinson's Telephone Series:

People with Parkinson's and Caregivers

**Monday Evenings on November 10, 17, 24, Dec 1 and Dec 8, 2008,
7:30 PM to 8:20 PM (by phone)**

Registration fee is \$10 and groups cost \$15 for each series. Scholarships are available. To register, or for more information, call Caregivers' Connections toll-free (877) 819-9147, or Fran Rod, NJ outreach Coordinator, at (973) 763-1511, or log onto www.dorotusa.org. **Space is limited; register today!**

Painting For Peace of Mind

For People with Parkinson's and Caregivers

Friday Afternoons on October 31, November 7, November 14, 2008, 1:00 PM to 3:00 PM
Program: \$35.00 per person for painting supplies, materials and instruction. No previous painting experience needed! Location: Robert Wood Johnson University Hospital Auditorium
Please call (732) 745-7520 to register by October 17; space is limited.



Fall Conference-Southern New Jersey

Parkinson Disease Management and Treatment Options

Saturday, November 8, 2008, The Mansion, Voorhees, New Jersey
Registration: 10:00 AM; Program: 10:45 AM to 3:00 PM. Lunch is included.

Topics:

Managing Motor Symptoms of Parkinson's and Treatment Options Updates
Stephen Gollomp, MD, Movement Disorder Specialist; Lankenau Hospital, Pennsylvania

From Therapy to the Community, How to exercise with Parkinson's Disease
David King, MS, PT, Kessler Rehabilitation Institute

Program is free but registration is required. Space is limited.
Please call (732) 745-7520 to register by Friday, October 24, 2008.

A Study of Insomnia in Patients with PD

We invite PD patients who are suffering from sleep problems to find out more about this research study.

You must be between the ages of 35 and 85 years old.

By volunteering to be a participant you will be provide valuable information to our understanding of effective treatments for this disorder.

**Please call us at:
1-877-795-4673**

Good Start! Newly Diagnosed Program



***For People with Parkinson's
and their families***

***(for those diagnosed within the last
3 years)***

Friday, October 3, 2008

1:00 p.m. to 3:00 p.m.

Robert Wood Johnson

University Hospital, New Brunswick, NJ

Lunch provided

Overview of Community Resources

***Q & A with Dr. Jacob Sage,
Professor of Neurology***

Space is limited.

***Please register by calling
(732) 745-7520.***

Continued from Page 1

2. Next, keep track of what problem you are having – when do you go to sleep, how often are you up at night and for how long, when do you get up. Ask you bed partner about anything unusual that is happening to you – noises, movements, etc.

3. Also, pay attention to what medications you take and what you lifestyle is like. For example, review stress, exercise, caffeine, etc and have this information available when you see your doctor.

Insomnia

Not being able to fall asleep sleep or not being able to stay asleep sleep may result from a variety of causes. Stress, depression and anxiety are common causes, as are PD medications, pain, poorly controlled PD symptoms, and many other factors. Before you visit your physician review these factors so you are prepared for questions.

The following general principles are important for all patients. It is necessary to ensure that the nighttime control of motor symptoms is maximized and PD medications are appropriately dosed. Increasing rigidity during sleep may be linked with sleep disturbance, and may be ameliorated with a long-acting dopaminergic agent (Sinemet CR, for example). Conversely, for patients who find the dopaminergic medications stimulating, appropriate dose reductions should be made at night. Another important step involves treating other conditions, such as depression, anxiety, pain, nocturia, or incontinence, all of which may be cause or exacerbate sleep problems.

Pharmacotherapy is the most widely employed intervention for insomnia in clinical practice. Non-benzodiazepine hypnotics (e.g., zolpidem (Ambien), eszopiclone (Lunesta) are generally the first line approach as they probably cause less confusion and morning sedation than most other sleeping medications. There are a variety of other medications that may also be used. Caution is needed with all sleeping medications as they may sometimes increase confusion, increase in falls and hip fractures in the elderly and, rarely, be addicting. However, when properly prescribed and used, they can be of real value for most patients.

Non-drug approaches, while less frequently used, but can be very helpful. Cognitive-behavioral therapy (CBT) for insomnia is very effective for may patients and

Continued on page 8

What is Cognitive-Behavioral Therapy (CBT) and How Can It help a Person Living with Parkinson's Disease?

Karina L. Bienfait, PhD Roseanne D. Dobkin, PhD, Department of Psychiatry
UMDNJ- Robert Wood Johnson Medical School

What is CBT?

