

The Parkinson's Bulletin

Fall Edition

September-November 2009



Fall 2009



The NJ/APDA Parkinson Disease Information and Referral Center
(732) 745-7520-office (732) 745-34110-fax, www.njapda.org



Falls and Parkinson's Disease

Dr. Jacob Sage, UMDNJ-RWJMS, Movement Disorder Specialist
Chief, Movement Disorder Center, UMDNJ-RWJMS

There are several major reasons that patients with Parkinson's disease (PD) tend to fall. We will discuss each of these in turn.

The most common cause of falls in PD patients is poor postural stability. Normally when our body shifts forwards, backwards or to either side, we automatically and quickly change position and shift our weight back toward the midline to prevent falling. These position shifts can be very small and occur frequently to keep us in the upright position. The basal ganglia and the dopamine system are in large part responsible for maintaining this postural stability system. PD patients who have inadequate dopamine levels and abnormal function of the basal ganglia are unable to make the minute adjustments necessary to get themselves back to an upright posture when their body position shifts slightly. They therefore have postural instability and a greater tendency to fall than do persons with an intact dopamine system. Medications for PD such as levodopa often improve postural instability but do not do so invariably. Furthermore with disease progression the likelihood of postural instability increases and therefore the likelihood of fall also increases. Bending over, reaching above one's head or reaching toward one side or the other destabilize a patient's ability to remain erect. Since PD patients are unable to correct for this instability, these types of movements make patients fall.

A too narrow gait is another cause for falls that is related to dysfunction of the basal ganglia in PD patients. Most of us walk with our legs and feet slightly apart. This stance helps us balance ourselves and therefore prevents falls. When we have had too much alcohol, we have poor balance and walk with our feet even further apart to further improve balance although at the expense of our ability to walk efficiently. Unfortunately PD patients walk with their legs and feet too close together. This narrow base causes one foot to interfere with the free movement of the other foot. The legs and feet tend to knock into each other. In the worse cases, patients walk with a tendency to cross each leg over the other. This type of gait causes significant imbalance and frequent falls. When combined with a tendency to scrape the floor in a shuffling type of gait, the incidence of falls get even greater.

Freezing is a third important cause of falls. Freezing can occur during the on phase or during the off phase of the treatment cycle. It is most likely to cause falls when it occurs during a patient's on time. In this case, a patient may be walking freely without any problems when suddenly the feet feel as if they are glued to the floor. The feet are stuck but the upper

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Save The Date!

Fall Conferences
Saturday, Oct. 10
Teaneck Marriott
Teaneck, NJ
Saturday,
November 14, 2009
The Mansion,
Voorhees, NJ

See pages 4 and 5



Coordinator's Corner

Elizabeth Schaaf, NJ APDA
Parkinson Disease Information
& Referral Center

Dear Friends,

I hope you had an enjoyable summer and looking forward to the nice cool fall weather and the change of seasons.

We have a very busy season ahead with different programs planned for you and your family. Please see pages 4 and 5 for details of our upcoming events. Please note that we have two key large conferences planned for the fall; the Northern New Jersey Conference will be held at the Teaneck Marriott at Glenpointe on Saturday, October 10, 2009 and the Southern New Jersey Conference will be held on Saturday, November 14, 2009 at the Mansion in Voorhees. Each conference will be 10.00 per person which includes breakfast and lunch. Don't forget to register today.

Caregivers Connection in conjunction with the NJ APDA will partner to deliver a fall telephone series for caregivers and families only. Please see page 4 for further details.

Please visit our new website at www.njapda.org for news and event listings, etc.

If the office can be of assistance to you, please don't hesitate to call us at (732) 745-7520 or email me at Elizabeth.schaaf@rwjuh.edu. Hope to see you soon!

Warmest Regards,

Elizabeth Schaaf

Hold onto your passions, because they are the essence of who you are.- Janet Edmundson



Volunteers Needed

3-4 Volunteers needed on:

October 10 2009
Teaneck Marriott
-And-

Saturday, November 14, 2009
The Mansion in Voorhees.

**needed by 9 am prior to each event*

*Please call Elizabeth at 732-745-7520
if able to assist.*



A SPECIAL THANK YOU!

Thank you to the following companies who generously donated wonderful prizes for our August 9

Putt For

Parkinson's Fundraising Event!

