



Parkinson's Disease and Exercise: Keep Moving! By Tricia Creel, PT, DPT and Doherty Riebesell, PT, DPT, GCS

As the disease progresses, many people with Parkinson's disease (PD) face increasing difficulty with everyday mobility, including walking, turning to sit and getting out of bed. This can lead to loss of independence, falls and/or fear of falls, and inactivity. While there is no cure for PD, many people find that exercise and mobility training can help. Research confirms that many types of exercise can help improve the symptoms of PD and that an exercise program should be started immediately upon diagnosis.

For many years, exercise was not a recommended strategy for people diagnosed with Parkinson's disease. However, a growing body of research now suggests that non-pharmacological approaches, including exercise, have a far greater effect on the symptoms and progression of PD than previously believed. In one recent review of the research, Dr. J. Eric Ahlskog, PhD, MD of the Mayo Clinic, reports on accumulating evidence that ongoing vigorous exercise may have a neuroprotective effect in PD. In fact, people who exercise during their midlife had a reduced risk of developing PD later in life.

It is well established that exercise has general health benefits, including improvement of cardiovascular and cerebrovascular health, reduction of osteoporosis/fracture risk and age-related

studies have found cognitive improvements in people with PD when they exercise. Physically fit patients with Parkinson's disease had better cognitive scores than unfit patients with PD.

Conversely, physical inactivity may contribute to motor deterioration and acceleration of disease progression. Results from studies completed in animal models provide compelling evidence that restricting activity, especially in the more impaired limbs, triggers exacerbated degeneration of dopaminergic systems.

To achieve the neuroprotective effects of exercise and improve daily mobility, exercise prescription for people with PD must be:

1. Specific to your individual impairments
2. High intensity
3. Consistent and ongoing in duration

Exercises must not focus only on balance, strength training, and flexibility, but must target overall fitness level and aim to improve cardiovascular endurance. Research has shown the benefits of multiple types of exercise, including Tai Chi, tango, tandem biking, treadmill training. The key is to find something that you like and that is sustainable.

Often people in the early stages of PD do not request a referral to physical therapy, or do not ask how much or

Sensory impairments interfere with a person's ability to recognize the extent of their deficits. Therefore, it is important that you are seen early in the disease process by a trained physical therapist. Physical therapists are uniquely positioned to provide the specific feedback and intense training needed to facilitate brain health and normal movement.

In aggregate, the research to date does not prove that exercise slows PD progression, but a neuroprotective effect is certainly possible, if not compelling. However, simply advising a person with Parkinson's disease to exercise is not enough. There needs to be a network of resources available to help make that happen. This should include physical therapists that are specifically trained to treat PD, high quality, accessible community-based exercise programs, and on-going education by physicians. Further research and community action should be focused on identifying the barriers to exercise and working to overcome them.



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APDA Georgia Chapter

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Atlanta, GA 30359

404-325-2020

Dear APDA Georgia Chapter Members,

It is a great honor for me to serve as your new president. Some of you may already know me from various fundraising events and educational meetings over the past couple years, and some of you may not know me at all.



I am a relative newcomer to the APDA, Georgia Chapter, having started as a volunteer on an Event Committee over two years ago, then as board member, and most recently as Vice President supporting our former president Annemarie Schwarzkopf (who still serves on the board) and all the board members who so generously give of their time, energy and resources in our mission “to ease the burden, to find the cure”.

My interest in Parkinson’s Disease (PD) was spurred several years ago by a sibling who has a disabling form of the disease and through my own familiarity with Essential Tremor and the outstanding work of the clinicians and researchers at Emory working toward a cure for Parkinson’s.

As much as any of us may contribute in terms of time and effort, a cure for Parkinson’s will not happen without funding for research. As such, the main focus of our Chapter will be to raise money. Pure and simple.