CBT stands for cognitive-behavioral therapy. It is a kind of psychotherapy or "talk therapy" that focuses on examining the connections between thoughts, feelings, and behaviors. More specifically, CBT helps people to become more aware of their thoughts and feelings and provides them with skills to change thinking patterns and behaviors that may be related to negative feelings like depression or anxiety.

How is CBT different from other types of psychotherapy?

Unlike some other therapies, such as psychoanalysis, CBT is highly instructive in nature and involves active collaboration between the patient and therapist. Sessions are generally structured and specific techniques/coping skills are explained during each session. CBT is tailored to each patient's unique goals and patients are encouraged to practice these coping skills between sessions in order to work toward their goals.

What kinds of problems does CBT treat?

CBT has successfully been used to treat a variety of problems, including depression, anxiety, addictions, phobias, and eating disorders, among other issues.

How does CBT work?

The cognitive part of the treatment involves identifying and modifying key thoughts that lead to negative emotions (i.e., depression and anxiety) and/or behaviors (i.e., social isolation). The behavioral part of the treatment focuses on helping people to increase meaningful and enjoyable activities and to decrease problematic behaviors, like social withdrawal, that cause distress.

How long does CBT take?

CBT is generally a brief, time-limited treatment. However, the number of sessions will vary depending on the needs of each individual.

How can CBT be helpful to people with Parkinson's disease?

Many patients with Parkinson's disease (possibly as many as 50%) are living with depression or anxiety. While medications are often used to treat depression and anxiety in PD, CBT is a non-pharmacological option to treating these conditions. CBT may be especially useful for PD patients who have side effects to, do not wish to take, or have not been sufficiently helped by

Continued on page 8

Depression and Social Support in Parkinson's Disease (PD)

A study for PD patients and their families funded by the National Institutes of Health (NIH)

Do you have PD and suffer from these symptoms?

- ◆ Getting more and more isolated
- ◆ Feel sad or empty most of the day
 - ◆ Difficulty falling asleep or staying asleep
- ◆ Loss of interest in daily activities
 - ◆ Unable to concentrate
- ◆ Feeling tired all of the time

HELP US FIND ANSWERS

Dr. Roseanne Dobkin at the Robert Wood Johnson Medical School in New Jersey is conducting a 10-week treatment study of depression in PD.

The study treatment does not involve medication and helps people to change thinking patterns and behaviors that may be related to depression.

All research care including an extensive psychiatric evaluation is provided at no cost to those who qualify. A friend, family member, or significant other will also be asked to participate in the study. *Participants are paid \$20.00 for each study evaluation.*

**For more information,
please call Dr. Dobkin at:**

732-235-4051

Continued from page 8

antidepressant and anti-anxiety medications. CBT teaches people living with PD specific skills that they can use on a daily basis to combat depression and anxiety. PD patients can continue to benefit from these skills long after treatment has ended.

How can I find out more information?

For additional information about CBT treatment resources in the community, please contact Dr. Dobkin at 732-235-4051 or Dr. Bienfait at 732-235-4160. You may also contact your insurance carrier, your local Psychological Association, or the Association for the Advancement of Behavioral and Cognitive Therapies, www.abct.org, for referral information.



**LENDING LIBRARY
AVAILABLE!!!**

The Information and Referral Center has a lending library comprised of books, tapes and videos relating to Parkinson's Disease.

The March 29, 2008 Spring Parkinson's Conference is available on loan in DVD format.

Call (732) 745-7520 to request this DVD and for a list of available videos and books.

Items are on loan for 21-day intervals and are mailed to your home.

**Continued from page 6**

typically incorporates sleep hygiene measures such as encouraging regular exercise, reducing fluid intake at night, using the bed only for sleep and sex, maintaining fixed bed and wake-up times despite the quality or quantity of sleep, avoiding daytime naps, large evening meals, caffeine, and alcohol. In addition to these components, cognitive-behavioral treatment for insomnia may also incorporate the modification of negative thoughts related to sleep, relaxation training, and sleep hygiene education.

These lifestyle changes should be reviewed by anyone having sleep problems. If you are not able find someone to do this with you there are internet approaches such as myselfhelp.com which should be tried.

Also, our group is conducting sleep research studies and you may be able to help contribute to our understanding of these problems. If you want to find out if there is a study that is appropriate for you, contact Allison Dicke, our research coordinator, at 732-235-5886.

