



PARKINSON NEWS

THE CENTRAL OHIO PARKINSON SOCIETY

TOGETHER
WE SHALL BEAT
PARKINSON'S DISEASE

Volume 31 Issue 12 December 2011

Volume 32 Issue 1 January 2012

Central Ohio Parkinson Society to Become National Parkinson Foundation: Central & Southeast Ohio

New National Reach, Same Local Touch



It is with great pleasure that we announce our new partnership with the National Parkinson Foundation (NPF).

Our name is changing, but our mission is not. We are just as dedicated to providing support to individuals and families affected by Parkinson's disease through support groups, education, awareness, and research support as ever. We will continue to provide the current programs and services we offer.

Why did we decide to join forces?

Since the founding of the Central Ohio Parkinson Society in 1980, we've been successful at distributing information,

providing education programs and support groups thanks to the hard work of many. We continue to strive every day to make a difference in the lives of the Parkinson patients, families and caregivers. Joining with a national entity such as the NPF, who has an equivalent vision and mission to ours, enables us to leverage greater resources to strengthen and broaden the services we provide to the community. We are very excited about being able to put the national capabilities of NPF to good use locally.

What does this mean for you?

Although you will see our name change, you won't see a change to the commitment of providing services and information that benefit the Parkinson's community; patients, families and medical professionals. We currently have close to 30 support groups, classes and exercise programs. Not only will these continue, we expect to be able to expand the support we offer the PD community as well as bring valu-

"NPF " continued on page 5

Dr. Paulson's Notes

By Dr. George Paulson

Dear Dan, I am sending to you for the files in the office, an article I took from Neurology Today, a discussion about an article that Dr. Parkkinen and his associates published in Neurology in September. The two featured commentators, Drs. Warren Olanow and Peter Lewitt, will be known to some in central Ohio and Peter has been the medical leader for the Michigan Parkinson Society. Dr. Parkkinen's work revealed no correlation with the length of time a patient receives levo-dopa and the progression of deleterious changes in the neurons. The number of neurons in the substantia nigra and the number of Lewy bodies in the 96 patients with PD who were studied did not reflect how long they had been treated with levo-dopa. The issue is an old one, over 30 years—yes, we all know levo-dopa is clearly the best for symptomatic treatment, but does it eventually also damage the brain? Dr. Stanley Fahn, who is one of the half dozen experts also quoted, was recently involved in an article reporting a multi-institutional evaluation of various doses

"Dr. Paulson" continued on page 10

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PLEASE NOTE: This newsletter covers December 2011 and January 2012. Our next newsletter will be sent in February 2012.

FREE CLASSES

You are invited to join other Parkinsonians in fighting your PD. All classes below are entirely free. The costs are borne by the National Parkinson Foundation Central & Southeast Ohio. Speech training will help you keep your voice longer and exercise will help you reduce rigidity. Studies have shown that Alexander Technique and Tai Chi help with posture and balance. All classes run continuously. You need not worry about coming in the middle. Spouses and helpers are invited as well.

GROUP SPEECH THERAPY SESSIONS

First and third Wednesdays: 10:00 am to 11:00 am

Second and fourth Wednesdays: 1:30 pm to 2:30pm

Instructor: Mimi Gelacek, Speech pathologist

Where: Columbus Speech and Hearing Clinic,
510 East North Broadway, Columbus

ALEXANDER TECHNIQUE CLASS

NEW DAY, TIME, and LOCATION

Second and fourth Tuesdays: 1:30 pm to 2:30 pm

Instructor: Donna Doellinger, RN, Certified
Alexander Technique teacher

Where: 6797 North High St, Suite 327
Worthington

TAI CHI CLASS

NEW TIME

Thursdays: 10:00 am to 10:45 am

Instructor: Nathan Menaged

Where: North Community Lutheran Church
114 Morse Rd, Columbus. First Floor
Call 614.841.0781 for questions or to enroll

DELAY THE DISEASE EXERCISE CLASSES

Mondays: 1:00 pm to 2:00 pm

Instructor: Robert Gardner, DDS, “Doc Bob”

Where: Trillium Place, 3500 Trillium Crossing,
Dublin

Contact: Carrie McCarter: 614.923.3451

NEW LOCATION: Delaware

Tuesdays: 11:00 am to 12:00 pm

Instructor: Robert Gardner, DDS, “Doc Bob”

