



THE Parkinson's Source



Issue 42

American Parkinson Disease Association • Deerfield Beach, Florida • 800-825-2732

Upcoming Events

October 20, 2011
 12:00-2:00pm
PD Lunch Bunch & Entertainment
 Windward Palms
 8440 S. Military Trail, Boynton Beach
 RSVP by October 12th
 800-825-2732

November 7, 2011
 12:00-2:00pm
Fashion Show Fundraiser
 Mirasol Country Club
 11600 Mirasol Way
 Palm Beach Gardens
 800-825-2732

November 16, 2011
 9:00am-2:00pm
Cookies for Caregivers
 Interfaith Conference
 Temple Beth EL, Boca Raton
 Contact: Abbi Bentz, RN
 561-504-4891

December 12, 2011
 11:30am-1:30pm
Parkinson's Update & Volunteer Recognition
 North Broward Medical Center
 Deerfield Beach
 Call: 800-825-2732

December 18, 2011
PD Flash Mob Fundraiser
 Contact: Sabrina Ginsburg
 561-649-6191
 (See page 6 for more information.)

January 24, 2012
 10:30am-12:30pm
Parkinson Lunch and Learn
 The Fountainview
 West Palm Beach
 800-825-2732

Miami Parkinson Lunch and Learn
To be announced



Thomas C. Hammond, MD

- Making the Diagnosis of PD
- DaTscan Now Approved for Parkinson's Disease Imaging
- Update on Balance and Exercise

How is a diagnosis of Parkinson's disease (PD) made? For the most part the diagnosis has been made over the years based on the clinical motor findings of tremor of the limbs at rest, rigidity of the muscles, slowing of movements and impairment of balance. Although the pill rolling tremor is the most common feature recognized by the general population, to the neurologists who specializes in PD, it is the slowing of movement that is, in fact, the most prominent feature. Astute primary care physicians and specialists in other fields may notice a patient's diminished arm swing, or lack of facial expression, and suggest the patient be evaluated for PD.

Non-motor symptoms are also common features in PD which often include a diminished sense of smell, constipation, bladder dysfunction, depression, anxiety, and disorders of sleep. The non-motor features often occur months or years before the first motor symptoms become evident. Loss of pigmented nerve cells in the midbrain substantia nigra (dark substance) correlates best with the motor symptoms. With the first sign of tremor or slowness of movement 70% of these cells have already died off.

Traditional brain imaging with CT or MRI has been of little use in diagnosing PD. Brain CT will generally look entirely normal. Brain MRI will show some signal abnormalities due to iron deposition in the striatum in the late stages of PD but this is also present in other conditions.

Recently the FDA has approved the DaTscan in diagnosis of PD, particularly differentiating PD from an essential tremor.

The **DaTscan** uses a nuclear medicine test called single photon emission computed tomography (SPECT). In this test a small dose of a radioactive agent called 123-I-ioflupane is injected into the patient. This is a nuclear agent that binds to dopamine transporters in the striatum. In PD the dopamine fibers from the substantia nigra that make connections to the striatum are dying, so the dopamine transporter activity is diminished. Typically Parkinson's disease starts on one side of the body and the DaTscan will show diminished activity in the affected side of the brain (opposite the side of the tremor or slowed movements). Patients with essential tremor will show a normal scan pattern in which there is a bright comma-shaped color signal seen symmetrically in the middle of the brain on both sides. In PD the tail of the comma is lost on the affected side. As the disease progresses the amount of signal in the striatum progressively diminishes such that in advanced PD there is barely any color signal noted on either side.

This test has been available in Europe for almost 10 years. Unfortunately, all causes of Parkinsonism can show abnormal DaTscans, so the study is not particularly useful to rule out Multiple System Atrophy or other atypical

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THE Parkinson's Source

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**American Parkinson
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Information & Referral Center
South Florida Chapter**

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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.