Branchburg Family Golf Center

Massage Envy, Branchburg, NJ

Bensi Restuarant, Whitehouse Station, NJ

Candy Bouquet, Branchburg, NJ

Cold Stone Creamery, Flemington, NJ

Dunkin Donuts, Branchburg, NJ

*Fellowship Village: Continuing Care
Community, Basking Ridge, NJ*

Friendly's Restaurant, South Plainfield, NJ

Herr Foods, Inc., Somerset, NJ

Huggables Hallmark, Branchburg, NJ

Investrio Stock Selector Fund, Ringoes, NJ

Learning Express, Branchburg, NJ

Mary Kay Cosmetics, Somerset, NJ

*New Jersey Freemasons, 10th Masonic District,
Plainfield, NJ*

North Brunswick Pub, North Brunswick, N

On the Border Restaurant, North Brunswick, NJ

Papa John's Pizza, Highland Park, NJ

The Ragone and Kortman Families

Ruby Tuesday, Somerset, NJ

Starbucks, Branchburg, NJ

Starbucks, Whitehouse Station, NJ

Ultimate Collision Repair, Edison, NJ

Wireless Zone, Branchburg, NJ



President's Notes**Vicki Collier****NJ Chapter****American Parkinson Disease Association**

Dear Readers:

"To ease the burden, to find the cure." Since 1961, the American Parkinson Disease Association, Inc. has embodied this goal through patient and family support, research, and education. By sponsoring approximately 60 Chapters and more than 250 affiliated Support Groups, the APDA is able to help Parkinson's patients and caregivers nationwide.

As I transition from my role as the NJ Chapter's Treasurer to its current President, I look forward to serving the needs of the NJ Parkinson's community in this leadership capacity. Our Chapter's primary role in the APDA structure is to provide publicity, public awareness, and financial support for our organizational counterpart, the Information and Referral Center headed by Coordinator, Elizabeth Schaaf. Together we work to bring information, resources, and a sense of community to individuals and families struggling with the challenges of Parkinson's disease.

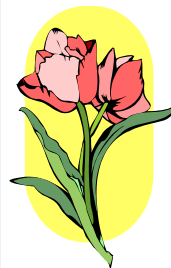
Our most recent Chapter fundraisers, "Strike Out Parkinson's" bowlathon and "Putt for Parkinson's" mini-golf were well attended, and the proceeds were used to help fund both the Spring and Fall "Living Well with Parkinson's" symposiums. Despite these challenging economic times, I have been encouraged by the donations we received from local businesses and individuals, making these fundraisers possible, profitable, and enjoyable.

I thank all of you for providing me with the opportunity to serve this deserving community, and I hope I can continue to count on you to support our endeavors *"to ease the burden, to find the cure"* for Parkinson's disease. Warm Regards, Vicki

Vicki Collier

Chapter President

New Jersey Chapter, American Parkinson Disease Association

www.njapda.org**Check Us Out!****The NJ APDA is now on
facebook and twitter!****Search for NJ APDA.
Meet others and learn what
is happening!****facebook****twitter****SAVE THE DATE!****Annual Spring
Living Well with
Parkinson's
Symposium****Featuring David Iverson,
From the PBS Frontline
Parkinson Special****Saturday, April 10, 2010****Somerset, NJ
9:30 AM to 3:00 PM**



Upcoming Educational Events Fall 2009

Northern New Jersey Living Well with Parkinson's Conference, Saturday, October 10, 2009

Teaneck Marriott, Teaneck NJ. 10:00 a.m. - 3:00 p.m. For information call 732-745-7520.
Registration and fee (\$10/person) required in advance.

Includes breakfast & lunch (choice of chicken or eggplant parmesan).

Topics: Updates on the Treatment and Advances in Research of PD, Dr. William Severt, Movement Disorder Specialist, Beth Israel Medical Center; Management of Non-Motor Symptoms of PD, Dr. Matthew Menza, Neuro-psychiatrist, UMDNJ-RWJMS.

Parkinson's Luncheon, Thursday, October 15, 2009

Maggiano's Restaurant, Bridgewater. 11:30 a.m., R.S.V.P. required, (\$22/person)
Caregivers, people with Parkinson's and families, please join us to meet new people and catch up with old friends. All are welcome to attend! Please call (732) 745-7520 for more details and to RSVP.



Ask the Neurologist, Wednesday, October 21, 2009



Auditorium, Robert Wood Johnson University Hospital. 7:00 p.m.
For information call 732-745-7520. No R.S.V.P.s needed.

Discussion of symptoms, diagnosis, medical and non-medical management of PD, and question and answer session with Dr. Jacob Sage, Movement Disorder Specialist, UMDNJ-RWJMS.