Where: Willow Brook Christian Village
100 Willow Brook Way (off Route 23 across from
Bob Evans)

Contact: Bill & Doris Savely: 740.417.4145

Schiller Park Location

Wednesdays: 12:00 pm to 1:00 pm

Instructor: Christa Ream

Thursdays: 11:00 am to 12:00 pm

Instructor: Jeremy Quinn

Fridays: 11:00 am to 12:00 pm

Instructor: David Zid

Where (Wed - Fri): 1069 Jaeger Street, Columbus

Contact: 614.645.3156

Delay the Disease – Functional Fitness Fitness Plan IV: Freezing While Standing

By David Zid, BA, ACE, APG Certified Functional Fitness Trainer and Jackie Russell, RN, BSN

Freezing is a problem for many. When you are frozen, your anxiety level goes up because you feel like you need to move. The harder you try, the harder it is to move. Sound familiar? Things that contribute to freezing may be a closed in space or crowds, external distraction and noise. When you are frozen, your mind must think about a new and different movement, then perform that alternate activity and the freezing episode should resolve. Here are some ideas that may help. Good luck, and relax. ~David

Relax your jaw - This may sound funny, but if you relax your jaw the rest of your body will relax also, allowing you to start moving. Unless there is a bus coming at you, there is no real hurry. If there is a bus coming at you, get out of the way! If you are in line at the bank or grocery store, no one is going to die if you can't move right away. So relax your jaw, this is the first thing you must do before trying any of the following alternate movements.

Step backwards – Take a big step backwards or sideways and then try to step forward with the same foot. Remember

to make your first step a big one because the following steps will tend to be large also. If your first step is small, the rest of your steps will tend to be smaller.

Step over an object – Find something on the ground, a crack, a dot, a pattern on the carpet, even a piece of gum. Then try stepping over it. Practice this at home using a sock, napkin, or something else that won't put you in danger if you step on it. Practice this over and over at home, then when you are out in public, visualize that napkin or sock and step over it.

Tap the floor – Try to bend down and attempt to pick up an imaginary object off the floor, or simply tap the floor with a finger. This allows your brain to focus on a completely different activity, thereby allowing you to take a step and “unfreeze”. Remember, always make your first step a big one.

For additional exercise ideas, refer to our book and DVD Delay the Disease – Exercise and Parkinson's Disease and our newest video Functional Fitness for Parkinson's available at www.delaythedisease.com

Attention Readers:

Have questions about exercise? If so, send them into the office, and then look for the answers in a future issue. Send in the questions via email to comments@centralohioparkinson.org, mail them to our office at 2800 Corporate Exchange Dr, STE 265, Columbus, OH 43231, ATTN: Newsletter, or feel free to call them in to 614.890.1901 or Toll Free to 866.920.6673

Put Life Back in Your Life with
“Healthy U”

Stanford University’s Chronic Disease Self-Management Program

March 7, 14, 21, 28 and April 4, 11 of 2012

Attendance is required at all sessions

1:00pm-3:30pm

Registration required

Registration Deadline February 29, 2012

Contact Jane Acri at 614-645-3866, 800-589-7277 or jacri@coaaa.org to register

This program is **Free** and open to anyone with a chronic health condition and their caregivers.

People with any chronic health condition can learn to:

Create weekly action plans

Deal with fatigue

Communicate effectively about their condition

Find physical activity that works for them

Evaluate new treatments and receive mutual support

*Participants receive **Living a Healthy Life With Chronic Conditions, 3rd Edition.***

*Sponsored by the Central Ohio Area Agency on Aging and
the National Parkinson Foundation Central & Southeast Ohio.*

Funded by the Ohio Department of Aging.

IN LOVING MEMORY OF
(May 2011 - November 2011)

Alex Nadeau

Eugene & Marilyn Gebhardt
Ronald & Carolyn Sand

Charles Amicon

John & Frieda Beegle
Steve & Nancy Blake

Terry Brooks

Mr. & Mrs. Colbert

Melanie Collier

Ed & Laura Dagenfield

George Fisher, Jr.