APDA National Office

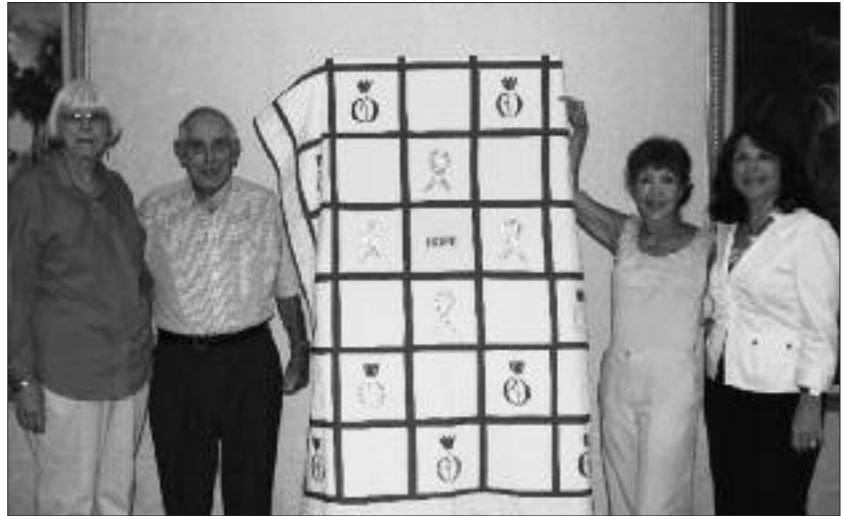
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Staten Island, NY 10305-1425
800-223-2732 • 718-981-8001
info@apdaparkinson.org
www.apdaparkinson.org

National Young Onset PD

www.youngparkinsons.org



PD Quilt Won by the Porters



Congratulations to Jim and Sandra Porter for having the winning PD quilt raffle ticket which as drawn at the Symposium. The beautiful quilt was designed and crafted by Janice Leonard, who along with Gigi Gilcrease, RN, presented it to the Porters.

Parkinson's Caregiver Respite Program

In home and adult day care respite assistance is now available to Chapter members in Broward and Palm Beach Counties. To learn more about these programs contact the APDA Chapter at 800-825-2732.

Mitzvah Fundraisers

Garage sales, equestrian jumping, individual fundraising help youth get involved in giving back to the community while creating Parkinson's awareness. They are fun, unique and very much appreciated.

And, now comes FLASH MOB, the latest mitzvah project – FLASH MOB

Flash Mob Date: December 18, 2011 5:00-5:03p.m.

*Location to be announced at Rehearsal

Rehearsal Date: December 17, 2011 3:00-3:45p.m.

To view the Flash Mob Dance in advance visit: YouTube.com, then search for Sabrina's Mitzvah Project. The dance Flash Mob is being choreographed by Sabrina Sage Ginsburg and her Grandmother Susan Marks. Sabrina's Grandmother has enjoyed dancing her entire life, including the last 30 years of living with Parkinson's. All proceeds will go to the South Florida Chapter of The American Parkinson Disease Association (APDA), providing services, programs and activities for people with Parkinson's disease and their Caregivers. For more information call Sabrina Ginsburg at 561-649-6191.

Events Held During Parkinson's Awareness Month

On April 2, 2011, APDA's signature annual "Fun Walk & Picnic for Research" helped kicked off Parkinson's Awareness Month. More than 140 people enjoyed a beautiful fun filled day at Lake Ida Park. Featuring music by Mel Matthews, exercise warm up by Randy, BBQ from Lucille's Bad to the Bone, veggie stand from Thomas' Produce, PD jewelry sales by Janice Leonard and Bonnie Cohen, face painting by Camyrn LaForge, many raffles and top prizes.

This year we were again fortunate to have been the recipient of a mitzvah project. Congratulations to Parker Jacobs who raised over \$1,000.

The APDA donor online program was introduced which helped develop donor teams. Many thanks to everyone for making this day a success by raising over \$18,200 for PD research.

Marathon Fundraisers: Ana Licea, Parker Jacobs, Bernice Sorkin, Tori Kennedy, Cathy Ali Bocas, Eileen Glassman, Carla Blunck, Helene Dieter, Eileen Samuels, Rhoda and Seymour Olchak, James and Sandra Porter, Lynda and Robert Walker, Rosie and Roger Roessler, David and Maria Pollack and Harriet and Joel Freed.



Parker Jacobs with parents Matthew and Andrea.



Parkinson's Creativity Displayed at Nova University "Boomers and Beyond" Health Fair

Michelle Gagnon Blodgett, PsyD asked APDA to feature "Creativity in Parkinson's" at their annual Nova Southeastern University Boomers and Beyond Health Fair held April 3rd. Among the wonderful displays were sunrise-sunset photography by Claire McCarty, quilts and beaded jewelry by Janice Leonard, hand crafted jewelry by Bonnie Cohen, painting and tulip cards by Nancy Gandoff, water color tulip cards by Judy Segal, clothing embellishments by Rhoda Olchak, parodies by Hazel Haas and poetry by Alicia Roman and Susan Miller. Thank you for participating and sharing your talent with the community.



