

PARKINSON'S DISEASE SUBTYPES

MEDICAL MARIJUANA – USE IN PD?

INHALED LEVODOPA FOR OFF PERIODS

Parkinson's disease (PD) is well known by its motor symptoms of resting tremor, muscular rigidity, and slowness of movement (akinesia). Postural unsteadiness, and a forward stooped posture as well as some risk of falling occurs with disease progression. The lack of movement with diminished eye blinking, diminished facial expression, and diminished arm swing are the motor features most recognizable by physicians. Resting tremor, often a pill rolling type involving the thumb and index finger are present early in the disease about 80% of the time. However, it has long been recognized that there are subtype classifications of Parkinson's disease.

Parkinson's Disease Subtypes

In a recent article in the Journal of the American Medical Association (JAMA) by Joseph Jankovic, MD, Director of the Parkinson's disease Center and Movement Disorder Clinic at Baylor College of Medicine, Houston Texas, he discussed the diverse nature of Parkinson's disease. Many patients fall into one of the 2 major categories of Parkinson's disease one is tremor dominant PD and, the other is postural instability and gait difficulty (PIGD) PD. He also discussed two other categories: young onset PD with slow progression and, old age at onset PD with rapid disease progression. Additionally, another relatively small percentage of patients will present with cognitive decline, and relatively minor motor features which represent a subset category referred to as Lewy body dementia.

In general, the tremor dominant PD group have a better prognosis, with a slower progression of disease, and less disability. Imbalance, falls, motor fluctuations, and cognitive decline are more likely to occur with the PIGD PD group. There are features on advanced brain imaging using PET, and SPECT separating these different subtypes of PD. Furthermore, refinements in biomarkers for Parkinson's disease, and understanding the genetics of the disease, are showing that these PD subtypes are, in fact, slightly different diseases. Hopefully, as we refine these new technologies, we will have better treatments to recommend specifically for each subtype of PD.

Currently, the principal therapy in PD remains directed at restoring dopamine stimulation in the basal ganglia that is lost as the midbrain cells in the substantia nigra are diminishing or dying off. These darkly pigmented cells in the midbrain produce dopamine as a neurotransmitter. At the earliest clinical sign of PD, such as diminished facial expression, or diminished eye blinking, or slight tremor of the thumb, the patient has already lost a large percentage of the substantia nigra neurons. As these cells are progressively lost, clinical symptoms progress. Medications used to treat Parkinson's disease offer predominantly symptomatic relief, by relieving tremor,

improving spontaneous movement, and somewhat improving gait and balance.

Studies into strategies for preventing the progressive loss of cells, and the resultant progression in disease disability have so far been inconclusive. There have been trials using rasagline (Azilect, selegiline (Eldepryl), pramipexole (Mirapex), ropinirole (Requip), and even levodopa (Sinemet) which have suggested some benefit in slowing disease progression. However, exercise on a regular basis, seems to improve motor function in PD, and has been shown to increase the production of brain substances that support the repair and regrowth of neural tissue. One such substance is glial derived nerve growth factor (GDNF). Therefore regular exercise may be the best means of slowing disease progression.



Thomas C. Hammond, MD

Medical Marijuana – Use in PD?

Florida appears to be on the eve of approving "medical marijuana". What does this mean for patients with PD? The use of cannabis (marijuana) for medicinal purposes, goes back as far as 3000 BC in China.

Interestingly, in the past few centuries, cannabis was felt to be useful for suppressing sexual desire. In recent years, it has become apparent that cannabis stimulates brain receptors which are normally affected by endocannabinoids (endogenous cannabis like substances). This is quite similar to the way in which opiate medications, such as morphine, stimulate pain modulating receptors which are normally stimulated by endorphins (endogenous morphine like substances).

Smoking marijuana introduces more than 50 pharmacologic compounds into the individual; the major compounds of medical interest are tetrahydrocannabinoid (THC), and cannabidiol (CBD). Medical studies which have used smoked and inhaled marijuana have been difficult to evaluate (commonly 4 inhalations or "hits" have been used). This is due to the somewhat unpredictable doses of THC and CBD that the patient would get from that inhalation. The most reliable studies on cannabis have used pills that contain THC, and CBD, or an oral spray containing these compounds. There are several synthetic analogs of THC that have also been studied.