REM behavior disorder (RBD)

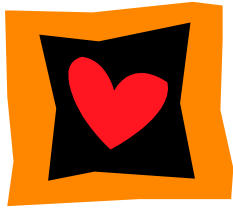
RBD deserves special attention as it can result in significant injury. RBD is a syndrome of abnormal motor behavior during rapid eye movement (REM) sleep. Under normal circumstances, voluntary muscles are not moving when one enters REM sleep, so that we don't act on our dreams. However, in individuals with RBD there is a failure to suppress muscle movements during REM and this leads to acting out of dreams. Thus, an individual who experiences being chased in a dream may flee the bed or attempt to punch his pursuer. The response may range from relatively mild restlessness to more severe wild punching and thrashing in which patients may leap out of bed or strike their bed partner. Thus, RBD is potentially dangerous for the patient and his or her bed partner and prompt identification and treatment is warranted.

We frequently see that patients are embarrassed to bring this up with their physician. This disorder is, however, responsive to a class of medications that includes clonazepam, so please bring it up with your physician.

Sleep Attacks

Sleep attacks are abrupt and unavoidable transitions from wakefulness to sleep. These "attacks" are of particular concern as the patient may have little warning that they are about to fall asleep. Obviously, if these attacks occur during potentially dangerous activities, such as driving or walking down stairs, harm may result. There are many contributors to sleep

Continued on page 12



Caregiver Conference: Taking Care of You, Taking Care of Me

Saturday, October 11, 2008-Robert Wood Johnson University Hospital

*Are you caring for a spouse, family member or friend? If yes, this conference is about you and for **YOU!** Attend this conference to meet other caregivers and learn how to take care of yourself. There will be exhibits on resources and door prizes to restaurants and more. A catered breakfast and lunch will be served.*

9:15 AM – 10:00AM	Continental Breakfast, Exhibits
10:00 AM–11:00 AM	Emotional Survival For the Caregiver <i>Barry Jacobs, PsyD</i> <i>Author of <i>The Emotional Survivor Guide For Caregivers</i></i>
11:00 AM–11:15 AM	Break and Exhibits
11:15 AM–12:00 PM	Caregiver Panel, Questions and Sharing
12:15 PM–1:00 PM	Lunch and Exhibits
1:00 PM–2:00 PM	Transitions in the Caregiver Journey: Challenges and Opportunities <i>Dale L. Ofei-Ayisi, MA, LCSW, CALA</i> <i>Coordinator of Community Services</i> <i>COPSA Geriatric Services</i>
2:00 PM–2:30 PM	Relaxation Techniques and the Family Caregiver



Caregiver Conference: Taking Care of You, Taking Care of Me *October 11, 2008*

Registration Form

Please send to RWJUH Community Education, 120 Albany Street, Suite 360,
New Brunswick, NJ 08901

Name _____

Address _____

Phone _____ Email _____

Total Amt enclosed (\$20.00 per person) _____

Please make checks payable to: RWJUH ; Subject: October 11 Caregiver Conference



Exercise in Water to Feel Better On Dry Land

David King, PT, MS

Kessler Rehabilitation Institute

Ever since I was a child I've loved the water. I enjoy diving into it and feeling my body cut through it. I enjoy the feeling of near weightlessness as I bob about in shallow water supported by it. When I learned scuba I enjoyed the freedom of moving in three dimensions or of balancing my buoyancy just right so I could just "hang", floating cross legged several feet off the bottom.

This feeling of freedom of movement, the buoyancy to support your body and the resistance of moving against it can all be used to great advantage by the Person with Parkinson's (PWP). With joints supported you can relax to move, with buoyancy the fear of falling is nearly nil (you can wear a floatation device or inflatable collar if you fear letting your head get under) and moving against the resistance of the water you can work your muscles as you please.

Many health clubs that have pools now offer some kind of water based exercise class. They go by many names; water aerobics, aquacize and water step class to name a few. All basically have the same idea of exercise in the support, comfort and safety of water with a little resistance training if you choose.

In the Spring-Summer 2002 issue of Parkinson Report published by the NPF there was an article on the benefits of water exercise for Parkinson's Disease. 11 volunteers exercised in water regularly for 12 weeks. At the end of this time some participants stated they could walk better, some felt getting up from a chair was no longer difficult and even cited improved golf scores and tennis games. Objective testing of the 11 participants revealed:

- 7 improved their lower body strength
- 9 improved their upper body strength
- 9 improved their lower body flexibility
- 9 improved their upper body flexibility
- 9 improved their mobility
- 10 improved their aerobic endurance
- 10 improved their static balance
- 8 improved their dynamic balance

Marjorie Johnston who led the classes in this research also cites that water reduces heart rate by 13% and reduces blood pressure. She also states "people with Parkinson's do not freeze in water... there are no statistics on this but it is something I've been aware of for a long time and double checked this with (several nationally recognized leaders in exercise for PWP)".