While a good portion of the monies raised will go to research, the APDA also provides valuable assistance to PD patients and their families through its Information & Referral Center headed by fellow board member Lynn Ross, LMSW, and through financial scholarships to various agencies across Georgia that provide caregiver respite services, medical transportation and meals on wheels to needy families.

To this end, we have an exciting program of fundraising events in store for 2013, hopefully something for everybody. Events already in the works include a “Walk-a-Thon”, our “Driving Parkinson’s Away Golf Tournament”, our “Skyline Gala”, a theater event, raffles and more!

I especially hope that everyone will take advantage of the free educational meetings the APDA offers the 3rd Saturday of every month (please check our website www.apdageorgia.org for the schedule), where you will have the unique opportunity to hear from and interact with some of the top clinicians, researchers and professionals in the field of Parkinson’s and movement disorders.

I’m very optimistic about 2013 and what we can accomplish together, and I look forward to serving this honorable Chapter and the Parkinson’s community.

Best regards,

Eric Burkard

Dear Friends of APDA,

Since I joined APDA, Georgia chapter in 2006, I have had the pleasure of seeing our organization grow and add new services and new programs.

Please give him your full support. Of course, I do want to continue to serve and will remain on the board to serve at the pleasure of the (new) president.

Below are various webcasts from past Young Onset Parkinson's Disease Conferences and other national PD organizations regarding Exercise and PD.

www.youngparkinsons.org

Midwest Young Onset Parkinson's Conference November 15-16, 2012 in Cincinnati, OH

"Exercise as Medicine for PD" presented by Becky Farley, PhD., MS, PT

Orange County Parkinson's Wellness Conference June 15-16, 2012 in Irvine, CA

"Functional Exercise" presented by Patrick LoSasso, CSCS

Midwest Parkinson Conference & Young Onset Parkinson's Conference June 18, 2011 in Des Moines, IA

"Delay the Disease" presented by David Zid and Jackie Russell

National Parkinson Foundation & APDA YOPD Conference March 12-13, 2010, "Is Exercise Medicine for PD?"

Presented by Jay Alberts, PhD. Cleveland Clinic

National Parkinson Foundation Videos and Webcasts

www.parkinson.org (PD Library)

"How does exercise with music play a role in treatment?"

Oksana Sucherowsky, MD

University of Calgary & Alberta Health Services

"What types of exercise or exercise programs are recommended?" and "How can falls be prevented?" presented

by John Nutt, MD

Oregon Health Services

Davis Phinney Foundation "Panel Discussion on Exercise" Video or DVD

www.davisphinneyfoundation.org

LOCAL EXERCISE CLASSES

Where: Aline Wolfe Adult Recreation Center
884 Church St.
Smyrna, GA 30080

When: 1:00 pm First and Third Wednesdays

Cost: \$4.00 per class + Wolfe Center Membership

Contact: Tricia or Doherty @ 770-438-5220

Where: Belmont Village Buckhead
5455 Glenridge Dr.
Atlanta, GA 30342

When: 11:00 am First & Fourth Thursday each month

Cost: Free

Where: Sunrise Buckhead

UPCOMING EVENTS

Driving Parkinson's Away Golf Tournament

Monday, April 22, 2013
Smoke Rise Country Club
4900 Chedworth Drive
Stone Mountain, GA 30087

APDA Walk for the Cure

Spring 2013
Details TBA

The Skyline Gala

Saturday, September 21, 2013
Atlantic Station

The 2013 Skyline Gala, overlooking the Atlanta skyline and an amazing sunset will take place on Saturday, September 21, 2013 at Atlantic Station. Proceeds from this event will benefit the Georgia Chapter of the American Parkinson's Disease Association. For information and sponsorship opportunities call 404-325-2020 or email info@apdageorgia.org



APDA GA Chapter Board members

L-R Mary Lynn Billman, Barbara Mooney, Cheryl Richards-Mann, Annemarie Schwarzkopf, and Eric Burkard



All across the country, people are coming together to join in a common goal "to ease the burden and find a cure" for Parkinson's disease. Through the American Parkinson Disease Association's national "Optimism" campaign, we're spreading hope, confidence, and a positive vision for the future as we increase awareness about PD and raise money to find a cure. To find out how you can become involved, go to www.optimism4parkinsons.org or call 800-223-2732.