Last April, The American Academy of Neurology (AAN) published an exhaustive review of medical studies on marijuana use in neurologic diseases and that a feeling of well-being, or psychosis, may occur depending on the dose of THC in the compounds used.

Impaired memory, and cognitive processing, and slowed locomotion are side effects of THC that may be problematic for PD

THE Parkinson's Source

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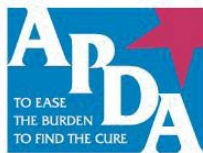
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Reminder:

All material related to Parkinson's disease contained in this newsletter is solely for the information of the reader. It should not be used for treatment purposes, but rather for discussion with the patient's own physician. Specific articles reflect the opinion of the writer and are not necessarily the opinion of the Editor, the I&R Center, the Medical Director of the Center or the APDA.



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APDA National Young Onset PD

www.youngparkinsons.org

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888-606-1688

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888-838-6256, ext. 1715

From the President

Throughout the year, time seems to fly as we are kept busy helping callers through our APDA Information & Referral Call Center, facilitating support groups, funding exercise programs and holding special events. But as summer approaches, many of our Chapter board of directors take the time to reflect on our own personal family challenges with Parkinson's disease. Our board, and executive director, all have first-hand experience with the many challenges you all may face. My husband and father, Gary's mother, Gail's brother, Gigi's mother and grandmother. Rhoda has PD, Sue treats PD patients and Pat services PD clients in the Treasure Coast.

I am very proud of the programs and services APDA South Florida has offered over the last 12 years that I have been involved with the Chapter and Gigi Gilcrease, RN, MBA. We have increased services and exercise programs and plan on doing so much more this coming season.

The Chapter exclusively funded the Boca Ballet Theatre BBT4PD 2013-2014 dance for PD exercise season. And, we have also committed to funding the upcoming 2014-2015 season of BBT4PD. We offer PD exercise at Sugar Sand Park in Boca Raton and Tai Chi at Temple Beth Tikvah in Greenacres and at St Luke's in Palm Springs.

We host our Annual Volunteer Recognition Luncheon and PD Update and other educational offerings. In 2015 our regional PD Symposium will return annually.

During Parkinson's Awareness Month, we held our annual APDA Optimism Walk and Picnic at Lake Ida Park in Delray Beach attended by close to 200 guests. I would like to personally thank all of our sponsors, volunteers, donors and participants for making it a huge success.

Our Chapter is renewing our deep commitment and investment in our APDA mission "Ease the Burden, Find the Cure" for Parkinson's disease. Please join us by making your commitment to us through donations to APDA or volunteering at our events.

We are also looking for community leaders who would like to volunteer their services on our South Florida board of directors and advisory board. Whatever you choose to do, stay involved and stay positive.

Linda Gilchrist



Linda Gilchrist

FLORIDA PARKINSON'S – INFORMATION & REFERRAL CENTER

The American Parkinson Disease Association funds a Information & Referral (I & R) Center in Florida. Call to get answers to your questions about Parkinson's disease and related issues. The Center provides counseling and advocacy for patients and family members, education materials, newsletters, support group networks, referrals to community resources, symposia, workshops, community awareness initiatives and fundraisers.

APDA I&R Center –DEERFIELD BEACH & South Florida Chapter
201 East Sample Road, Deerfield Beach, FL 33064, (800) 825-2732
Gigi Gilcrease, RN, MBA, Program Coordinator • ggilcrease@browardhealth.org

APDA South Florida to Continue Funding BBT4PD Exercise Dance for PD

The decision to fund the BBT4PD was easy. Many of the APDA South Florida board of directors: Linda Gilchrist, Gary Dalin, Gail Balwin and Executive Director, Gigi Gilcrease, RN experienced the class along with APDA headquarters President Leslie Chambers and Vice President Michelle McDonald.