Since 2002 water based exercise has evolved further. Nationally the YMCA is working to establish water based Tai Chi classes in each of its pools. And there is a new exercise called Ai Chi which Karen Massa, of the Westfield area YMCA, explains is a Japanese conversion of Tai Chi for the water. "Ai Chi is performed in shoulder depth water and progresses in stages from simple breathing exercises to total body movement."

Of course you don't have to join a class to exercise in a pool. If you have access to a pool, go hop around in it. Walk back and forth across the shallow end. Go ahead and do jumping jacks if you like. Splash and have fun with the grandchildren. Just get in the water and feel yourself move!



**Painting With
Parkinson's For
Peace Of Mind**

**Join us for this fun and interactive
art series**

**Fridays:
October 31, Nov 7 & 14
1:30 PM to 3:30 PM
Robert Wood Johnson
University Hospital**

**No prior painting experience
needed!**

See page 5 more details.

Parkinson's Disease Treatment Has Changed.
Come find out how from local physicians.



Tuesday, October 28, 2008

Registration: 5:30 PM

Program: 6:00 PM to 8:00 PM

**Location: Crowne Plaza Terrace Ballroom, 110 Davidson Ave, Somerset NJ 15143
 (off of Hwy 527 & North of Hwy 287).**

Speakers:

Shabbar Danish, MD, Neurosurgeon, Assistant Professor

Department of Neurosurgery UMDNJ-Robert Wood Johnson Medical School

**Jacob Sage, MD, Neurologist, Professor of Neurology,
 UMDNJ-Robert Wood Johnson Medical School**

At this event, local physicians will go over some of the **medical, surgical** and **future treatment options** for Parkinson's disease. The physicians will also discuss Activa DBS, and FDA-approved, non-drug therapy for controlling some of the symptoms of advanced Parkinson's disease that has been used by more than 40,000 people worldwide.

If you or a family member suffer from Parkinson's disease, please plan to attend this informative session.

Refreshments will be served. This event is free, but space is limited.

Please register online at: <http://www.activadbs.com/attend?event.asp> or call 1-877-438-3574.

Saturday, November 1, 2008

Registration: 10:00 AM

Program: 10:30 AM to 12:30 PM

Location: Hackensack Hospital, Hackensack NJ

Speakers:

Dr. Hooman Azmi, MD, Neurosurgeon

Department of Neurosurgery, Hackensack Hospital

**Fiona Gupta, MD, Movement Disorder Specialist
 Hackensack Hospital**

At this event, local physicians will go over some of the **medical, surgical** and **future treatment options** for Parkinson's disease. The physicians will also discuss Activa DBS, and FDA-approved, non-drug therapy for controlling some of the symptoms of advanced Parkinson's disease that has been used by more than 40,000 people worldwide.

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Continued on page 8

more common in patients taking pramipexole (Mirapex) and ropinirole (Requip), but may also be seen with all PD medications. Given the potential for harm, please bring this up with your physician so that they can properly evaluate the problem.

Sleep Disordered Breathing

Episodes of not breathing during sleep (apnea) lead to multiple awakenings during the night, resulting in minimal deep restorative sleep and excessive daytime fatigue. In addition, there are many medical consequences of this condition. Patients are often not aware that they are waking up (as they may not be fully awake) and only clue may be that the bed partner hears loud snoring, gasping or choking and that the individual is extremely tired during the day.

The key here is that if you are extremely tired during the day, bring it up with your physician. Evaluation of sleep apnea generally includes a polysomnogram (an overnight sleep evaluation in a sleep clinic). Treatment is often very helpful and may include dental devices worn at night or a mask attached to a machine that increases the pressure of the air you breathe.

Summary

Sleep problems in individuals with PD are common, distressing and complicated. Plan to visit your physician to discuss the problem and prepare for your visit by reviewing the issues discussed above. Treatment is usually helpful, so the effort is worth it. Remember that you can do a number of things for yourself, including exercising, eating well, addressing stress in your life and attending to all of your health issues.