Art Therapy for Peace of Mind, Fridays: Oct 30 & Nov 6, 2009

Auditorium, Robert Wood Johnson University Hospital. 1:00 p.m. - 3:00 p.m.
Registration and fee required (\$35/person) in advance. For information call 732-745-7520. Two-part afternoon sculpting class for people with Parkinson's, family and caregivers. No prior experience needed. Don't miss this fun class!



Parkinson's Caregiver's Telephone Support Group

Registration and fee required (\$25/person). For information call toll-free 1-877-819-9147.

Sessions: 7:30 p.m. to 8:20 p.m., Mondays, Nov 2, Nov 9, Nov 16, Nov 23, Nov 30, 2009.

Presented by DOROT Caregiver's Connections. This support group and educational series is for the caregivers of PWP. Topics: medical management of Parkinson's disease, motor and non-motor symptoms, stress management and coping mechanisms. Q&A.

This phone support group is for Parkinson's Caregivers, friends and family only.



Upcoming Educational Events Fall 2009



Southern New Jersey Living Well with Parkinson's Conference Saturday, November 14, 2009

The Mansion, Voorhees NJ. 10:30 a.m. to 3:00 p.m. For information call 732-745-7520
Registration and fee required (\$10/person) in advance.

Includes lunch (choice of chicken, tilapia or eggplant parmesan).

Topics: Parkinson's: Emotional Survival for PWP and Family, Dr. Barry Jacobs, Psychologist, Crozer-Chester Medical Center; Update on the Treatment and Advances in Research of PD, Dr. Amy Colcher, Movement Disorder Specialist, University of Pennsylvania Hospital System.

Ask the Neurologist, Thursday, November 19, 2009

Auditorium, Robert Wood Johnson University Hospital. 12:30 p.m.

For information call 732-745-7520. No R.S.V.P.s needed.

Discussion of symptoms, diagnosis, medical and non-medical management of PD, and question and answer session with Dr. Jacob Sage, Movement Disorder Specialist, UMDNJ-RWJMS.



Getting A Good Start, Tuesday, December 1, 2009

Room 1302, Clinical Academic Building, 125 Paterson St, New Brunswick NJ.

1:00 p.m. to 3:00 p.m. Registration is required as space is limited, registration opens October 15.

For information call 732-745-7520.

Seminar for newly diagnosed (within 3 years) people with Parkinson's, family and caregivers.

Presenters: Dr. Jacob Sage, Professor Neurology, UMDNJ-RWJMS-Movement Disorders Group; Tips for Living Well with PD, Community Resources, Support Groups, etc, Elizabeth Schaaf, Coordinator NJ APDA I&R Center; Helen Hunter, ACSW, LSW. Q&A session.



*The NJ/APDA Parkinson Disease
Information and Referral Center,
(732) 745-7520-office or Elizabeth.schaaf@rwjuh.edu
www.njapda.org*



Speech Pathologists: Our Involvement with Person's with Parkinson's Disease

Karen Davis, MS, CCC-SLP
Robert Wood Johnson University Hospital

Many people are aware of a speech pathologist's (SLP) role in working with young children with language and articulation disorders. Some people are aware of our professional involvement with person's who have had a stroke and need speech rehabilitation. However, few people are aware of our involvement with swallowing disorders (dysphagia) or with our work in improving voice quality and intelligibility in persons with acquired speech impairments, including person's with Parkinson's disease. Speech pathologists are trained to evaluate individuals for the risk for swallow disorders and provide them with strategies and suggestions for how to decrease their risk for developing more serious conditions as a result of these difficulties. SLPs are also trained in evaluating changes in speech and voice and providing therapy to improve vocal impairments as well as suggestions for people with Parkinson's disease and their families on ways in which overall speech intelligibility may be more easily achieved.

When should you see a Speech Pathologist?

Speech pathologists should become involved in a person's care when there is concern for difficulty with swallowing or if an individual experiences frustration and feels that their quality of life has been negatively impacted as a result of their changing voice. Usually a prescription is needed by your doctor in order to see a speech pathologist so be prepared to speak with your doctor if you are interested in an evaluation.

