



The Shaky Times

-- Online Edition --

July 2017

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Are You Dehydrated?

by Carol Fisher

"Life in us is like the water in a river."
— Henry David Thoreau

Intense thirst is not the only sign that you should drink more water. In fact, by the time you're thirsty, you may already be dangerously dehydrated. Chronic dehydration could harm your kidneys, make you feel dis-oriented, and contribute to diseases, such as diabetes.

Here are eight warning signs that you may not be getting enough water. If you're experiencing any of these eight signs of dehydration, it may be time to fill your water bottle more often!

1. You have a headache. Instead of reaching for the Tylenol, try drinking a couple of glasses of water. Our brains are 80% water. When you're dehydrated, your brain tissue loses water, causing brain shrinkage and possible pain.
2. Your mouth, eyes and skin are dry. Your body needs water to lubricate your mouth, hydrate your skin, and help you see clearly.
3. Your urine is dark. If your urine is more concentrated or darker than usual, this means it contains more waste. When there's enough water flowing through your kidneys, it helps to flush out toxins and eliminate waste, resulting in urine that has a more pale or transparent color.
4. You're disoriented. Dizziness, confusion, difficulty concentrating and delirium can all be signs of dehydration.
5. Your energy level is low. Problems like sleeplessness can cause you to feel fatigued, but dehydration could also be robbing you of energy. When you're dehydrated, your body stores up energy by decreasing blood circulation. Blood circulation is important because it delivers oxygen to the muscles. If our blood isn't circulating properly, we become lethargic and our energy level decreases.
6. You often have muscle cramps or spasms. The body has to prioritize where fluids should go. Most often, our circulatory system "wins," which means muscles have a lower priority. If the muscles aren't surrounded by enough water and sodium, they become sensitive, causing involuntary muscle contractions and spasms. Water fortified with electrolytes can be extremely helpful in relieving this symptom.
7. You don't sweat when you exercise. This can mean that your body is dehydrated.
8. You're always hungry. Sometimes you feel hungry when all you really need is to drink some water. That rumbling in your stomach could be thirst—not hunger. Because dehydration slows the metabolism, it could compromise the body's ability to burn fat. Moreover, when we're dehydrated, the hypothalamus (which controls our nervous and endocrine systems) may confuse thirst with hunger.

How much water should we consume each day? The guidelines have changed in recent years. The current recommendation is 1/2 to 1 ounce of

water for each pound that you weigh. This can seem like a lot. You can sneak in extra water by eating foods with a high water content. All of the following foods contain more than 90% water: grapefruit, cucumber, iceberg lettuce, celery, radishes, green pepper, cauliflower, watermelon, spinach, strawberries, broccoli and cantaloupe. Remember: Coffee, soda, and margaritas don't count!

Carol Fisher is a registered Yoga Instructor and a certified Parkinson's Wellness Recovery Instructor. She has been teaching movement to people with PD for the past eight years, and has worked extensively with John Argue. She can be reached by phone at 925-566-4181 or via email at namastecarol@gmail.com. Visit her website at Inner Key Yoga

2017 Poker Tournament Fundraiser Wrap-Up

by Lance Gershen

The annual PNMD Texas Hold'em Tournament was a great success! Held on Sunday June 4, it was well attended and PNMD raised over \$8,000!

The winners were:

1st place - Phillipe Cherfils
2nd place - C.J. Taylor
3rd place - Sam Winer

The event was held at Sunrise Bistro in Walnut Creek. Joe Stein and his staff prepared a wonderful dinner and Beau and Blue Dog Events ran a great program. It was an exciting night for all, including the broadcast of the Warriors play-off game on two big screen TV's.

We would like to thank all our participants, donors and sponsors with a special shout out to Salesforce for matching their employees' donations. Sponsors and donors included John Muir Health, Forma Gym Walnut Creek, Mt. Diablo Resource Recovery, Sunrise Bistro, Rich Kline, Paul Zaentz, Marcus Supply Ace Hardware Oakland, Carol Fisher, Debbie Sternbach and Rocco's Pizzeria.

I would also thank all those who volunteered their valuable time to help make this a successful and really fun event.

We are already looking forward to an even bigger success next year!



Survey Finds Difficulty in Diagnosis Greatly Affects Quality of Life of PD Patients

By Carolina Henriques SOURCE: Parkinson's News Today

People living with Parkinson's disease are frustrated with the difficulty in getting an accurate diagnosis, a new Health Union survey found.

The "Parkinson's in America 2017" survey, conducted online between Jan. 19 and March 13 of this year, includes responses from 1,100 Parkinson's patients and was released through ParkinsonsDisease.net, Health Union's newest online community for patients.

Respondents reported experiencing a series of symptoms before their final diagnosis, such as tremors or shaking (72 percent), changes in walking or difficulty walking (42 percent), changes in handwriting (40 percent), fatigue (37 percent), and reduced sense of smell (31 percent).

Many of these symptoms are also present in other conditions, which is why a Parkinson's diagnosis is not easy to reach. About a third of the people surveyed initially received an inaccurate diagnosis, including essential tremor (31 percent), depression or anxiety (27 percent) or benign essential tremor (15 percent).