John & Nancy Kuss

Gary Lichtenstein

William Lulli

Larae Matteo

John & Patricia Mayer

Nancy McMullan

Tim Murphy

Ruth O'Connor

Central Ohio Code Officials Assoc

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Bob & Antoinette Paullus

Landon & Beverly Rhodes

Kathryn Scales

Dora Scarpetti

Monique Schimmelbusch

Doreen White & Scott Bates

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Richard & Susan Smith

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MaryLou Thomas

Cheryl A Ewalt

Michael Weingard

Carol Mickley
Kay & William Scott
Mr & Mrs Charles McNeil
& Family

Betty Jane Moore

James & Marilyn Palumbo

Beverly Mottl

Athens County Support Group

Bill Huntsman

Athens County Support Group

Caroline Wurtzel

Maple Hill Presbyterian Church

Michael Weingard

Cox Family Reunion

Betty Jane Paulsen

Tom & Becky Taylor

Dolores Wagner

The Eldopas Support Group

Donald M Sigrist

Vision First

Panchacharavel Gajaananan

Al & Susan Hendley, Jr

Don & Martha Little

Charlotte M Love

Heather Meredith

James & Ann Nibert

Don & Ann Ritchey

Vince Sigrist & Family

Don & Nancy Susa

Loretta Wile Family

Don & Beverly Wolford

Dick & Sonie Darby

Glenn Dillon

Dorothy Okuley

Angela M Gerhardinger

Jacqueline L Harding

Felica & Phillip Isaacs

Joseph Okuley

Latoya T Rooker

Art & Pat Rottenbiller

The Elegant Way School

of Protocol, Inc.

Dr. Earl Freimer

Barry & Debbie Adelman

Julie E Agriesti

Herbert & Sylvia Brownstein

Douglas F. Sclar

Carol D. Terreri

Rebecca Davis

William Foreman

Eileen Dubrov & Family

Geraldine Wallace

Jim & Ellen Wallace

Wendy King

Miriam & Martin Linsey

Lucretia Long

Deborah Lynn

Drs. George & Ruth Paulson

John & Joann Rohyans

Douglas & Meta Scharre

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Kim & Eric Haack

Joann Johnson

Elwood & Barbara Lewis

Karen Matteson

Carole J. Murray

Diana K. Tani

Roberto A. Tercero

Victoria Levin

David S Brown

Jenna Austin

Family & Friends of Chase

Eugene Trumbull

Miriam Trumbull

Betty C German

Margaret Thornton

Mary Ellen Bean

Cindy & Erwin Michel

My Mother

Jerry Schiff

Faye M Owens

Robert A Sadler, Jr

Frank Tokash

Colleen Tokash

Memorials continued on page 9

NPF – *continued from page 1*

able resource to our existing groups.

Some good things to come...

- We will be able to take advantage of PD Educational Webinars and training to help increase our capacity to provide programs to our region
- Delivery of tools such as “Programs in a Box” to our support groups
- Expansion of our current walk to become a part of NPF’s national Moving Day event to increase local

and regional awareness of Parkinson’s Disease

- Additional educational materials to add to our current “Blue Book” titles to increase understanding of PD

We hope you are as excited as we are about this new opportunity. Watch for more information soon. If you have any questions, comments, or concerns in the meantime, please feel free to email us at ddavis@centralohioparkinson.org or call our offices at 614.890.1901, Toll Free 866.920.6673.

DONATIONS

(CONTRIBUTING \$35 OR MORE; MAY 2011 - NOVEMBER 2011)

Bryan Alltop
Cecilia Amedia
James A Arnett
William & Patricia Bates
Lisa C Bateson
Donnie E Bayless
Donnis Bayless
Michael & Mary Ann Bergman
Joseph M Berwanger
Marilyn Bingham
Regis & Marilyn Birchbichler
Clara Black
Pamela Botkin
Patricia A Bowman
William Brown
Denise Buchar
William & Shirley Burgett
Larry & Laurel Burkhart
Steve & Karen Cantlon
Lorie Carmendy
Karl & Maxine Chapman
John & Mary Clark
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Tatla Dager
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Walter Flack
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Ralph McCoy
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Fred Memmer
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Tom Rable