(Left) Bonnie Cohen and Janice Leonard.



Many thanks to the corporate sponsors of our spring events:

Affordable Accessibility, Alternative Home Health Care, GE Healthcare, Horizon Bay, LifeCare of Florida, Lucille's Bad to the Bone BBQ, Marriott Boca Center, Maxicare Select, Inc, Medical Equipment Specialists, Medtronic Neuromodulation, Park Summit 5 Star Senior Living, Regents Park Nursing & Rehab Center, Responsive Home Health, Ritz Carlton Palm Beach, TEVA Neuroscience, Village Home Care of the Palm Beaches and Windward Palms

Coenzyme Q10 Study Ends

On May 27, 2011, the National Institutes of Health for Neurological Disease and Stroke (NINDS) stopped the QE3 Phase III study of Coenzyme Q10 for treatment of early stage Parkinson's disease, acting on the recommendation of the study's Data Safety Monitoring Board

(DSMB). During a DSMB review, the results of an interim analysis showed that it was futile to complete the study because longer patient follow up was not likely to demonstrate a statistically significant difference between active treatment and placebo... "Although the we had hoped

the results would be more promising, the study answers the important question of whether COQ10 can delay the progression of Parkinson's disease"...said Walter Koroshetz, MD, Deputy Director of NINDS. *(excerpted from the National Institutes of Health)*

Wines for Humanity Fundraiser

Village Home Health, Medical Equipment Specialists and Windward Palms hosted a wine tasting event on April 14th. Miranda Roach from "Wines for Humanity" was the guest speaker and quizzed the audience about their knowledge of wines. Wines for Humanity donated a percentage of sales to APDA. Their corporation also participates in a matching funds program.



Miranda Roach, Gigi Gilcrease, RN, Abbi Bentz, RN, Gary Wicks, Cathy Wicks, Felicia Hassin attended the Wines for Humanity Fundraiser hosted by Windward Palms Senior Living of Boynton Beach.

Brook's Restaurant Hosts a Charity and Professional Networking Event

On April 21, APDA was one of five charities featured at a professional networking event (PNC) hosted by Brooks Restaurant in Deerfield Beach. Linda Gilchrist and Gigi Gilcrease, RN met many community professionals while dining on the delicious food that Brook's is famous for. It was a terrific networking opportunity. Many thanks to PNC and Brook's Restaurant for inviting us.

IN MEMORIAM

Sophia Esposito Maestroni, Founder of the American Parkinson Disease Association (APDA)

It is with a great sense of sadness that we inform you that Sophia Esposito Maestroni passed away on September 24, 2011. Sophia founded APDA some 50 years ago, after meeting a woman who was suffering from Parkinson's disease. She is predeceased by her husband, Paul who was the APDA Director of Scientific Medical Affairs. We have lost an angel whose devotion to Parkinson's disease lead to the development of programs, services, awareness, advocacy and milestones in research; and most certainly inspired the founding of other Parkinson's organizations.

Parkinson's Disease Symposium

"Keys to Understanding and Coping"



Abbi Bentz, RN, Gigi Gilcrease, RN, MBA, Marilyn Tait, RN, Thomas C. Hammond, MD, Theresa Zesiewicz, MD and Linda Gilchrist. Not pictured with the group is Connie Keintz, PhD, FAU, shown individually above.



On May 6th, the Annual Symposium was held at the Marriott Boca Center Hotel. Among the outstanding faculty were guest speaker Theresa Zesiewicz, MD, Movement Disorder Specialist, University of South Florida. Also featured were Thomas C. Hammond, MD, Neurologist and APDA I&R Center Medical Director; Connie Keintz, PhD, Professor of

Communications at Florida Atlantic University, and Marilyn Tait, RN, educator and professional caregiver expert at Sarasota Healthcare Systems.

Interestingly Dr Z was the first guest movement disorder speaker at the 2004 symposium when Gigi Gilcrease, RN assumed the role of APDA Coordinator.

"Keys to Understanding and Coping"

focused on pragmatic approaches to PD for both patient and caregiver. It was also offered in St Petersburg, FL by West Coast Coordinator, Faye Kern. We gratefully acknowledge the effort and support from all of the sponsors and volunteers for making this event memorable.