"I was officially diagnosed at age 32, but I had begun to see symptoms at 29," Allison Smith, a ParkinsonsDisease.net patient advocate, said in a press release. "I had difficulty getting a Parkinson's diagnosis because I was so young. When something was wrong, I was told I had injured myself or that I had overworked myself in graduate school. This is a frustrating time and you almost feel like you are losing your mind because the doctors can't figure out an accurate diagnosis."

Parkinson's can also make life extremely challenging, with 80 percent of those surveyed reporting they feared the future because of painful spasms or cramps (59 percent), depression (59 percent), difficulty concentrating (58 percent), or difficulty with mobility outside their home (46 percent).

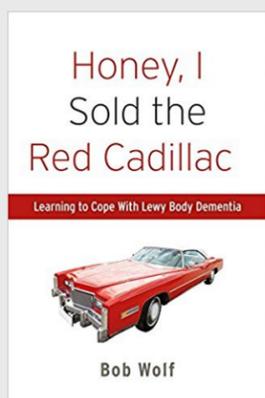
"Frustration can happen on many levels. For example, with facial masking, the lack of facial expression due to Parkinson's makes it extremely hard for caregivers, families, and loved ones to communicate effectively," said Angela Robb, a ParkinsonsDisease.net caregiver contributor. "One can literally think a loved one with Parkinson's is angry or sad because they cannot move their facial muscles or not hear them because of low speech volume."

Robb added: "It's extremely important for caregivers and other loved ones to acknowledge that they need help. Caregivers need to care for themselves. Joining an online community like ParkinsonsDisease.net is a great way to share your experiences and learn from others about coping with the stress of caring for someone living with Parkinson's."

Tim Armand, co-founder and president of Health Union, called ParkinsonsDisease.net "a place where patients can get information and support for dealing with this life-altering condition," and added that besides meeting needs for patient support, "ParkinsonsDisease.net provides specific resources for caregivers and family members."

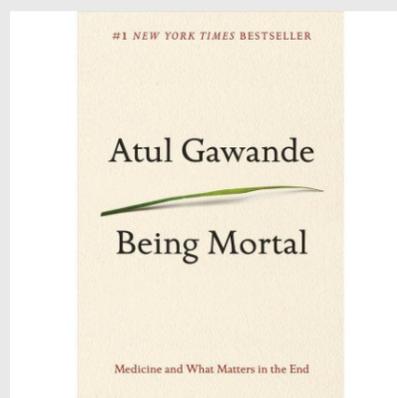
New in the PNMD Library

Abraham Raja, our PNMD librarian, has two new books for the PNMD library this month. As always, these and all the books, pamphlets and magazines are available to PNMD members for loan free of charge. The library is open at the monthly meeting. Peruse the free booklets, brochures and other items of interest. Check out a book. Have you read a book on Parkinson's that others may like? Give Abraham the name and it will be added to the library. Donate books of interest. Sharing helps everyone.



Synopsis:

Carol developed the first typical symptoms of Parkinson's disease in 2011, but the diagnosis was soon changed to Lewy Body Dementia (LBD). The first physical symptoms were quickly followed by hallucinations, which at first were benign, but quickly became quite scary. While caring for Carol, Bob slowly, painfully learned how to cope with her physical as well as mental symptoms. This book describes those lessons in the hope that others caring for LBD patients will benefit from them, and their path down this road will be easier.

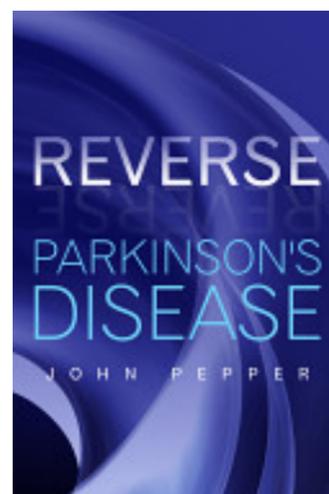


Synopsis:

A prominent surgeon argues against modern medical practices that extend life at the expense of quality of life while isolating the dying, outlining suggestions for freer, more fulfilling approaches to death that enable more dignified and comfortable choices.

Jeanne Warren reviews John Pepper's "Reverse Parkinson's Disease"

Jeanne reports: The author found methods that work for him and some of those insights could be helpful to others with PD. The data however, is anecdotal. He talks about what works for him. John Pepper makes very clear that he is not cured but has minimized the effects of PD over a period of time spanning more than 40 years. Some of what he talks about is already part of the mainstream; exercise, having a positive mental attitude, diet and keeping an active brain through reading, language studies, crossword puzzles, and keeping stress low. He combines this with MAO inhibitors which he feels can delay the progress of PD. Overall, Jeanne found the book interesting and containing potentially helpful information. It's an easy read and gives you things to think about.



If you would like to review a book from our library, please contact Howard Zalkin via email at hzalk510@gmail.com

Announcements, Meetings and How to Reach Us

Donations

In memory of Barbara Kingshill:

Teresa Avila • Patrice Veneziano • Susan Sundell • LaVerne Packwood • Denny Gold • Swanets Family

In memory of Anne Lapporte:

Seymour J. Lapporte

Is There Treasure In Your Driveway?