Marcus & Marcia Rall
Catheryn L Rheinfrank
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Bruce & Joan Schaeffer
Dewey Sehring
Dianna K Sharp
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Paul Shewmon
Phyllis Siman
Robert & Janice Specker
Dorothy Stanton
Lloyd & Agnes Stemen
Elizabeth Stull
Priscilla Szabo
Robert Teter
Raymond L Thimmes
Jerry & Barb Timmons
Richard & Jeanne Toeniskoetter
George & Hellen Tsarwhas
Al & Barbara Ulrich
Jeri Valentine
Shirley VanDyke
Loren K Waldman
Edgar White
Elaine Winter
Jack Witchey
Norman & Nancy Wittholz
John & Sandra P. Woods
A. Victor Woods
Walter & Helen Yingling
John D Rowsey
Dr. John Adams
John & Patricia Wherry
Robert Allison

SUPPORT GROUP PROGRAMS FOR DECEMBER 2011 & JANUARY 2012
*WITH THE WINTER WEATHER APPROACHING, PLEASE CONTACT THE FACILITATORS LISTED
TO CONFIRM THE MEETING IS STILL BEING HELD*

ATHENS COUNTY

WHEN: Second Tuesday of the Month at 2:00 pm
WHERE: O'Bleness Hospital
FACILITATORS: June Safranek, 740.590.3243 and
Anne Stempel, 740.593.8665
No December Meeting
January 10, 2012
Regular exercises will begin 1:45 pm before each meeting

COSHOCTON COUNTY

WHEN: Third Monday of the Month 11:30 am
WHERE: Coshocton County Memorial Hospital
FACILITATORS: Bob Pingle, 740.622.6010 and Chuck
Hathaway, 740.622.0863
December 20, 2011 - Regular Meeting
January 16, 2012 - Regular Meeting

DELAWARE COUNTY

WHEN: Third Wednesday of the Month at 1:30 pm
WHERE: Delaware Township Hall
2590 Liberty Rd, Delaware
FACILITATORS: Al & Barb Ulrich, 740.363.3841
No December Meeting
January 18, 2012 - Care & Share

DELAWARE SPEECH CLASS

When: 2nd & 4th Monday of the month at 1:30 pm
Where: Delaware Senior Center
800 Cheshire Rd, Delaware
Contact Al & Barb for details

FAIRFIELD COUNTY

WHEN: Third Wednesday of the Month at 1:00 pm
WHERE: Mills Memorial Church
402 N Broad St, Lancaster
FACILITATOR: Edna Lee, 740.654.1347
NOTE change in date & time for December
*December 14, 2011 - Christmas Party at NOON. Bring
a \$1.00 gift for Bingo. Lunch provided by the Church
Women's Group; Free will offering to help with cost. Call
by December 7th if attending, guests welcome.*
January 18, 2012 - Regular Meeting

FRANKLIN COUNTY

CENTRAL OHIO CAREGIVERS
WHEN: Third Thursday of the Month at 1:30 pm
WHERE: 400 W Wilson Bridge Rd, Worthington
CONTACT: Dorothy Woldorf, 614.221.0324

No December Meeting
January 19, 2012

DBS DISCUSSION GROUP

WHEN: First Monday of the Month at 7:00 pm
WHERE: Various Locations
CONTACT: Office, 614.890.1901
Call Office for details on date and location for meeting

EL DOPAS

WHEN: Second Monday of the Month at 7:00 pm
WHERE: The United Methodist Church
600 High St, Worthington
CONTACTS: Susan Hervey, 614.372.5360 and Michele
Semmelroth, 614.793.2044
*November 14, 2011 - Thanksgiving Dinner. We'll supply
the meat; bring a dish to pass*
NOTE DATE AND TIME CHANGE FOR DECEMBER
*December 10, 2011 - Christmas Party; 1 - 4 pm; Linworth
Methodist Church. We will supply the meat. Bring a dish
to pass, your own place setting and your own drink. There
will be a \$5.00 gift exchange; wrap in red for female, green
for male.*
*January 9, 2012 - Planning meeting for upcoming speakers
and events.*

EL DOPAS "PARKINSON PARTNERS"

WHEN: Last Monday Every Other Month at 6:30 pm
WHERE: Hunan Lion, Bethel Rd
CONTACT PERSON: Maureen Haney, 614.451.0982
*January 30, 2012 - Call Maureen for reservations. All
partners are welcome.*