The program encompasses all of the many exercise programs found to benefit persons with Parkinson's disease. They have talented, compassionate and dedicated staff who, according to Cindy Surman, "feel joyful" when they are teaching the class. Classes will resume on September 8, 2014.

In appreciation of the American Parkinson Disease Association (APDA) - South Florida's funding of the Dance for PD (BBT4PD) six week pilot program and the entire 2013-2014 season of classes twice a week, Boca Ballet instructors, Andrea Doyle, Cindy Surman, and Natalie Parker presented APDA's Gigi Gilcrease, Executive Director, Linda Gilchrist, President, Gail Baldwin, Treasurer, Gary Dalin, Vice President and, Rhoda Olchak, Walk Chair, with a plaque from the Boca Ballet Theatre. (right)



Much Appreciation to Our 2014 Major Corporate Sponsors





Special Appreciation to:

Marathon Fundraisers (individuals raising \$200 or more): Barbara, Michael, Vincent & Stephanie Borello, Rhoda & Seymour Olchak, Eileen & Morty Samuels, Brian & Adele Bodlander, Cindy Surman, Allysa Manning, Christine Lagana, Judith & Joel Robbins, Helene Dieter, Carla Blanck

Walk Committee: Rhoda Olchak (Chair), Seymour Olchak (Co-Chair), Gigi Gilcrease, RN (Co-Chair), Barbara, Michael, Vincent & Stephanie Borello, Helene Dieter, Susan Marks, Melanie & Sabrina Ginsburg

Rhoda's Incredible Volunteers: Helene Dieter, Eileen Samuels, Cathy Crosby, Kathy Salvatore, Mary Alexander, Arline Cohen, Esther Herskovitz, Louise Schilsky, Harriet Rossman

Student Volunteers: Sabrina Ginsburg, Sophia Ginsburg, Samantha Smith

Teams: High Point West, BB's Brigade, Gary Dalin's Family, Family Home Health, Visiting Angels, Regents Park, Boca Ballet Theater

Sponsors, Exhibitors & Contributors: Medtronic, Marriott Boca Raton at Boca Center, Regents Park Boca Raton, Visiting Angels, Responsive Home Health, Lucille's Bad to the Bone BBQ, Maxicare Select, Inc., Park Summit, Thomas Produce Co., US World Meds, Family Home Health Services, Mind & Mobility

April 6th Delray Beach FL – Optimism Walks Event

South Florida's annual Parkinson's Fun Walk and Picnic was held on April 6 at Lake Ida Park in Delray Beach with 200 people in attendance. The program included musical entertainment by Eclipse, BBQ from Lucille's Bad to the Bone, veggie stand provided by Thomas' Produce, warm up exercise by Boca Ballet teachers, Cindy Surman, Natalie Parker and Andrea Doyle, walk by the lake, brain games and prizes, dancing, face painting, silent auction and many wonderful raffle gift donations.

Barbara, Michael, Vincent and Stephanie Borello hosted "Name the Original TV Host" and "Answer the Riddle" games, providing prizes to the top winners. On display was a quilt that Christine Lagana brought which had been crafted by artisans throughout the country, for the World Parkinson Congress. Rhoda Olchak's wonderful team of volunteers manned the registration booth, veggie stand and sold raffle tickets. Generous Silent

Auction donations were received from The Marriott Boca Center, Broadway Across America, Sailfish Marina, Boca Ballet Theatre, Extreme Indoor Karting, Tampa Ray's baseball signed by Jose Lobaton and Miami Dolphins football signed by Brian Hartline.

This annual signature event reflects the American Parkinson Disease Association's Optimism Campaign and our mission of providing events and services to help ease the burden for persons and loved ones challenged by the effects of PD, while raising funds for Research to help find the cure.



American Parkinson's
OPTIMISM WALKS For Research



Thank you to all who generously contributed to the successful 2014 Walk-a-Thon!