APDA Rehab Resource Center at Boston University

The American Parkinson Disease Association (APDA) and Boston University partnered together to establish the APDA Resource Center at BU. The purpose of the center is to assist those who have Parkinson's disease (PD) access information about exercise. As part of the resource center, a toll-free "helpline" has been created where callers from all over the country can speak with a Boston University licensed physical therapist, ask questions about exercise, and receive educational materials.

Terry Ellis, PT, PhD, is a leader in neurological physical therapy research and is the center's director. "Our objective is to share this knowledge with patients, caregivers, students and healthcare professionals," said Dr. Ellis. "This partnership with APDA, also known for its pioneering efforts in physical therapy, will give anyone an easy, free pathway to the most up-to-date information."

Dr. Marie Saint Hilaire, director of the APDA Center for Advanced Research at Boston University, recognizes the importance of exercise in the management of Parkinson's disease. "Exercise helps to improve the quality of life and day-to-day function in people with PD," said Dr. Saint Hilaire. She recommends that patients with PD consult a physical therapist early in the disease process in order to receive the benefits of exercise right from the start.

investigating the relationship between PARK18 and PD. PARK18 is the first gene connecting Parkinson's disease to immunological dysfunction. The short-term goal of this study is to find individuals with the genetic PARK18 marker of interest by obtaining a saliva sample for genetic analysis. Qualifying PD patients (with the correct genetic marker) and age-matched healthy controls will then be asked to donate a small amount of blood for us to analyze the function of their immune cells in the peripheral blood and correlate it to the PARK18 gene sequence. The long-term goal of these studies is to understand how human leukocyte antigen

Immune responses influence nearly every organ in the body and as we age there are changes in immune cells that may influence the likelihood of developing age-related neurodegenerative disorders like Parkinson's disease (PD).

In order to advance this latest development in Parkinson's disease research your participation is greatly appreciated. Individuals interested in participating in these studies should contact Dr. Malu Tansey at Emory at malu.tansey@emory.edu or 404-727-6126.

APDA Georgia Programs

Currently we have 19 active support groups all over the state with several possible new locations beginning in 2013. The Chapter also funds a "Caregiver Time Out Program" administered by the Alzheimer's Association. The program allows the caregiver a much needed "time out" to take care of personal needs. It specifically benefits families of limited resources who are caring for individuals who have both Parkinson's and dementia. We chose the Alzheimer's Association as administrators of this pro-

gram for their experience, their organization and their broad reach throughout the state. We are also funding a day respite program in metro Atlanta that benefits people with Parkinson's and their families. The Chapter also has assisted in the startup of exercise classes designed especially for people with Parkinson's. They meet at local assisted living facilities and day care facilities throughout metro Atlanta.

Resources for Kids

How do I tell my children or grandchildren about PD? This is a frequent question from parents and grandparents. What do I say, how much do I tell, and when do I tell them about my condition can be avoided for only so long, especially with older children. Julie Sacks, LCSW, Director, APDA Young Onset Center has compiled a list of helpful books and videos that she recommends to help families tackle this issue at the appropriate time and in a loving way.

I'll Hold Your Hand So You Won't Fall: A Child's Guide to PD by Rasheda Ali.