FORUM AT KNIGHTSBRIDGE

WHEN: Second Thursday of the Month at 1:30 pm
WHERE: 4625 Knightsbridge Blvd
CONTACT: Office, 614.890.1901
No December Meeting
January 12, 2012

GROVE CITY AREA

WHEN: Fourth Wednesday of the Month at 1:30 pm
WHERE: E. L. Evans Senior Center
4330 Dudley Ave
FACILITATOR: John Corbett, 614.279.4984
NOTE DATE AND TIME CHANGE FOR DECEMBER
*December 20, 2011 - Christmas Party & potluck with a
\$10.00 gift exchange*
January 25, 2012 - Regular Meeting

HILLIARD AREA**WHEN:** Third Monday of the Month at 7:00 pm**WHERE:** Traditions at Mill Run

3550 Fishinger Rd, Hilliard

FACILITATOR: Ernie Kreutzer 614.890.1901*December 19, 2011**January 16, 2012***REYNOLDSBURG AREA****WHEN:** Fourth Thursday of the Month at 10:30 am**WHERE:** Reynoldsburg United Methodist Church

1636 Graham Rd

FACILITATORS: Carmel Jenkins, 614.861.2571 and

Maureen Patterson, 614.833.0980

*No November Meeting***NOTE DATE AND TIME CHANGE FOR DECEMBER***December 8, 2011 - Christmas party at the home of Neal**& Mary Piek at 11:00 am**No Meeting in January & February***WESTERVILLE AREA****WHEN:** First Wednesday of the Month at 1:30 pm**WHERE:** Westerville Senior Center

310 W. Main St, Westerville

FACILITATOR: Bev Phipps, CRNS, 614.882.9338*December 7, 2011 - Christmas Luncheon at Concord Counseling, 700 Brooksedge Blvd (off Schrock). Bring a dessert to share (optional). Call Bev if there are any questions, 614.882.9338, Ext 230**January 4, 2012 - Care & Share and planning for the year***YOUNG ONSET****WHEN:** First Tuesday of the Month at 7:00 pm**WHERE:** Ray Patch Family YMCA

4515 Cosgrave Rd, Hilliard

FACILITATOR: Jim Eder, 614.370.0204*December 5, 2011**January 2, 2012***GUERNSEY COUNTY****WHEN:** Second Tuesday of the Month at 2:00 pm**WHERE:** Crossroads Branch Library

63500 Byesville Rd, Cambridge

FACILITATORS: Chris Stats, Seniors Helping Seniors, 740.439.5817*December 13, 2011**January 10, 2012***JEFFERSON COUNTY****WHEN:** Third Friday of the Month at 12:00 pm**WHERE:** Eat & Park Restaurant

Ft. Steuben Mall, Steubenville

FACILITATORS: Judy Owens, 740.283.7210 and

Barbara Penman, 740.282.5645

*December 16, 2011 - Christmas party; Call for details**January 20, 2012***JEFFERSON COUNTY EXERCISE CLASS:****MALADY CLASS****WHEN:** Monday & Wednesday at 1:30 pm**WHERE:** YMCA Wellness Center Arena

3151 Johnson Rd, Steubenville

INSTRUCTOR: Tammy Gregory from "Body Recall"**KNOX COUNTY****WHEN:** Third Wednesday of the Month at 1:30 pm**WHERE:** Knox Community Hospital

1330 Coshocton Rd, Private Dining Room

FACILITATOR: Jeanne Phillips, LSW, 740.393.9000*December 21, 2011**January 18, 2012***KNOX COUNTY DELAY THE DISEASE EXERCISE CLASS****WHEN:** Tuesday & Thursday at 10:30 am**WHERE:** Waterford United Methodist Church

20595 Waterford Rd, Fredericktown

Contact Brian Hassel at 740.694.9862

LAWRENCE COUNTY**WHEN:** Third Friday of the Month at 1:00 pm**WHERE:** Woodlands Retirement Center

1 Bradley Foster Dr, Huntington, WV

FACILITATOR: Leala Zappa 304.697.1620*December 16, 2011**January 20, 2012***LICKING COUNTY****WHEN:** Third Sunday of the Month at 2:30 pm**WHERE:** Licking Memorial Hospital