LSVT LOUD!
**The Science and Practice
of LOUD:
Empowering People with
Parkinson's**
Friday, Dec 5, 2008
Columbia University
Teacher's College
12:30 PM to 2:30 PM
Call 1-888-606-5788



One Step Closer Outpouring of Support at the Parkinson's Unity Walk

Every April people living with Parkinson's disease, along with their caregivers, co-workers, families and friends gather in New York City's Central Park for the Parkinson's Unity Walk to raise awareness and funds for Parkinson's disease research. The event unites the strength and spirit of the entire Parkinson's disease community.

At the first Walk, in 1994, there were 200 participants. This year, although the weatherman had predicted rain, more than 10,000 people joined together at the 14th annual Parkinson's Unity Walk. After inspiring speeches from Former Attorney General Janet Reno and Maryum "May May" Ali, Muhammad Ali's daughter, and others, prize drawings and announcement of the top teams and individual fundraisers, thousands of people and more than 400 teams carrying signs of support and hope, walked along the tree-lined, wheelchair-accessible, 2-mile circular path under blue skies, sunshine, and gentle breezes.

This year, \$1.8 million was raised for research, proving to be the most successful Walk yet. Since its inception, the Walk has made a significant impact, raising nearly \$9 million. With 100 percent of donations given to research, the Walk provides the public with a direct opportunity to help the Parkinson's disease community and change the lives of the millions of people affected.

Credited with helping increase awareness and the amount of money raised this year is the "One Step Closer" fundraising guide, which provides helpful tips and tools to support fundraising efforts. Designed in partnership with Boehringer Ingelheim Pharmaceuticals Inc., the proud partner and premier sponsor for the eighth year, the guide provides information and tools to assist individuals in their mission to raise awareness and increase support of the Parkinson's Unity Walk in their own community. This unique tool is available free for download at www.unitywalk.org, and includes creative fundraising ideas, flyers and additional communication template materials.

In addition to having a landmark year for fundraising, this was a year of many firsts for the Walk. It was announced that the Ubell Prize for Parkinson Journalism Award, an annual \$10,000 award, would be given to a journalist for outstanding contributions to the public understanding of Parkinson's disease and related movement disorders. The award was established to honor the memory of Earl Ubell, a distinguished science and medicine writer who died last year of Parkinson's at the age of 80.

Continued on page 13



Fall Parkinson's Conference Registration Form

Saturday, November 8, 2008
The Mansion-Voorhees, NJ

Please print

Name _____

circle choice: chicken breast grilled salmon pasta
primavera

Name _____

circle choice: chicken breast grilled salmon pasta
primavera

Name _____

circle choice: chicken breast grilled salmon pasta
primavera

Address _____

Daytime phone _____

Email _____

**No Fee but registration is required by
Friday, October 24, 2008. Space is limited.**

You may also email your registration to Elizabeth.
schaaf@rwjuh.edu with all
above information in your email.

Or

Please send to:
**NJ APDA Parkinson's Information
and Referral Center**
120 Albany Street, Suite 360
New Brunswick NJ 08901

Continued from page 12

Also for the first time this year, the Unity Walk was broadcasted through a webcast, allowing people around the country not only the chance to experience the spirit and compassion of the community, but also the opportunity to be engaged and active in the day's celebration. The webcast can be viewed for one year on the Unity Walk website.

To find out more about Parkinson's disease and the Walk, please visit www.unitywalk.org. You may also call us at 1-866-PUW-WALK (1-866-789-9255) or email us at info@unitywalk.org.



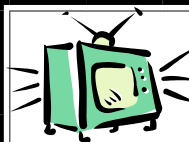
Parkinson Disease Clinical Trials Website

***NEW and
Improved!***

Do you want to learn more about current trials for Parkinson's disease?

Check out the Clinical Trials 101 page with need to know information regarding clinical trials.

Go to www.pdtrials.org



COMING SOON
THIS FALL!

PBS Frontline
Special on Parkinson's

[http://www.pbs.org/wgbh/pages/
frontline/parkinsons/](http://www.pbs.org/wgbh/pages/frontline/parkinsons/)

*Date and Time to Be
Announced*

NJ APDA Chapter Parkinson's Scholarship

Criteria For Eligibility

Two scholarships will be awarded, each in the amount of \$1,500. The scholarships are open to all New Jersey residents who are:

- A junior or senior high school student attending a school in New Jersey
- To attend a university or college after graduation from high school
- Living with a parent, grandparent or live-in guardian with Parkinson's disease

Essays

Write two essays, selecting one topic from group A and one topic from group B. Each essay will not exceed 600 words. Essays must be typed and double-spaced.