Dysphagia (Difficulty Swallowing)

Side effects of dysphagia can range in severity from complaints of difficulty chewing, to hospitalization for aspiration pneumonia. Signs that someone may be having difficulty with swallowing are listed below:

- Prolonged meal times
- Avoiding certain foods
- Weight Loss
- Coughing/Choking with Meals
- Food goes down the wrong pipe
- Feeling as if food is "stuck" in the throat
- Shortness of Breath with meals
- Diagnosis of aspiration pneumonia

Dysphagia can range in severity and does not always correlate with disease progression. Some individuals can have an advanced diagnosis and demonstrate no significant trouble with swallowing while other individuals express trouble as one of the first signs of Parkinson's disease. If you suspect that you are having difficulty, evaluation by a speech pathologist in the form of a Modified Barium Swallow Study (discussed below) would be encouraged.

Speech/Voice:

Often individuals with Parkinson's disease express changes in the voice quality early on in the diagnosis. These changes in voice quality are often characterized by a hoarse vocal quality, a breathy vocal quality, decreased volume, complaints that nobody can hear you when you speak, and fatigue when speaking. It's important to address vocal quality and changes in voice when it begins to hinder your involvement in your day to day communication. If you become frustrated with your voice and find that you are limiting social interaction as a result of your voice you should meet with a speech therapist to discuss therapy and determine if you would be a good candidate for therapy. If therapy is not possible, speech pathologists can also provide a number of useful strategies for improving intelligibility and facilitating communication between friends and family.

What should you expect from an Evaluation?

Evaluations with speech pathologists are generally no more than 2 hours in length. No matter what you are being evaluated for, a lengthy medical history will be obtained by the speech pathologist and an evaluation of your oral muscle strength as well as your respiratory status will be completed. Evaluations are likely to take place at a hospital or outpatient clinic; however, some organizations such as the Visiting Nurses Association are able to provide some evaluations at your home.

Dysphagia:

If you are presenting to a speech pathologist with complaints of difficulty swallowing it is recommended that a Modified Barium Swallow Study (MBSS) be completed to rule out acute episodes of aspiration (food going into the airway) and evaluate a person's risk for aspiration. An MBSS is completed in the radiology department of a

Continued on page 7

hospital or outpatient facility and is essentially a moving X-Ray of someone swallowing. The test takes approximately 20-30 minutes and involves eating and drinking food contrasted with barium. Once the study begins the therapist will cue you to eat and drink as you normally would at home. The therapist may ask you to move your head into various positions during the study in an effort to evaluate effects of these postures on your swallowing. When all textures have been evaluated, the study is done and a therapist will be able to provide you with results and recommendations immediately.

Speech/Voice:

Speech and voice evaluations are typically completed in an outpatient clinic. Evaluations of vocal quality and speech would likely include asking you to read single words, sentences, and paragraphs aloud, as well as participate in normal conversation. Measurements of volume and pitch are likely to be taken during multiple speaking tasks. A speech therapist should also ask about your goals of therapy and in what contexts you would most like to improve your voice and/or speech.

What are treatment options available?

Depending on the severity of dysphagia or your speech/voice disorder, therapy may or may not be indicated. Following a full evaluation, the following options may be discussed.

Dysphagia:

If aspiration is documented during an MBSS or if a therapist feels that you are at an increased risk for aspiration, suggestions for diet modifications or compensatory strategies may be made. Diet modifications are changes that are made to your solid foods, your liquids, or both. Changes to solids may be recommending soft foods (things that are easy to chew) be incorporated into your meals. Or perhaps a suggestion would be chopping food up into small pieces to make chewing easier and less tiring. Liquids may be recommended to be taken by cup instead of a straw, or you may be told that drinking liquids in sequential sips isn't safe for you. The speech pathologist may also thicken liquids so that they are swallowed more slowly and give your body ample time to protect your airway when swallowing. All of these recommendations will be explained to you by the speech pathologist after the evaluation.

Some speech pathologists will recommend swallowing exercises to improve your swallow if there is impairment. These may range from tongue exercises to a therapy called Vital Stim[®]. Although many therapists might recommend strengthening exercises to improve swallow function, it should be noted that there is very little research on the effectiveness of these exercises.

Speech/Voice:

The most well known form of voice therapy for people with Parkinson's disease is Lee Silverman Voice Therapy (LSVT) which combines high effort, high intensity, and high frequency to promote vocal loudness. Therapists who provide this kind of therapy should hold certification in the technique so be sure to ask before initiating therapy. LSVT involves 4 hour long sessions a week for 1 month totaling 16 sessions. This form of therapy has the most support in research as to its effectiveness in improving the loudness levels of persons with Parkinson's.