1320 W. Main St, Newark

FACILITATOR: Jay Wood, 740.522.8759**NOTE DATE CHANGE FOR DECEMBER***December 14, 2011 - Christmas dinner at Stacy's Home-style Buffet, Heath**January 15, 2012***MARION COUNTY****WHEN:** Third Friday of the Month at 1:00 pm**WHERE:** Marion Senior Center

2375 Harding Highway East

FACILITATOR: Greg Darling, 740.383.4105*December 16, 2011**January 20, 2012**"Support Groups" continued on page 8*

Support Groups – continued from page 7

MARION YOUNG ONSET

WHEN: First Tuesday of the Month at 7:00 pm

WHERE: Berean Baptist Church

131 Marion Cardington Rd, Marion

FACILITATOR: Greg Darling, 740.383.4105

December 6, 2011

January 3, 2012

MUSKINGUM COUNTY

WHEN: Third Wednesday of the Month at 2:00 pm

WHERE: Primrose Retirement Community

4212 Northpointe Dr, Zanesville

FACILITATOR: Martha Purkey, 740.450.4548

No December Meeting

January 18, 2012

MUSKINGUM COUNTY DELAY THE DISEASE EXERCISE CLASS

WHEN: Every Tuesday from 10:00 am - 11:00 am

WHERE: North Terrace Church of Christ

Bowers LN, Zanesville

Contact Rhonda Forrestal, 740.455.5151

Anyone interested in more information, contact

Martha Purkey at 740.450.4548

PICKAWAY COUNTY

NOTE: Schedule Change

WHEN: Third Friday of Every Other Month at 1:30 pm

WHERE: Pickaway Manor

395 Clark Dr, Circleville

FACILITATOR: Elaine Winter, 740.474.6564

December 16, 2011 - Christmas Party; call for details

January 20, 2012 - Call for details

ROSS COUNTY

NOTE: Time Change

WHEN: Third Monday of the Month at 10:30 am

WHERE: Chillicothe Fitness and Racquet Club

1245 Western Ave, Chillicothe

FACILITATOR: Misty Allen, 740.773.4928 or

740.779.3000

December 19, 2011

January 16, 2012

A Monthly Calendar of meetings and exercise classes is available at the support group meeting

ROSS COUNTY EXERCISE CLASS

WHEN: Every Monday & Friday at 10:30 am and every other Wednesday at 10:30 am

WHERE: Chillicothe Fitness and Racquet Club

Contact Misty Allen, 740.773.4928 or 740.779.3000

SCIOTO COUNTY

WHEN: Last Thursday of the Month at 1:30 pm

WHERE: Hillview Retirement Center

1610 28th St, Portsmouth

FACILITATOR: Sue Harrison, 740.353.1393

NOTE DATE AND TIME CHANGE FOR DECEMBER

December 1, 2011 - Christmas Luncheon at 12:30 at the Mexitali Inn in W Portsmouth

January 26, 2012 - Program planning for the year

UNION COUNTY

WHEN: Second Tuesday of the Month at 1:30 pm

WHERE: First United Methodist Church

207 S Court St, Marysville

FACILITATOR: Betty Crowder, 937.747.3703 or 937.642.0418

NOTE LOCATION AND TIME CHANGE FOR DECEMBER

December 13, 2011 - Christmas dinner at Allen Center Hall at noon. Christmas decoration or ornament exchange; Christmas carols. Dinner provided by Mr. & Mrs. Crowder

January 10, 2012 - Planning for the year and "Parkinson's for Dummies" will continue to be discussed

WASHINGTON COUNTY

NOTE: Permanent Location & Time Change

WHEN: First Saturday of the Month at 10:00 am

WHERE: Redwood Restaurant

2813 Washington Blvd, Belpre

FACILITATOR: Mary Ann Smith, 304.863.6234

December 3, 2011 - A representative from Health South will discuss available programs.

January 7, 2012

Regional Support Groups

The support groups listed in this newsletter comprise the groups in our region (Central and Southeast Ohio).