Susan Aaronson, Rosanne Abeles, Mary Alexander, Helene Alterman, Rhoda Ankler, Apda Suncoast Parkinson's Disease Support Group, Area Wide Market Research, Gail Baldwin, Paula & Howard Balgley, Horace Baskin, Edwin & Marilyn Bauer, Abbi Bentz, Carol Berenson, Charlotte Berg, Florence Bergen, Guy Berliner, Mitchell Berliner, Pauline Berliner, Rachel Biederman, Hermine Bloom, Mike, Barbara, Stephanie & Vincent Borello, Dr. Andrew Bobkowitz, Anthony Bocchichio, Adele & Brian Bodlande, Stephen Bolasin, Max & Elaine Bruckne, Marjorie Bulkle, Bernice Bulgatz, Scott & Ladonna Campbell, Terry Carin, Timothy Chapman, Sophia Charney, Arline & Walter Cohen, Lois Cole, Deborah Cooper, Peter Corwin, David Cramer, Carole & Howard Crosby, Star Cruising Inc., Marcia & Bert Crystal, Melissa Cutter, Lori Dahan, Gary & Debbie Dalin, Barbara Danzi, Evelyn & Richard Darmstadter, Mark Davis, Lisa Deitelbaum, Vinny Deluca, Jean Demick, Adrienne Denmark, Judith Dick, Willis Dickens, MD, Helene Dieter, Communications Distributors LLC, Charlotte Dlabik, Harriet Dortch, John & Andrea Doyle, Barbara Dubyn, Linda Edson, William Edson, Weathered Elegance LLC, Don Ely, Pauline Engel, Harvey & Harriet Epstein, Bernard & Lynn Erde, Martha Ehrlich, Marlene Erdman, Lori Dutcher, Maria Fales, Anita Feinberg, Matthew Feldman, Annette Felser, Myrna Fine, Sheila Finkelstein, Allan & Barbara Firestone, Lori Fitzpatrick, Robert Fogan, Carla Foster, M.I. Fox, Dolores Friedman, Naomi Furman, Israel & Lila Garber, Linda Gilchrist, Georgia & William Gilcrease, Arlene Glaser, Michael Goldberg, Pearl Goldsmith, Yvette & Seymour Goldstein, Morton & Patricia Goodman, Serena Goulsh, Mandy & Shirley Gottesdiener, Israel & Pearl Gottesman, Marvin Green, Bernice Greenberg, Gerald & Sondra Greenblatt, Eduardo & Marta Guerra, Muriel Haber, Carol Hahn, Elaine Hall, Daniel & Mildred Hammer, Rilely Harrison, Martha Harrow, Audrey Hartman, Howard Hatoff, Judith Hechtman, Judith Heller, Esther Herskovitz, Edwin & Natalie Herzig, Roslyn & Donald Himelson, Steven





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TRIBUTES & DONATIONS

We greatly appreciate your tributes and donations. Tributes and are a wonderful way to acknowledge the memory of a beloved person or to honor someone who means so much to you. APDA was founded in 1961 in New York. For over 22 years, your generous donations to APDA South Florida have helped to increase Parkinson's awareness, develop educational programs, provide free educational materials, distribute *The Parkinson's Source* newsletters, facilitate patient and caregiver support groups, provide current information to our mailing list, fund exercise and special programs, maintain the caregiver respite program, sustain the APDA Information & Referral Center helpline, maintain our website, www.apdaflorida.org, and fund research as determined by the APDA National Scientific Advisory Board. The donations listed below were received from January to June 2014.

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Exercise and Support Group
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SPECIAL EVENTS & PROGRAMS

Big O'Hike – Gail Baldwin

Bonnie Campbell

**PD Update/
Recognition Luncheon**

Barton Leit
James Porter

**Optimism Walk & Picnic for
Research & Programs**

See page 6 and 7

From the Executive Director

Recently, I received a recognition plaque from APDA's host facility, Broward Health North, for 10 years of service as the Director of the Parkinson's Information & Referral Center. Just as my age, time has flown by very quickly. And, this event made me reflect on the past 37 years and consider my future.