My Shaky Grandma
by Cheryl Rykken

This Is My Mama, a
YouTube video

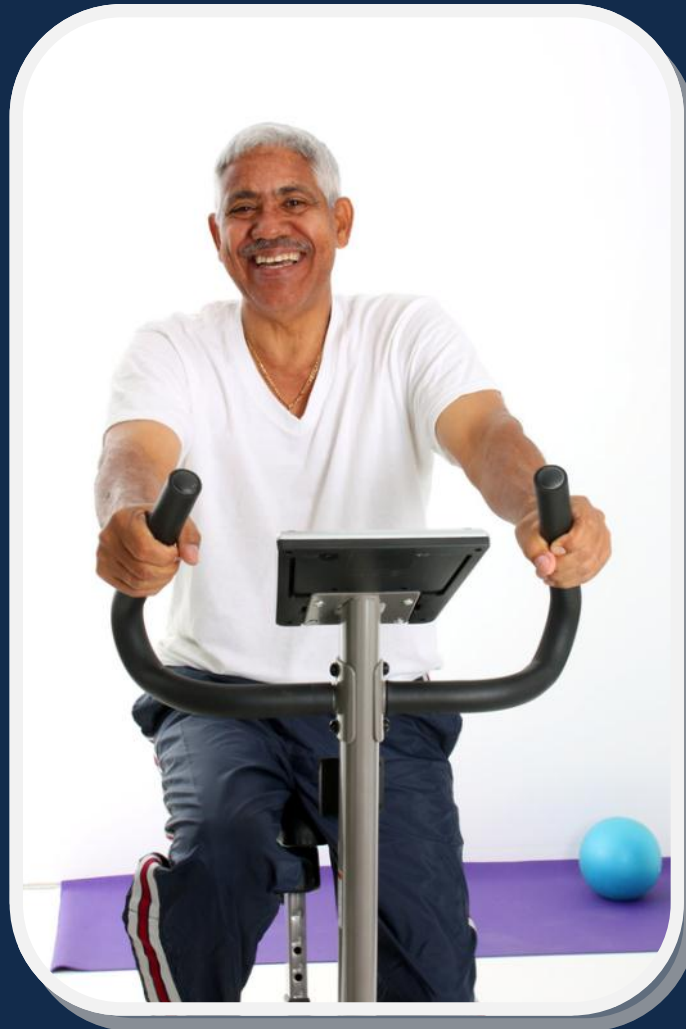


Most people with Parkinson's are aware of the numerous benefits of exercise: improved motor function, mood, memory, sleep, energy level, constipation, sex life, and general health, to mention a few. There is even some evidence that exercise may protect and enhance function of brain cells, as outlined in the research on neuroprotection by Dr. Jay Alberts.

We all know it's good for us, yet 95% of people who start the new year exercising with the best of intentions will stop exercising. So why don't more people stick with something that is proven to make you look, think, and feel better, at least as much as any pill you can buy?

Lack of knowledge is not the main problem in most cases, it's lack of motivation. But even motivation can be de-mystified with a list of concrete tips.

- ◇ Set goals
- ◇ Make goals realistic and concrete
- ◇ Make a commitment—Be accountable
- ◇ Find the fun
- ◇ Find a buddy/team
- ◇ Make it easy/convenient
- ◇ Keep track of progress and write things down daily
- ◇ Break it up and mix it up
- ◇ Don't expect perfection
- ◇ Reward yourself



Support Groups

Support groups offer patients and their families help with day-to-day issues, provide a forum for gathering information about PD, and serve as a place to make new friends who share similar problems. For a list of Support Group locations, visit our website at www.apdageorgia.org or call 404-728-6552. If you are in an area that doesn't have a group at this

Janet Abraham
Matthew Bullock
John Domenick
Eric Duncan
Bob and Linda Fleming
Valerie Fulkerson
Connie and William Goldstrohm
Hennessy Support Group
Home Care Assistance
Jane Iredale
John-Wesley Villas, Inc.
Jenny Landis
Preston and Linda Lindsey
Bill and Pam MacAllister
Jim Mason
Joanne and Carl Matricardi
Daniel and Diane Melnick
Allen Novoselsky
Lee and Laura Oakley
Warren Osterloh
Alan and Mildred Printer
Bruce Smith
David Smith
SunRise Senior Living Johns Creek
Suntrust United Way Campaign
Heather Tillis
Rev. James "Jim" and Gloria Turner
Janet and Kirk Turner