Information about additional groups throughout Ohio can be found by contacting the various regions:

Northwest: 800.438.5543 Toll Free
www.nwoparkinson.org

Northeast: 800.630.3193 Toll Free
www.ohparkinson.org

Southwest: 937.878.8608
www.ohioparkinson-southwest.org

IN LOVING MEMORY OF

Glen Webb

Margery H. Webb

James D. Arnold

Jennie Arnold

Joe Muir

Warren & Pamela Diehl

John Lewis Miller

Henry & Mary Brooks

Nancy M Butts

Thomas Cellar

Carolyn Chambers

Gerald & Joan Cornell

Ray & Betty Cunningham

Mark & Lisa Ekleberry

Ken & Mickey Ekleberry

Donald J Engstrom

Diane Engstrom

Jerry Holt

Elizabeth Kantner

David & Rebecca Keck

Lucy R Kilbane

Ralph & Mary Knight

Douglas & Evelyn Lee

Donald & Jane McMeekin

Glenn & June Meek

Todd Meek

Ken & Deb Meek

Bernie, Linda & Ashley Miller

David & Rosalie Miller

Ray C Miller

Bryon, Kim & Danny Morales

Sam & Sharlee Murphy

Jim & Betty Myers

Karen O'Neill

Warner & Pat Plahs

Bernard & Frances Schreiber

Kimberly L Shroyer-Brown

Rod, Carole, Todd & Matt Smith

Andrea Thompson

Rick & Lisa Tiburzio

Jeff & Glenna Tomlinson

Al & Barbara Ulrich

Delbert & Joyce Waggamon

Herbert & Anne Walbeck

Barbara M Welker

Donald & Susan Widman

Buckeye Valley Middle School

Buckeye Valley Local School District

Division of Real Estate &

Professional Licensing

Johnie Stewart

Virginia Phillips

Joy Ellen Merritt

Virginia Songstad

Kenneth Povenmire

Edith Buerger

Sarah Davanzo & Ellen Greeger

Larry Summerford

David & Jodi Nichols & Family

Randy & Heidi Seitz

Mary Jo Shaffer

Lawrence Burch

Edward & Denise Fox

Linda Gochnauer

Virginia Phillips

Lyman "Buddy" England

Michael & Mary Blair

James & Sharon Carruth

Stacy Y Coffee

Roger & Martha Eitel

Doris Hill

Jerry & Barbara Sherwood

Cheri Wunsch

Eileen Blamer

Mrs. Mary Haldeman

Mrs. Billye Newton

Mrs. Phyllis Stull

Mrs. Marty Tollison

Mrs. Sue Woolison

Ora Wright

M. Jo Dean

Carole J. Sheets

Roby & Janet Whitley

Otis Walton

Shirley M Walton

Ray Williams

William & Shirley Berrisford

Raymond Williamson

Lois M Williamson

Richard T. Gray

John Hunting

Parkinson Support Group of Lanaster

Sanford D Goldman

Steven M Goldman

Vera Speicher

Dr. William & Carolyn Clark

William R "Bill" Feck

Allgyre Bros Farms

David & Vita Hefner

Allison & John Supple

Russell & Lisa Meyer

John & Shirley Kostyo

Carl & Mary Collet

Jim & Sara Mathias

David & Penny Theis

Tom & Donna Bouillion

Larry & Pat Metger

Dennis & Leonard Theis

Martha Weinandy & Jan

Tony & Barb Faith

Walter & Marge Bumb

John & Lori Duran

Roy & Marilyn Stump

Leon & Barb Weinandy

Earl Allgyre & Families

Jim & Teresa Celek

Norm Clouse

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Dr. Paulson – *continued from page 1*

of levo-dopa (the ELLDOPA study) and one interpretation of the data from that study suggested levo-dopa might even be protective, not toxic.

I remember well an article by the same exceptionally able and devoted researcher, Dr. Fahn, a report that I reviewed for the Neurology journal 30 years ago, and back then he already raised the issue that therapy might be harmful in the long run, even if it is beneficial initially. Shortly after that, Dr. Eldad Melamed of Israel came to Columbus and talked for COPS at Battelle, and he reported that in the laboratory individual cells cultured in isolation were not damaged by levo-dopa, and might even have been protected by that chemical substance.