Therapy might also include learning and incorporating strategies into everyday communication that will facilitate intelligibility. These strategies might include decreasing rate of speech, or speaking while facing your communication partner. Strategies can be provided to both the speaker and the communication partner.

If you have any questions regarding speech or swallowing for individuals with Parkinson's disease, please don't hesitate to contact the Speech and Hearing Department at Robert Wood Johnson University Hospital at 732-937-8655.

CHECK OUT OUR WEBSITE!

www.njapda.org



LEARN ABOUT

Upcoming Events

Support Groups

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How to Donate

****Now, View the 2009 Spring
Conference Online!****

And More!!



15th Parkinson's Unity Walk A Step in the Right Direction for Parkinson's Community

Largest grassroots fundraiser in the U.S. once again a resounding success

Amid unusually warm and sunny weather, family, friends and supporters, joined the more than 10,000 people once again in New York's Central Park on Saturday, April 25th to celebrate the 15th Parkinson's Unity Walk and show their community spirit while raising funds for Parkinson's disease research.

This year marked an incredible year for the event, the largest grassroots fundraiser in the U.S. for Parkinson's. "Even during a difficult economic period, that didn't keep the crowds from dedicating their time and energy to this amazing event. This year the Parkinson's community truly stepped it up to make the 15th anniversary one to remember," said Carol Walton, Executive Director, Parkinson's Unity Walk.

The 15th Parkinson's Unity Walk was truly a community education day, with opportunities for those in attendance to ask a physician questions, receive free literature and resources from the Parkinson's advocacy groups and from event sponsors. This year's event also included an international presence, with Susanna Lindvall, Vice President of the European Parkinson's Disease Association addressing the audience, discussing the importance of worldwide partnerships in the fight against Parkinson's. The past, present and future of the Parkinson's disease community was also the focus of several other powerful speeches, including those from Former Attorney General Janet Reno, her third straight appearance, and Dr. Jean Hubble, Executive Director at Boehringer Ingelheim Pharmaceuticals, Inc.

More than 10,000 people, including 430 teams that were created to honor loved ones who battle

the disease, walked along the tree-lined, wheelchair-accessible, 2-mile circular path, proudly displaying courage, hope, optimism, compassion, and community togetherness.

And, as pledged since the inception of the Walk, every penny raised continues to go directly to Parkinson's research. This is made possible through the Unity Walk's Premier Sponsor and Proud Partner, Boehringer Ingelheim Pharmaceuticals, Inc., our Diamond Sponsors, Solvay Pharmaceuticals, Teva Neuroscience and Valeant Pharmaceuticals International, our Platinum Sponsors LSVT Global, Medtronic, Novartis, our other sponsors, and the seven national Parkinson's disease organizations.

The Unity Walk is very pleased to announce that 1.5 million was raised this year! All funds raised from the Walk are designated for research and will be distributed among the major U.S. Parkinson's disease foundations, including the American Parkinson Disease Association, the National Parkinson Foundation, The Parkinson Alliance, Parkinson's Disease Foundation, The Parkinson's Institute, Michael J. Fox Foundation for Parkinson's Research, and Parkinson's Action Network.

Parkinson's disease is a gradual neurodegenerative disease that affects more than one million Americans. To find out more about Parkinson's disease and the Walk, please visit our website: www.unitywalk.org. You may also call us at 1-866-PUW-WALK (1-866-789-9255) or email us at info@unitywalk.org.





**NEW SUPPORT
Parkinson's
Support Group!**

At

*Preakness HealthCare Center
Wayne, New Jersey*

Third Thursday of the Month at 12PM

Please RSVP for each meeting to:

973-904-3979

Or

MGP3737@hotmail.com



*NEW Progressive
Supranuclear Palsy
(PSP) Group
Starts this Fall!*

**Fourth Friday of every month
(with the exception of December)**

First meeting: September 26, 2009

10:30 AM to 12:00

**Medical Education Building 108 A
RWJUH, New Brunswick**

Call Dee Gozonsky at 609-918-0072.

Or

**the NJ APDA I and R Center at
732-745-7520 for more details.**



***LENDING LIBRARY
AVAILABLE!!!***

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

**The April 2009 Spring
Parkinson's Conference is
available on loan in DVD
format.**

**Also, the conference is now
viewable online!!
www.njapda.org**

**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.***





Falls, An Ounce of Prevention.....