Thomas Adams
John and Cheryl Adam
Bob and Susan Black
Cathy Witherspoon
Charles Anderson
George and Joyce Johnson
Sally Ann Arrasmith
Grant Knox
Hank Bauer
Roswell PD Support Group
Nadine Bertenshaw
Hennessy P.D. Support Group
Paul Biost & Family
Conor Hall
Jack Fligg
Robert and Marjorie Magee
Glenn C. Hess
Sally and John Berry
James Sage Jenkins
Jane Pearson
Jane and W.L. Cooper
Clarence Allen Mack, Sr.
Mary (Jen) Pyles
William Phelps
Dorothy Majors
Majors Electric & Mechanical
Dr. Mason G. Robertson
Jane and Edwin Feiler

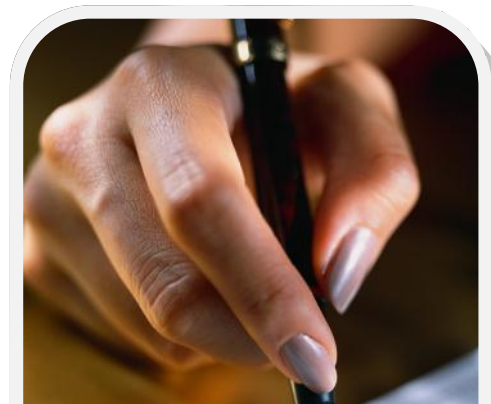
Allan Rosenberg
Alan Kolodkin
Michael Levin
Stanford and Stella Firestone
Sandy Mislow
Rick Sauer
Royal Yates
David Shaw
Max and Sarah Diamond
The Shopping Center Group
Robert "Bob" Town
David and Linda Weeks
R.E. and Shirley Anderson
Duane and Laurel Downs
David Muise
Walter and Elizabeth Wessel
Robert and Laurie McCarney
TSYS ADC Team
Dwayne and Karen Jakes
Edward and Cynthia Baribeau
Barbara Francis
Robert and Arlene Wellemeyer
TSYS, RMSO Division
John and Beverly Thomason
Thursday Night Mary Kay Sales Directors & Consultants - Canton, GA
Donna Town
Suzanne Vilardi
Melanie Mummert
William Trotter
Dennis and Elaine Hoffman
Ben Upchurch, Sr.
Barbara Briscoe
Richard Welty
Roswell PD Support Group

DONATIONS & MEMORIALS

As a 501(c)(3) not-for-profit organization, the Georgia Chapter of APDA serves Parkinson's communities throughout Georgia with the generous support of your individual and corporate donations. Please help us in "easing the burden and finding a cure."

**Gifts can be given by
mail, phone, or on-line:**

Mail:
Georgia Chapter APDA
P. O. Box 49416



American Parkinson Disease Association
Information & Referral Center
1841 Clifton Road
Atlanta, GA 30329

MARK YOUR CALENDAR!

The Educational Meetings are held at Clairmont Oaks

441 Clairmont Avenue, Decatur, GA 30030

January 19, 2013

“Older Drivers Safety” by Jennifer Curry, MPH, Program Consultant, Older Drivers Program Office of Injury Prevention
Georgia Department of Public Health

February 16, 2013

“Non-Motor Symptoms in PD” by Marian Evatt, MD, Assistant Professor of Neurology, Emory University

March 16, 2013

TBA by Thomas Wichmann, MD, Professor of Neurology, Emory University

April 20, 2013

“Sleep Problems in PD” by Lynn Marie Trotti, M.D.
Assistant Professor of Neurology, Sleep Center, Emory University

May 10, 2013