The optimal dosage for therapy was an early question of course, and uncertainty led to multiple and varied approaches. In 1968 when we first began using levo-dopa, we used such high doses that essentially everyone developed dyskinesias within only a few weeks. The same was true in rhesus monkeys studied with a federal grant I had about 1971. There were, even back then, patients who feared to take levo-dopa medication, for a few the name L-DOPA suggested dope even if it was actually the abbreviation for levo-dihydroxyphenylalanine. Levo meant left—there was another formulation, but that D-Dopa form was not effective.

Why is there such continued uncertainty about the risk or benefit long term for levo-dopa? One possibly minor factor is that the pharmaceutical companies definitely encouraged concern about the putative toxicity of levo-dopa when they introduced the agonists. The agonists, as you know, are useful as initial or as add-on medication, and beginning therapy with agonists was possibly helpful in delaying the onset of the dyskinesia, a side-effect which is almost universal eventually. Agonists are not as effective for most people as is levo-dopa for initial therapy. Certainly the brain is affected by levo-dopa, that is the purpose, and the cells are both aging normally and affected slowly but steadily by the disease. Another factor, perhaps more important than any other, is that major experts in PD, including those quoted in this very judicious summary, remained uncertain, and still remain unsure, if there is significant toxicity or alternatively even potential protection from levo-dopa. There are multiple aspects to the issue of toxicity, or protection, versus neither one. Back when we were learning about tardive dyskinesia, a movement disorder secondary to the use of psychotropic medications and not related to the dyskinesic movements seen in those with PD who are on levo-dopa, the fact that tardive dyskinesia was iatrogenic, meaning caused by doctors, made it harder for us practitioners to realize it was a real entity, even though it was right there before our eyes. Medical doctors may fail to note things they are actually tending to cause. What other factors are worth mentioning as instructive about levo-dopa and the question of its toxic or protective effects? Early studies in cell cultures suggested the drug generated free radicals, including hydrogen peroxide and quinones which can damage cells. This is part of why anti-oxidants, including vitamin E, were suggested, again with far less proof of efficacy than one might hope.

Because of such uncertainties, and the unequivocal fact that levo-dopa does have a major impact, some clinicians may delay therapy, or perhaps try amantadine, or use drugs for tremor including Artane, or of course patients and doctors may choose to begin therapy with the agonist group of medications and use levo-dopa after only a year or two and when the agonists are no longer sufficient.

So what do I conclude, recognizing it is just one neurologist's views. It is tragic to see someone rigid, even near wheelchair time, and who never tried levo-dopa because it was feared. In fact, the side effects when begun slowly and cautiously, are usually minimal and none are life threatening. The benefits are usually more apparent than is true for the agonists. In fact, agonists are more likely to trigger hallucinations, or so it appears, than does levodopa. Most people would rather risk dyskinesia in three or four years than to live semi-crippled because of failure to treat. In fact, even after dyskinesias do occur, most prefer that to the rigid or near "frozen" state. Thus I'd say the sensible thing is to use the lowest effective dose, note times when more is needed, and use multiple smaller doses if that becomes desirable later in the disease.

In the meantime maintain good health, an optimistic approach, a desire to learn about advances in medicine, read about surgical approaches, and try to treat symptoms such as constipation, depression and muscle ache. Fortunately most people with PD are highly motivated people, and retain dear family ties. Life can, will, and must, go on.

Rasagiline (Azilect) has been studied as a mono-amine oxidase drug which could be a supplement to levo-dopa, or even

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used as a first line medication. Several investigators suggested it can be neuroprotective. However in October and by a unanimous vote of a 17 member advisory panel, the FDA stated there is no compelling evidence that it delays progression of PD, and thus the pharmaceutical company cannot insist there is such proof.

Now I will volunteer a comment about the new linkage with the National Parkinson Foundation. I cannot but be pleased for COPS. I was on the NPF advisory panel for scientific grants for 10 years, and until about 4 years ago. Nate Slewitt and NPF helped fund our OSU Center of Excellence, which lost its status after I left OSU full time, but which helped launch much of the current good academic and therapy program. There were, and are, several competing groups re PD, each with a slightly different focus, indeed for over 15 years I was on the Board of the United Parkinson Society based in Chicago. The NPF has been exemplary in information linkages, and in encouraging not just research but also total care. I hope the new ties will be very useful for COPS and for each of its members. And I also hope COPS thrives in the years ahead.



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