You can stop paying insurance and registration—and get a tax deduction. Donate your car to PNMD. Just call: 877-999-8322

Important:

Be sure to tell the operator that you wish to donate your car to Parkinson Network of Mount Diablo. Or just use this link for our dedicated online donation form: <http://www.v-dac.com/org/?id=943297100>.

If you have any questions, call the vehicle donation program at 877-999-8322. Or contact Howard Zalkin at hzalk510@gmail.com.

Meetings

The July 15th meeting will feature Salima Brillman, MD and her presentation, **Parkinson's Disease: More than Motor Symptoms**.

Dr Salima Brillman is a movement disorders specialist from the



Parkinson's Institute and Clinical Center in Sunnyvale. Dr. Salima Brillman joined the Parkinson's Institute and Clinical Center in December 2015. Dr. Brillman is a bilingual board certified neurologist devoted to diagnosing and managing patients with PD and other movement disorders. She has expertise in the use of Botulinum toxin and Deep Brain Stimulation. Dr. Brillman recognizes the importance of dedicating time and education to the PD population and their relatives. She feels strongly that the PD patients need and deserve a multidisciplinary approach to their diagnosis in order to achieve better outcomes.

Prior to joining the Parkinson's Institute and Clinical Center, Dr. Brillman was with the Parkinson's Disease and Movement Disorders Center of Boca Raton in Florida. There she gained considerable experience in clinical research as a sub investigator in several trials including the Levodopa

intestinal gel infusion (recently FDA approved), Apomorphine pump, inhaled levodopa, sublingual apomorphine, droxidopa in the treatment of Neurogenic Orthostatic Hypotension (now FDA approved), and several oral agents used for end of dose wearing off and motor fluctuations. In addition to PD clinical studies, she was also involved in trials for tardive dyskinesia, dementia and Huntington's Disease. Prior to this Dr. Brillman worked in a private practice with Dr. Horstmyer in Bismarck, ND where she was one of the founders of the only Deep Brain Stimulation (DBS) programs in North Dakota.

Dr. Brillman received her BA from Loyola Marymount University in Los Angeles, California; her MA in Neuroscience at the University of Hartford in Hartford Connecticut; and her MD from the Universidad Autonoma de Guadalajara in Mexico. Dr. Brillman completed her neurology residency and movement disorders fellowship at Allegheny General Hospital in Pittsburgh, Pennsylvania.

General Meeting Information:

Board Meeting:

First Monday of each month, 10:15A.M. Hillside Covenant Church, 2060 Magnolia Way, Walnut Creek.

General Support Group Meeting:

The Parkinson Network of Mt. Diablo Support Group Will meet on Saturday, July 15, from 9:00 a.m. to noon at Grace Presbyterian Church, 2100 Tice Valley Blvd., Walnut Creek. All are welcome and there is no charge. No RSVP's needed.

Here is the agenda for July:

9:00 to 10:15 a.m. – Three concurrent Support Group meetings:

1. Men with Parkinson's Disease Only: For men newly diagnosed or who've had PD for years: time to share, laugh, and learn from each other. Meeting location is the Fireside Room at Grace Church. Contact person is Gregg Riehl (jgriehl@gmail.com) at (925) 254-8349.
2. Women with Parkinson's Disease Only: For women newly diagnosed or who've had PD for years: time to share, laugh, and learn from each other. Meeting location is the Library at Grace Church. Contact person is Sandy Clark (sandchu@aol.com) (925) 944-0769.
3. Caregivers Only: Caregivers discuss issues relating to their roles. Meeting location is the Sanctuary at Grace Church. Contact person is Norman Kibbe (nkibbe@aol.com) (925) 935-9322.

10:15 a.m. to 10:30 a.m. - Assemble in Oak Room. The PNMD Library, with books, flyers, videos, etc. is open at this time. Sunrise Bistro will provide refreshments that will be underwritten by Acadia Pharmaceuticals 10:30 a.m. to 10:45 a.m. Welcome new members announcements

10:45 a.m. to 11:45 a.m. (In Oak Room) Guest speaker: Dr. Salima Brillman, Parkinson's Institute. See her info above.

11:45 a.m. – noon - Q&A, Wrap up: General questions may be directed to Howard Zalkin at (925) 939-4210; Lance Gershen, Program Chair (925) 932-1028; or Sandy Mitchell, Asst. Program Chair (925) 687-3976. Website: <https://pnmd.net>

Contact Us

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Board Mtg.: Open to all members.
Caregiver Services: Norman Kibbe (925) 935-9322
DBS: Art Fowler: (925) 314-1875

Donations and Memorials: Please mail to P.O. Box 3127, Walnut Creek, CA 94598.
Newsletter Editor: Randolph Segura (925) 872-1927 Please email submissions by the 15th to: randolphsegura@gmail.com.

Disclaimer: This newsletter is published to increase awareness of problems related to Parkinson's Disease. Neither PNMD nor its members make any warranty or assume any responsibility as to the accuracy, completeness or usefulness of any information presented. The editor's opinions are strictly his own.

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