David King, PT, MS

Kessler Rehabilitation Institute

Newborn infants demonstrate a fear of falling on the day they are born. When they feel the sensation of falling they throw out their arms and take on a “startled” look on their face in what is called The Moro Reflex. In other words, we have to learn to be afraid of spiders and snakes but the fear of falling is “hard wired” into our nervous system. Perhaps this is why the fear of falling is so strong in adults at risk for falls, such as a person with Parkinson’s (PWP) and it can easily grow to consume and paralyze a PWP’s ability to move and complete their activities of daily living (ADLs). Sadly many people become afraid to venture out of their home and become shut in, missing opportunities to socialize and to exercise, as they become consumed by the fear of falling.

Because of this instinctual fear of falling and because as adults we understand the danger of falls, the possibility of a life threatening (or lifestyle threatening) injury occurring, that so many of my patients tell me their primary reason for seeking Physical Therapy is to prevent falls.

Falls due to a “freeze”

Many PWPs have experienced “freezing” when they tried to begin to walk and suddenly found their feet stuck to the floor. Unfortunately, many freezes result in a fall. So what is a freeze and how can we avoid falling as a result?

Freezes occur when you cannot take weight off either foot. With every step we take it requires a 100% weight shift from one foot to another. Every last ounce of weight must be placed on one foot in order to lift the other. Leave one ounce behind and you cannot lift that foot and it will feel like it is glued to the floor.

Many PWPs have several strategies to overcome a “freeze”. The idea of marching in place and then proceeding forward allows you to shift your weight back and forth several times before trying to walk. A second strategy is to take a step back in order to move forward. The PWP will often find it possible to take a step back when moving forward is impossible and again it gives them the opportunity to set their weight shifting in motion before trying to walk.

A third strategy is to step over a line or an object – you may have seen canes with plastic wands or lasers that draw a line on the floor. By focusing on the line on the floor you are no longer focusing on your body and your difficulty with walking.

Exercises that promote weight shifting may help in the long term. Tai Chi, dancing and water aerobics all help the PWP develop a sense of weight shift and an ability to move.

What’s on your feet?

It’s very common for people who believe they are at risk for falls to buy shoes that have a lot of traction. Their thought is that they need to avoid slipping into a fall. Truth be told, these shoes often increase the risk of a fall in Parkinson’s. For the PWP the danger is more often that of “catching your toe” and being launched into a fall. Or that due to a freeze you will be unable to get your foot forward to catch yourself after you lean to begin walking.

**Sculpting With
Parkinson’s For Peace Of
Mind**

*Join us for this fun
and interactive
art series*



Fridays:
**October 30
November 6**
1:00 PM to 3:00 PM
**Robert Wood Johnson
University Hospital**
\$35.00 per person
No prior experience needed!

See page 5 more details.

Falls, an ounce of prevention- continued from page 10

What the PWP needs is a shoe “with a forgiving sole”; a sole that will allow the PWP to slide their foot forward just enough to catch themselves and prevent a fall. The best shoe is the old combination of leather sole and rubber heel. A well broken in leather sole with a rubber heel provides enough traction for most surfaces but when the PWP catches their toe the leather lets the toe slide through to still land in front and hopefully prevent a fall. Likewise during a freeze the leather sole may slide just enough to let the PWP keep their feet under them.

Unfortunately the leather sole with rubber heel combination now only occurs in dress shoes. In the absence of the leather sole a harder rubber and lower tread – or tread that is grooved front to back – may provide a forgiving sole. Some of my patients have taken shoes to cobblers to have leather soles installed while others have attached felt pads to the front few inches of their shoe.

Get rid of clutter

It's hard enough to walk through open spaces with Parkinson's Disease. This problem is compounded if the environment is tight or cluttered. Narrow passages between furniture in a household may cause the PWP to trip or block the advance of a cane or walker and cause a fall. A cluttered space can make it difficult for people with more advanced Parkinson's to be able to visually select their path and cause them to misjudge the location of the edge of a chair or table. So clean out the clutter and make sure there is plenty of room to pass between furniture

Occasionally it is better to sit

Many falls occur while completing ADLs. As much as I like to see people up and about, there are times when it is smart to sit. Putting a tub chair in your bath allows you to sit and prevent a fall in what may be the most unforgiving location for a fall in your house. And grab bars can help you rise from the tub or toilet (don't ever grab a towel rack or soap dish). Sitting to dress prevents a fall at a time when you may be distracted and especially if you are temporarily blinded as you pull clothes over your head.

In the kitchen you can bring your cutting board to a table to sit while cleaning and chopping vegetables. And a bar stool may help you safely complete activities at the sink or on the counter.