In 1978, I became a neurological nurse which began my interest in Parkinson's disease. Dr. Harold Friend was my mentor. He inspired me to stay in neurology, leading me to a career path that I will always cherish. Next, I became a rehabilitation/disability nurse case manager, which led to an all-time career, once-in-a-life-time position: therapy for Parkinson's with NPF Parkinson's Outreach (Rehab) Program. I will always be eternally grateful to Matthew Green for this incredible career experience.

And, ten years ago, taking the position of APDA I&R Coordinator and South Florida Chapter Executive Director. I knew this wouldn't be a 9 to 5 work day. But my grandmother was the inspiration to get involved and stay connected to PD. I saw her face, her wit, her wisdom, and her twinkling eyes in every parkinsonian I met. Many years later my mother, too, was diagnosed with PD.

Throughout these years, I have had the opportunity to meet and work with incredibly gifted neurologists/movement disorder specialists in the state of Florida and across the nation. Too many to mention, because I wouldn't want to leave anyone out. I would be remiss, though, in not acknowledging Dr Thomas Hammond, APDA medical advisor for the past 20 years. His talent and devotion to patients is a pleasure to experience.

I also have been extremely fortunate to have met and worked with so many wonderful people, my APDA colleagues, our board of directors, patients, caregivers, celebrities and professionals.

Not wanting to wait any longer, I wish to thank each and every one of you for 37 marvelous years in neurology and in the Parkinson's community. As I now look forward to retirement, I am thrilled that our SFL Chapter and national headquarters have begun the process of searching for an Executive Director for South Florida. I look forward to assisting them in finding that "perfect" professional who will continue to help grow our Chapter and bring innovative and rewarding programs to our community.

The American Parkinson Disease Association I&R Coordinator or Executive Director's



Gigi Gilcrease, Executive Director

job description is "simple." It's someone who easily fits in with an exceptional group of professionals, who selflessly devotes a large portion of their life, talent and spirit to those in need. If that someone is you, or you know someone who is that person, visit the career opportunity link at www.apdaparkinson.org.

I am thankful that I have had the opportunity to, in some way, help make you, or your loved one's personal challenge with Parkinson's disease a little easier.

With all good wishes to you and yours,
Gigi Gilcrease, RN, BHS, MBA
Executive Director

DR. HAMMOND *Continued from page 1*

patients. THC seems to have potential beneficial effects on pain, nausea, and muscle spasticity, and may promote sleep. Cannabis has been shown to have a fairly clear benefit for muscle spasticity, and for some causes of pain in patients with multiple sclerosis. Cannabis was not shown to be of benefit for tremor that occurs in patients with multiple sclerosis (different than Parkinson's tremor).

The only high-quality studies of cannabis in Parkinson's disease looked at its affect on medication related dyskinesias (involuntary movements). This study of cannabis in PD was negative. There was no benefit compared with a placebo for treating the PD dyskinesia. THC has effects on multiple neurotransmitter systems including dopamine, acetylcholine, and glutamate, all of which are dysfunctional in patients with PD. Unfortunately, to date there are no high-quality studies of cannabis in PD sleep disorders, or PD tremor.

Of the studies in multiple sclerosis (MS) using cannabis, one study indicated that smoking cannabis once per month resulted in some cognitive impairment. In another study, MS patients who used cannabis were twice as likely to be classified as globally

cognitively impaired as those who did not use cannabis. The problem of impaired memory and, cognitive processing associated with cannabis use, is likely to be a limiting factor in use of medical marijuana in Parkinson's disease where cognitive impairment is already an issue for many patients.

Inhaled Levodopa for Off Periods

Data was also presented at the AAN meeting, on an inhaled levodopa preparation for PD. This study was a phase 2 B trial looking predominantly at dosing and safety issues; but the study did show clear evidence for clinical response to this medication.