Freedom Partners Memorial Day Event Raises \$2,000 for APDA

On May 21, South Florida senior care professionals participated in a Memorial Day dinner dance fundraiser aboard the yacht, Serenity III. This unique event, designed by Eric Weitkamp of Freedom Partners and Nicole Sutton of Horizon Bay brought in \$2000 for the South Florida Chapter. Much appreciation goes to Eric, Nicole and everyone involved for helping to promote Parkinson's Awareness and for their support of APDA.



Eric Weitkamp (Freedom Partners), Nicole Sutton (Horizon Bay), Abbi Bentz, RN (VP APDA Chapter), Linda Badreddine (LifeCare of FL), Annabel Bird (Freedom Partners)

Newly/Recently Diagnosed Parkinson's "101" Workshop

An education class for persons newly or recently diagnosed with Parkinson's disease, their care partners and family members.

For a schedule of classes call

(954) 786-2305 or

(800) 825-2732

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Parkinson's conditions. It is useful in patients with early PD who are having difficulty accepting the diagnosis and in whom there may be some question as to whether action tremor (essential tremor) is present. Over the next year we will see how useful this test is in clinical practice. Most patients with PD are easily diagnosed based on clinical findings. For some patients the DaTscan may alter treatment.

Impaired **balance and falls** are a principal cause of disability in PD. Most often hesitation in gait or freezing of gait will lead to falls. As discussed in a previous issue, balance impairment and falls in PD are symptoms that do not seem to improve significantly with increasing medications such as L-dopa. Standard targets for deep brain stimulation (DBS) have also been disappointing in that imbalance and falls are generally not helped. In the past several years a new DBS target called the pedunculopontine nucleus (PPN) has shown some benefit in helping gait and balance and falls. The PPN is a group of brain cells that uses acetylcholine as their nerve transmitter, so trials of drugs that stimulate acetylcholine receptors are underway for PD imbalance and falls. Donepezil (Aricept) has shown some benefit in preventing falls in Parkinson's patients. Further study on that drug is underway.

A recent trial looked at methylphenidate (Ritalin) as a possible remedy for falls in PD. Several small studies have suggested the drug was beneficial. Sadly the larger, double blind trial was a negative study and showed that PD patients had no benefit whatsoever in terms of balance or falling while on methylphenidate. Another drug trial which is underway evaluating a cholinergic treatment for imbalance and falls in PD is being performed at Rush University Medical Center in Chicago. In this study the drug Varenicline (Chantix-PD) is being studied in a total of 40 patients who will be given the drug for 8 weeks, and be on a placebo for 8 weeks (each patient will act as his own control). This drug is currently FDA approved to aid patients in smoking cessation. Because it stimulates cholinergic receptors, the drug has significant theoretical benefit in helping balance in PD. Some information regarding

this trial should be forthcoming in the next 6-8 months. This offers hope, along with continuing studies on donepezil and DBS of the PPN, that the balance problem and falls in PD may be able to be reduced.

Exercise may be the most effective tool we have in slowing the progression in PD. A recent article in the journal *Neurology* was written by Dr. Eric Ahlskog from the Department of Neurology at the Mayo Clinic in Rochester Minnesota, titled "Does vigorous exercise have a neuroprotective effect in Parkinson's disease?". In his article, which was an exhaustive review of both animal and human research on this topic, he defined vigorous exercise as sustained physical activity of at least 20-30 minutes on a regular basis such that one obtains cardiovascular fitness. This includes regular routines such as walking, jogging, cycling, dancing, swimming, tennis, gym exercises, or home activities such as raking leaves, digging, shoveling snow, and so on. Physical therapy programs in PD tend to focus on gait and balance training and stretching exercises, but are not generally directed at achieving cardiovascular fitness. This may be a neglected opportunity for disease modification.

Based on his review of the literature, there is compelling evidence that regular exercise reduces the risks of cognitive impairment in the general population. Studies of brain anatomy in elderly people as well as functional MRI studies seem to indicate that vigorous sustained exercise improves functional connectivity or cortical activation in cerebral circuits relevant to cognition, as well as executive cognitive scores on testing. Studies have shown that patients with mild cognitive impairment or early dementia experienced significant cognitive improvement with exercise compared to those patients randomized to a sedentary intervention. Aging is associated with brain atrophy and particularly loss of gray matter volume. These atrophic changes are less evident in those individuals who exercise regularly. In fact, prospective studies have shown increased gray matter volume in elderly individuals who walked regularly and were aerobically fit.