Group A

1. How has having a family member with Parkinson's disease affected your life?
2. What will you do to make people more aware of Parkinson's disease?
3. Write an autobiography of your life.

Group B

- A. What do you think is the most universal problem in today's society? How has it impacted you? What will you do to try to lessen this problem?
- B. As an advisor to the Governor, how will you persuade him to not cut medical programs, especially funding for research on movement disorders (Parkinson's disease)? What arguments will you present?
- C. During the 2008 Presidential race, what medical issues are being addressed? What do you think is missing? Do they include Parkinson's disease? What issues would you urge the candidates to address?

Scholarship Instructions

1. Fill out application completely.
2. Include copy of most recent report card.
3. Include a recommendation request from a teacher or guidance counselor.
4. Complete two essays (one from group A; one from group B), typed and double-spaced.
5. Complete and sign Request for Transcript.

Deadline for NJ APDA to receive all application materials is Monday, December 1, 2008.

Please call (732) 745-7520 to obtain a copy of the request for transcript form.

NJ APDA Chapter Parkinson's Scholarship Application

1. Name: (First) _____ (Middle) _____ (Last) _____

Address:

2. Date of Birth: _____

3. Telephone Number: _____ Email Address: _____

4. Name of High School: _____

5. Address of High School: _____

6. Guidance Counselor: _____

Phone # _____ Email Address: _____

7. Parents' Information

Father's Name _____ Phone _____

Mother's Name _____ Phone _____

Or Guardian's Name _____ Phone _____

8. Universities or Colleges applied to:

1. _____

2. _____

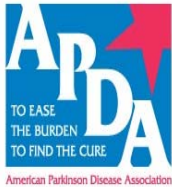
3. _____

9. List and describe your extracurricular activities.

10. Obtain a recommendation letter from a past or current teacher. Please attach to application.

11. **SUBMIT:** application, copy of report card, essays, completed and signed request for school transcript and a large self-addressed envelope and mail to:

**NJ APDA Chapter
P.O. Box 2026
Edison, NJ 08818
Email: NJAPDA@gmail.com**



*New Jersey American Parkinson Disease Association
Information & Referral Center*

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Chief, Movement Disorder Clinic
UMDNJ/RWJMS

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Parkinson Disease Information &
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Community Education Department
Robert Wood Johnson University
Hospital
(732) 418-8110

Benton Yip, President

APDA New Jersey Chapter
PO Box 2026
Edison, New Jersey
Njapda@gmail.com

American Parkinson Disease Association

Parkinson Plaza
135 Parkinson Avenue
Staten Island, NY 10305-1425

NJ/APDA Parkinson's Disease Information and Referral Center

120 Albany Street, Suite 360
New Brunswick, NJ 08901
(732) 745-7520
(732) 745-3411-fax

ROBERT WOOD JOHNSON
UNIVERSITY HOSPITAL



SAVE THE DATES

SEE PAGES 4 and 5 for complete fall event information and other events!

Good Start for Newly Diagnosed

Friday, October 3, 2008

1:00 p.m. to 3:00 p.m.

Robert Wood Johnson University Hospital

Ask the Neurologist Programs

Wednesday, October 15, 2008 7:00 p.m. to 9:00 p.m.

Speaker: Dr. Lawrence Golbe, UMDNJ-RWJMS

Thursday, November 20, 2008 12:30 p.m. to 2:30 p.m.

Dr. Jacob Sage, UMDNJ-RWJMS

Robert Wood Johnson University Hospital

Fall Living Well With Parkinson's Conference

Saturday, November 8, 2008

10:00 a.m. to 3:00 p.m.

The Mansion-Voorhees, New Jersey

Painting with Parkinson's For Peace of Mind

October 31, Nov 7, Nov 14, 2008

1:00 p.m. to 3:00 p.m.

Fall Telephone Support Group For PWP and Caregivers Series

November 10, 17, 24, Dec 1 and Dec 8, 2008

Mondays at 7:30 pm to 8:20 p.m.



Parkinson Bulletin

Moving? Have You Already Moved?

*Please return to NJ APDA Parkinson I & R Center,
120 Albany Street, Suite 360, New Brunswick, NJ 08901*

PLEASE PRINT

Name _____

Address _____

Old Address (if applicable) _____

Phone _____

Email _____