It was used in PD patients who have a "wearing off effect" as the medication wanes. Many patients with PD suffer from "off periods" in which the medication either wears off, or suddenly stops working. The patient becomes "frozen", or is stiff and shaking, and sometimes is immobilized. Traditional strategies to combat these "off periods", include long-acting forms of levodopa (Sinemet CR), the addition of dopamine agonists (Mirapex, Requip, or Neupro), or the use of medications to

prolong the effect of levodopa such as entacapone (Comtan, Stalevo) or rasagiline (Azilect), or selegiline (Eldepryl). It is for this reason that many patients who have had PD for number of years are on a complex regimen of multiple medications. However, often these "off periods" are still a problem.

The new agent CVT-301, is levodopa administered by inhalation, similar to the way asthmatic medicines are taken. This agent was used "as needed" and as an adjunct to the patient's regular medication regimen. It did seem to provide rapid relief, often in the first 10 minutes, from "off periods" and the benefit seemed to last about 60 minutes. This strategy will most likely carry patients over the hump until their next "on period" when their routine medication becomes effective. This medication is entering phase 3 trials, and promises to offer a much needed strategy for those increasingly disabling "off periods" many PD patients experience.

In the interim, keep up your exercise as a strategy to slow progression in PD.

Sincerely,
Thomas C. Hammond, M.D., FAAN

SUPPORT GROUP & EXERCISE CALENDAR • 1-800-825-2732

SOUTH FLORIDA

CITY	MEETING SITE	DAY OF MEETING	TIME	LEADER(S)	PHONE
Coral Gables	St. Matthews Church , 7410 Sunset Dr.	Wednesdays	11:00AM-12:30PM		
Coral Springs	Coral Springs Medical Office 3100 Coral Hills Dr. (next to hospital)	3rd Monday Support Group	2:00-3:30PM	APDA	800-825-2732
Davie	Nova Southeastern University NSU Ziff Health Care Bldg., 1st floor 3200 S University Dr.	1st & 3rd Wednesday 4th Wednesday Caregiver Group [PT Clinic]	10:45AM-12:00NOON 1:00-2:00PM	Dr. Blodgett	954-262-5611
Deerfield Beach	Broward Health North, 201 E. Sample Rd. Neuro Center (off lobby)	2nd Tuesday Support Group	1:00-3:00PM	APDA	800-825-2732
Delray Beach	South County Civic Center 16700 Jog Rd.	1st Wednesday Support Group & Exercise Caregiver Group	2:00-4:00PM 3:00-4:00PM	APDA	800-825-2732
Jupiter	Jupiter Town Complex Activities Building, 201 Military Trail	1st Friday (lunch) 3rd Friday (meeting)	1:00-3:00PM	Rose Kyle	561-744-7666
Miami	Baptist Hospital Professional Bldg. 8950 N Kendall Dr., Suite 105	2nd Friday 3rd Friday	7:00-9:00PM (Eng) 12:00-2:00PM (Span)	Abe or Ivon Bertan	786-683-0240
Miami VAHCS <i>Veterans Only</i>	1201 NW 16th St., 7th Floor Pain Clinic Psych Office, Rm. D707	Every Thursday	10:45AM	Paul Hartman, PhD	305-575-3215
Palm Beach Gardens	North County Senior Center 5217 Northlake Blvd.	2nd Wednesday Support Group	2:00-3:30PM	APDA	800-825-2732
Port St Lucie	Harbor Place 3700 SE Jennings Rd.	3rd Tuesday Support Group	2:00-4:00PM	Laura	561-209-6124
Royal Palm Beach	Royal Palm Beach Cultural Center 151 Civic Center Way	Monday & Wednesday Support Group & Exercise	10:00AM-12:00PM		
Stuart	Grace Place Community Church 1550 SE Salerno Rd.	2nd Monday Support Group	1:00-3:30PM	Aileen Stiehle	561-790-5149