In PD, exercise has been shown to have a substantial protective benefit. In animal models of Parkinsonism, exercise has been

shown to prevent Parkinsonism in a number of animal models. In animals and in human subjects, exercise seems to raise the levels of nerve growth factors, particularly brain derived nerve growth factor (BDNF). This increase in growth factors is felt to support nerve tissue survival and function as well as protect neurons from injury. Exercise has been shown to have an antidepressant benefit, and studies have suggested a greater antidepressant effect is associated with more vigorous exercise. Dr. Ahlskog concludes in this article that exercise "should be accorded a central place in the treatment of Parkinson's disease".

The choice of exercise should be tailored to the patient's capabilities and their interests so they will be motivated to maintain a regular routine. Physical therapists need to be engaged in this process so that the goal is not only stretching, gait, and balance exercises, but in addition, improved general and cardiovascular fitness.

Lastly, a study was presented at the American Academy of Neurology meetings in April of 2011 in which PD patients were randomized into 3 groups: one group exercised vigorously for 30 minutes, another group exercised at a slower pace for 50 minutes, the third group simply did some stretching exercises. At the end of that trial, those in the slow-paced group (50 minutes 3 times a week) showed slightly better improvement than those who had done a vigorous exercise (30 minutes 3 times a week). Those who did only stretching exercises did not fare as well as the exercise groups. The study was presented by Dr. Lisa Schulman from University of Maryland Department of Neurology. It is apparent that exercise is helpful in PD whether it is vigorous or less vigorous!

In this issue of the *Parkinson's Source* I discussed the DaTscan which is a new imaging method which may be helpful in some Parkinson's patients, the ongoing study of cholinergic therapy which is promising to help balance impairment and falls in PD, and lastly the prime importance of exercise. Exercise rules! Keep wearing out your sneakers!

Thomas C. Hammond, M.D., FAAN

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

SOUTH FLORIDA

Deerfield Beach APDA I & R Center & South Florida Chapter

NORTH BROWARD MEDICAL CENTER
201 East Sample Road
Deerfield Beach, FL 33064
800-825-2732; 954-786-2305
FAX 954-786-7349
Gigi Smith Gilcrease, RN, MBA, Coordinator
E-Mail: ggilcrease@browardhealth.org
Web site: www.apdaflorida.org
Thomas C. Hammond, MD, Director.

MIAMI-DADE COUNTY

Coral Gables

TEMPLE JUDIAH, 5500 Granada Boulevard
2nd Thursday/month 11:00AM-12:30PM
Contact: Carol Goldman 305-476-8782

MIAMI VAHCS – Veterans Only

1201 NW 16th Street
7th Floor, Pain Clinic Psych Office, Rm. D707
Every Thursday 10:45AM
Contact: Paul Hartman, PhD 305-575-3215

BROWARD COUNTY

Coral Springs

CORAL SPRINGS MEDICAL OFFICE
3100 Coral Hills Drive (next to hospital)
Support Group and Exercise
3rd Monday/month 2:00-3:30PM
Contact: APDA 800-825-2732

Davie

NOVA SOUTHEASTERN UNIVERSITY
University Park Plaza – Rm 515
3530 S University Drive
1st & 3rd Wed/month 10:45-12:00NOON
Caregiver Group - 4th Wed/month
1:00-2:00PM in the PT Clinic
Contact: Dr. Blodgett 954-262-5611

Deerfield Beach

NORTH BROWARD MEDICAL CENTER
201 E. Sample Road, Neuro Center (off lobby)
Support Group and Tai Chi Exercise
2nd Tuesday/month 1:00-3:00PM
Contact: APDA 800-825-2732

Margate

NORTHWEST REGIONAL MEDICAL CENTER
2801 N. State Road 7
Support Group and Exercise
1st Friday 1:00-3:00PM
Contact: Agnes Porzio 954-972-2221

PALM BEACH COUNTY

Delray Beach

SOUTH COUNTY CIVIC CENTER
16700 Jog Road
Support Group and Exercise
1st Wednesday/month 2:00-4:00PM
Caregiver group – call for dates
Contact: APDA 800-825-2732