Falls at night

In hospitals a majority of falls occur at night. People get out of bed to use the bathroom and they rise too quickly and become dizzy or they trip in the dark. Whenever you get out of bed it is wise to sit at the edge of the bed to let your body accommodate to being upright and even to pause after rising before walking away from the bed. Night lights that shine upon a clear path are an inexpensive way to avoid a costly fall.

In a future issue I will write about what to do in the event a fall occurs. But an ounce of prevention is worth a pound of cure. Exercise to promote weight shift and to have the strength to catch a fall. Dress with the right shoes, get rid of clutter, sit when necessary and listen to your physician about how your medications work and act on you.

RESEARCH ON MEMORY, MEDICATION AND PARKINSON'S DISEASE

AT RUTGERS-NEWARK

Professor Mark. A. Gluck, co-director of the Memory Disorders Project, at the Aidekman Neuroscience Center at Rutgers University-Newark seeks patients with Parkinson's disease to participate in research studies designed to improve our understanding of the disease and its treatment. The studies can be conducted either at Rutgers-Newark or in people's homes in the greater NJ/NY region.

The project is part of an ongoing NIH-funded investigation of cognition, attention, and memory function in patients with Parkinson's disease, with a particular focus on better understanding the role of dopaminergic medication and how this interacts with the disease. The long-term goal is to develop treatments for the disease which optimize both the patient's motor skills and cognitive and memory function.

For these studies we are interested in recruiting individuals with mild-to-moderate Parkinson's disease. In addition to administering a comprehensive neuropsychological evaluation, participants will be asked to perform various computer “games” which are designed to evaluate specific cognitive and memory capabilities in Parkinson's patients.

Participants in our studies will be paid \$20/hour. For more information on these studies and how to participate, please contact our research coordinator, Lisa Haber-Chalom, either by phone at (973) 353-3668 or via email at lhchalom@andromedea.rutgers.edu.

Continues from page 1


part of body continues to move forward and the patient falls. Freezing often occurs on turns, in crowds and in doorways. It is a dangerous phenomenon because it makes patients prone to injury from the frequent falling.

The fourth important cause of falls in PD patients is orthostatic hypotension. Orthostatic hypotension is defined as a blood pressure that drops 15 or more points in the standing position when compared to the blood pressure in the sitting or lying position. This loss of blood pressure when a patient stands causes less blood flow to the brain and thereby causes fainting and subsequent falling. Often this blood pressure lowering causes lightheadedness that should be taken as a warning that actual fainting is possible. To prevent a fall and hurting themselves patients should sit down immediately when lightheadedness occurs due to orthostatic hypotension. Medications for PD may make orthostatic hypotension worse. Adding salt to the diet or using medications to prevent lowering of blood pressure are sometimes necessary to prevent falls and blackouts.

As you can see there are many causes of falling in PD patients. Falls should be discussed in detail with your doctor to try and find the exact cause in any individual patient since the treatment is different depending on the cause. Physical therapy is useful as are physical aides to reduce the incidence of falls in PD patients.

LSVT LOUD!

*The Science and Practice of
LOUD:
Empowering People
with Parkinson's*



*Saturday,
December 5, 2009*

Brookdale Campus, Hunter College

12:30 PM to 2:30 PM

**Call 1-888-606-5788 to
register today!**



**Fall Living Well With
Parkinson's Conference
Registration Form**
Saturday, October 10, 2009
The Teaneck Marriott
Teaneck, New Jersey

Please print

Name _____

circle choice: chicken francaise eggplant parm

Name _____

circle choice: chicken francaise eggplant parm

Name _____

circle choice: chicken francaise eggplant parm

Address _____

Daytime phone _____

Email _____

**Fee: \$10.00 per person; registration with
payment is needed by October 1, 2009.**

**Questions-(732) 745-7520 or email to
Elizabeth.schaaf@rwjuh.edu**

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

**Please note that confirmation letters will
be send via email if an email address is
indicated on this form.**



**Fall Living Well With
Parkinson's Conference
Registration Form**

**Saturday
November 14, 2009**

The Mansion, Voorhees, NJ

Please print

Name _____

circle choice: chicken tilapia eggplant parm

Name _____

circle choice: chicken tilapia eggplant parm

Name _____

circle choice: chicken tilapia eggplant parm

Address _____

Daytime phone _____

Email _____

**Fee: \$10.00 per person; registration
with payment is needed by
November 5, 2009.**

**Questions-(732) 745-7520 or email to
Elizabeth.schaaf@rwjuh.edu**

**Please send registration with payment
to:**

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

**Please note that confirmation letters will
be send via email if an email address is
indicated on this form.**

**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**

Learning **Express** Toys
...Always the perfect toy



THE LEARNING EXPRESS
TOYS...ALWAYS THE
PERFECT GIFT!