EXERCISE ONLY – SOUTH FLORIDA

Fort Lauderdale	Mind & Mobility 2655 East Oakland Park Blvd, #5	Every Tuesday & Thursday Functional Training & Tai Chi	2:00-2:45PM	Mateo Martinez	954-630-3131
Boca Raton	Sugar Sand Park Field House 300 S Military Trail First class is free, just stop by the park	Monday Wednesday	11:30AM-12:30PM 2:00-3:00PM	APDA	800-825-2732
Boca Raton	Boca Ballet Theatre	Two Days a Week PD Dance	Limited space must pre-register	Cindy Surman Natalie Parker	561-995-0709
Coral Gables	St. Matthews Church, 7410 Sunset Dr.	Yoga Wednesday Dance 2nd & 4th Friday	12:45-1:45PM 1:00-2:00PM	Carol Goldman	305-475-8782
Davie	Nova Southeastern University Sanford L. Ziff Health Center 3200 S University Dr.	Wednesday Speech Therapy PD Exercise	1:30-2:30PM	Dr. DiCarlo	954-262-7726
Greenacres	Temple Beth Tikvah 4550 S Jog Rd.	Tuesday & Friday Tai Chi	10:00-11:00AM	Must pre-register Must Pre-register	800-825-2732
Palm Springs	St Luke's Catholic Church 2892 S Congress (school library)	Saturday Tai Chi	11:00AM-12:00PM	Must pre-register Must Pre-register	800-825-2432

NORTHWEST FLORIDA

CITY	MEETING SITE	DAY OF MEETING	TIME	LEADER(S)	PHONE
Tallahassee	St Paul's Methodist Church	4th Saturday/month	10:00AM-12:00PM	Janice or Joan	(850) 364-0230
Pensacola	Community Rm, W Fla Rehab Institute 8391 N. Davis Highway	2nd Friday/month	1:00-2:00PM	Kathy Taylor	850-494-3212

NORTH FLORIDA

CITY	MEETING SITE	DAY OF MEETING	TIME	LEADER(S)	PHONE
Jacksonville	Shands/Jax 580 W. 8 Street, Tower 1, 2nd Floor	2nd Wednesday/month	11:30AM-1:30PM	Karen Perin Karen.Perin@Jax.ufl.edu	904-244-9719

Deland Orange City St. Augustine Jacksonville – Young Onset
For information on the groups in these cities contact the APDA South Florida, 800-825-2732.

CENTRAL FLORIDA

CITY	MEETING SITE	DAY OF MEETING	TIME	LEADER(S)	PHONE
Holly Hill (Ormond Beach/ Daytona Area)	Bishop's Glen Retirement Center 900 LPGA Blvd.	1st Tuesday/month	2:00-3:30PM	Vincent Kinsler	386-676-6375
Kissimmee	Friendship Room Kissimmee Village 4250 Village Drive	2nd & 4th Thursday	10:00 – 11:00AM	Craig Yohn	407-944-3362
Melbourne	South Brevard Parkinson's Support Group Sea Pines Hospital, 101 East Florida Ave.	3rd Wednesday/month	1:30PM	Marieke Kreps	321-622-5845
Titusville	North Brevard Parkinson's Disease and Caregivers Support Group Heritage Hall, 931 N. Washington Ave.	3rd Friday/month	2:00-4:00PM	Janet Rooks	321-268-6800
Orlando	Florida Hospital Church 2800 N. Orange Ave.	2nd & 4th Thursday/month	10:00AM-12:45PM	Anissa Mitchell	407-303-5295
Altamonte/Longwood	2140 W State Rd 434	2nd & 4th Tuesday/month	10:00AM-12:00PM	Anissa Mitchell	407-303-5295
Winter Garden	Golden Pond Communities	4th Wednesday/month	10:30AM-12:00PM	Anissa Mitchell	407-303-5295
Lady Lake	American Legion Building	2nd Wednesday/month (Sept-June)	2:00-3:00PM	Pat Pipa	pipipa1622@ emburgmail.com
Ocala	Collins Health Resource 941 SW Highway, Bldg. 5000	3rd Wednesday/month	1:00PM	Lisa Walter	352-854-9498

WEST COAST - For updates for these classes, contact APDA South Florida at 800-825-2732 or National at 1-800-223-2732