Palm Beach Gardens

CHRIST FELLOWSHIP LIFE CENTER-RM 206
5343 Northlake Blvd
Support Group
2nd Wednesday/month 2:00-3:30PM
Contact: Alicia Roman 561-626-5880
or APDA at 800-825-2732

Royal Palm Beach

CULTURAL CENTER
Royal Palm Beach Cultural Center
151 Civic Center Way
Support Group and Exercise
Monday and Wednesday 10:00AM-12:00PM
Contact: Mr./Mrs. Rodgers 561-791-9885

Jupiter

JUPITER TOWN COMPLEX
Activities Building, 201 Military Trail
1st Friday(lunch) 3rd Friday(meeting)
1:00-3:00PM
Contact: Rose & Jim Kyle
561-744-7666

EXERCISE ONLY

Boca Raton

Sugar Sand Park Field House

300 S. Military Trail
Monday 11:30AM-12:30PM
Wednesday 2:00PM-3:00PM
First class is free, just stop by the park
Contact APDA: 800-825-2732

Davie

Nova Southeastern University

Physical Therapy PD Exercise
Sanford L. Ziff Health Center
3200 S University Drive
Monday and Wednesday 12:30PM
Call: 954-262-4149
Speech Therapy PD Exercise
Wednesday 1:30-2:30PM
Call: Dr. DiCarlo 954-262-7726

MARTIN COUNTY

Stuart

GRACE PLACE COMMUNITY CHURCH
1550 SE Salerno Road
Support Group
2nd Monday/month 1:00-3:30PM
Contact: Aileen Stiehle 772-286-3268

ST. LUCIE COUNTY

Port St Lucie

HARBOR PLACE, 3700 SE Jennings Road
3rd Tuesday/month 2:00-3:30PM
Contact: Cathy 772-201-6007 or
Laura 561-209-6124

NOTE: Support Group day and time may change periodically. For current updates on Support Groups and Exercise call the APDA Information and Referral Centers.

CENTRAL FLORIDA

Holly Hill

BISHOP'S GLEN RETIREMENT CENTER
900 LPGA Boulevard
4th Wednesday/month 2:00-3:30PM
Contact: Bruce Kozak 386-226-9000

Kissimmee

OSCEOLA COUNTY, GOOD SAMARITAN VILLAGE
Orange Blossom Trail
2nd & 4th Thursday -10:00AM – 11:00AM
Contact: 407-944-3362

Melbourne

SOUTH BREVARD PARKINSON'S
SUPPORT GROUP
Eau Galle Public Library
1521 Pineapple Avenue
4th Thursday/month 1:30PM
Contact: Deb Ridell 321-751-0444

Titusville

NORTH BREVARD PARKINSON'S
DISEASE AND CAREGIVERS SUPPORT GROUP
c/o Parrish Medical Center
951 N. Washington Avenue
3rd Saturday/month 11:00AM
Contact: Mary McDowell 321-268-2363

Orlando

FLORIDA HOSPITAL
4th Thursday/month 10:00AM-12:30PM
Contact: 407-303-5295

WEST COAST FLORIDA

Avon Park	Ocala
Bradenton	Orlando
Clermont	Palms of Largo
Dunedin (new)	Pensacola
Englewood	Springhill
Fort Walton	St. Petersburg
Lady Lake	Sun City Center
Leesburg	Tampa
North Port	West Pasco

For information on the groups
in these cities contact:

St. Petersburg APDA I & R Center

EDWARD WHITE MEDICAL ARTS BUILDING
2191 9th Avenue, North
St. Petersburg, FL 33713
Faye Kern, LPN, Coordinator
727-328-6246; Fax: 727-895-5213
E-Mail: afkapda@aol.com
Carol Pappas, MD, Director

NORTHEAST FLORIDA

Deland	Orange City
Jacksonville	St. Augustine
Jacksonville – Young Onset	

For information on the groups
in these cities contact either the South
or West Coast Florida Centers:

THE Parkinson's Source

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

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***We wish all of you
a safe and wonderful
Holiday Season.***

*South Florida Chapter
American Parkinson Disease Association*

Please send your tax deductible donation payable to: **APDA South Florida Chapter, 201 East Sample Road, Deerfield Beach, FL 33064**

PLEASE PRINT CLEARLY

Contribution Information

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Enclosed is my check for: \$1000 \$500 \$250 \$100 \$75 \$50 \$35 (membership) Other _____

Include membership with my donation of \$50 or more.

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Address _____ City _____ State _____ Zip _____

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