Fundraiser

*NJ American Parkinson Disease
Association*

10% off your purchase and 10% of your purchase goes to
the NJ APDA when you buy items at The Learning Ex-
press Stores.

Shopping Week–November 30–Dec 6, 2009.

Please go to www.njapda.org for a listing of participating stores.

Is a cure for Parkinson's on the horizon?

Some scientists think so. We all hope so. What can we do to help? The American Parkinson Disease Association (APDA) plays a key role in advancing education and research for Parkinson's disease. Our annual Chapter Membership Drive is one way to help ensure that APDA continues to do so, especially in these trying economic times. Please become a member of the NJ APDA Chapter and help us to ease the burden and find the cure for Parkinson's disease. Your donation is tax-deductible to the extent allowed by law. Please see page 15 for more details.

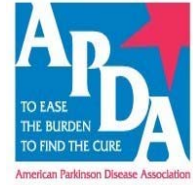
Thank you,

*Vicki Collier
NJ APDA Chapter President*



NJ Chapter American Parkinson Disease Association

2009-2010 Membership Application/ Renewal



***Our Chapter Depends On Your Annual Membership Dues
and Donations to Help Support the Chapter Activities and the Information and Referral Center.***

Member benefits include priority registration and discounted rates for chapter-sponsored events.

The NJ chapter membership/fiscal year begins September 1st and ends August 31st. The annual membership fee is \$20.00 for an individual and \$35.00 for a family. Please fill out the information below, *make checks payable to NJ Chapter APDA*; **Please send to NJ American Parkinson I & R Center, 120 Albany Street, Suite 360, New Brunswick NJ 08901.**

New Member: _____ Renewing Member: _____ Date: ____/____/2009

Last Name: _____ First Name: _____

Additional Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

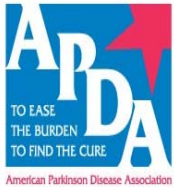
Telephone #: _____ E-Mail: _____@_____

We understand that some individuals cannot afford to pay the full cost of membership dues. What membership amount would be reasonable for you to pay? \$_____

Are you interested in volunteer opportunities with the Chapter? If so, please check applicable area(s) below and you will be contacted by a Board Member with more details.

- | | |
|---|---|
| <input type="checkbox"/> General Assistance | <input type="checkbox"/> Fundraising |
| <input type="checkbox"/> Publicity | <input type="checkbox"/> Event Planning |
| <input type="checkbox"/> Advocacy | <input type="checkbox"/> Membership |
| <input type="checkbox"/> Other _____ | |

For office use only: check# _____ cash \$: _____ Date: _____ Initials: _____



SAVE THE DATES

SEE PAGES 4 and 5 for complete fall event information.

Fall Living Well With Parkinson's Conference- North Jersey

Saturday, October 10, 2009

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

Teaneck Marriott, Teaneck, NJ

Sculpting with Parkinson's For Peace of Mind

Fridays: October 31, November 6, 2009

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

Fall Telephone Support Group Caregivers Series

Mondays: November 2, 9, 16, 23 and 30

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

Fall Living Well With Parkinson's Conference- South Jersey

Saturday, November 14, 2009, 10:00 a.m. to 3:00 p.m.

The Mansion, Voorhees, New Jersey

Good Start for Newly Diagnosed

Friday, December 1, 2009

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

Robert Wood Johnson University Hospital, CAB 1302

New Jersey American Parkinson Disease Association

Information & Referral Center

Jacob Sage, MD

Professor of Neurology
Chief, Movement Disorder Clinic
UMDNJ/RWJMS
Medical Director, NJ/APDA
Parkinson Disease Information &
Referral Center

Elizabeth Schaaf

Coordinator & Editor
NJ/APDA Parkinson Disease
Information and Referral Center
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(732) 745-7520
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Kathleen Johnson

Assistant Coordinator

Community Education Department
Robert Wood Johnson University
Hospital
(732) 418-8110
Kathleen.johnson@rwjuh.edu

Vicki Collier

President

NJ Chapter American Parkinson
Disease Association
njapda@yahoo.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





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 _____

County _____

Old Address (if applicable) _____

Phone _____

Email _____