CITY	MEETING SITE	DAY OF MEETING	TIME	LEADER(S)	PHONE
Bradenton	Sarasota Memorial@Heritage Harbor 1040 River Heritage Blvd	1st Wednesday/month	10:00-11:30AM	Jennifer Williams	941-926-6413
Clermont	Cooper Memorial Library 2525 Oakley Seaver Drive	4th Tuesday/month	3:00-4:00PM	Deborah Snow	352-241-7476
Clearwater/Dunedin	William Hale Senior Center 330 Douglas Avenue	1st Friday August then every other month	1:00-2:30PM	Faye Kern	afkapda@aol.com
Largo	Cypress Palms 400 Lake Ave, Cypress Bldg	3rd Tuesday	12:00PM (Lunch Served)	Faye Kern	afkapda@aol.com
Leesburg	Lake Square Presbyterian Church 10200 Morningside Drive	2nd Tuesday/month	1:00-3:00PM	Pat	352-242-0376
St. Petersburg	St. Luke's United Methodist 4444 5th Ave. North St. Petersburg	2nd Monday (Sept-June) 4th Monday Year Round	1:00-3:00PM	Joan Xavier	jmdixon@gmail.com
Tampa	First Church of the Nazarene 5902 North Himes Avenue	3rd Wednesday Year Round	1:00-2:30PM	Jane Lowry	813-908-6685
New Port Richey	Elfers Senior Center, 4136 Burkner Dr.	1st Thursday (Sept - May)	2:00-3:00PM	Susan Franchello	727-372-5410
Avon Park/Sebring	First Baptist Church of Sebring 200 East Center Avenue	2nd Monday (Sept - May)	10:00AM-12:00PM	Marva Jones	
Englewood	Englewood Hospital, 400 S. McCall Rd	3rd Friday/month	10:00AM	Sue McNaire	947-270-2505
North Port	Neuro Challenge Foundation 5600 Peace River Road	2nd Wednesday/month	1:30-3:00PM	Carisa Campanella	941-928-5886
Sarasota	Sarasota Memorial Advanced Med 5880 Rand Blvd, Sarasota	3rd Wednesday/month	9:30-1:00AM	Jennifer Williams	941-926-6413
Venice	Venice Chamber of Commerce 597 Tamiami Trail S	4th Thursday/month	10:00-11:30AM	Carisa Campanella	941-928-5886
Venice	Jacaranda Trace, 2nd Fl Clubhouse 3600 William Penn Way	2nd Thursday/month	10:00AM	Mimi Novak	947-408-2050
Hernando County Springhill	Residence at Timber Pines 3140 Forest Road	1st Monday/month 2nd Thursday/month Caregiver Group	1:30PM 1:00PM-2:30PM	Ramona DesLauriers rlw399@tampabayrr.com	352-796-0596

SOUTHWEST FLORIDA

Naples Bonita Springs — For information on support groups, exercise and services contact: Parkinson's Association of Southwest Florida 239-417-3465

Please contact the group facilitator to verify meeting dates and times. Many groups take a summer break and will not be meeting.

THE Parkinson's Source

American Parkinson Disease Association
201 East Sample Road
Deerfield Beach, FL 33064
800-825-2732

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Enclosed is my check for: \$1000 \$500 \$250 \$100 \$75 \$50 \$25 (membership) \$200 (Lifetime family membership)

Include membership with my donation of \$25 or more. Other _____

Your membership to the South Florida Chapter helps to support The Parkinson's Source newsletter printing and mailing 2 to 3 times/year (est. circa 3000), APDA exercise programs, caregiver respite assistance, invitation to end of the year PD Update, neurological nurse staff for Information & Referral Center, support group costs, PD 101 Workshops and educational events.

2014 Annual Corporate Memberships

APDA South Florida is offering annual corporate memberships. One annual donation can afford you the ease of continuing to support our Parkinson's programs of education, advocacy, support, exercise, research and special events, without the inconvenience of being contacted at various times throughout the year for each event.

Your organization will be listed as a 2014 corporate sponsor on the South Florida website www.apdaflorida.org, in *The Parkinson's Source* newsletter (circa 3000) published 2-3 times a year, as well as at special events, educational symposia and fundraising events.

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