



Thomas Hammond, MD

Medical Director's Update:

- Cell Loss
- Cell Protection
- Cell Replacement

Cell Loss

In Parkinson's disease (PD), the principal symptoms of tremor, slowing of movement, muscle stiffness/rigidity and eventual impairment of balance are correlated with loss of cells in the substantia nigra (SN) in the brainstem. When PD patients show the first signs of slowness or tremor, they have already lost 70% of the pigmented neurons that make dopamine (DA) in the SN. This leads to the neurochemical DA deficiency which we treat with medications such as L-Dopa. The cause for cell death in the SN in patients under the age of 50 is often genetic. In this younger age group, which accounts for only about 1% of PD patients, genes coding for abnormal proteins such as Synuclein are implicated in causing the SN cells to die. In those patients developing PD after the age of 50, genetic factors are less significant and environmental factors seem more important. Head trauma, such as occurring in contact sports like boxing, is implicated as a risk factor. PD occurs 1.35 times more often in people who have been knocked out once compared with those who have never been knocked unconscious. The PD occurrence jumps to 2.53 times more often in people who have had more frequent episodes of being knocked out. This factor clearly played a role in the development of Parkinson's disease in Muhammad Ali.

Pesticides have been implicated in causing PD since people with low levels of pesticide exposure have 1.13 times the risk as compared to people without pesticide exposure. High levels of pesticide exposure lead to 1.41 times the likelihood of developing the disease.

Recent work at the University of Kentucky in Lexington, KY revealed trichloroethylene (TCE) exposure as a risk factor for developing Parkinsonism and possibly a cause

for Parkinson's disease (PD). TCE is an industrial chemical used in manufacturing. Unfortunately, it turns up in drinking water and soil due to runoff from manufacturing sites where it is used. It is a contaminant found in 60% of the superfund priority sites identified by the Environmental Protection Agency. The University of Kentucky researchers examined workers who had occupational exposure to TCE and found symptoms and signs of PD such as slowing of movements (akinesia), stooped posture and balance problems in these individuals. The symptoms seemed to be associated with the level and duration of TCE exposure. Furthermore, they performed experiments on rats with TCE exposure and were able to show that it inhibits the function of the mitochondria (energy organelles) in the cells.

Mitochondrial dysfunction has been implicated as a problem in PD and in fact Coenzyme Q10 (Co-Q10) is felt to have possible benefit in PD due to its beneficial effect on mitochondrial function. MPTP is a street drug used by addicts to get "high" and is a known cause for Parkinsonism/PD in humans. MPTP like TCE seems to be toxic to the mitochondria especially in the SN cells in the brainstem. In animal models, both agents cause neurodegeneration and a PD type picture. Further epidemiologic studies on TCE and PD are ongoing.

Cell Protection

A recent study supports the concept that neuroinflammation in the SN is playing a role in the death of cells in the SN in PD. In PD patients' postmortem tissue, and in animal models of PD, inflammatory cells and markers of inflammation such as cytokines are present in the SN where cell death is occurring. In animal models, nonsteroidal anti-inflammatory drugs (NSAIDs) exert a neuro protective effect — slowing or preventing the development of PD.

In the most recent study done at the University of



THE Parkinson's Source

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**American Parkinson
Disease Association**

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.

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Upcoming Events

March 7, 2008

"Fight For More" By Valeant Pharmaceuticals

10:00am – 11:45am at Florida Atlantic University, Boca Raton

Featuring – Lonnie Ali And Cheryl Waters MD

Seating Is Limited – RSVP: 800-825-2732

March 29, 2008

The Women's League of Hillsboro Beach Fundraiser

for Caregiver Respite Program

Seeking donations and auction items

Contact: APDA at 800-825-2732

April 5, 2008

FUN WALK-A-THON & PICNIC • Lake Ida Park, Delray Beach

Annual Fundraiser for PD Research

9:30 a.m. to 1:30 p.m.

Seeking donations and raffle items

Contact: APDA at 800-825-2732

Central and West Central Florida

March 10, 2008 – St. Petersburg

"Debunking the 10 Myths of Parkinson's Disease Treatment"

Eric Ahlskog, MD, PhD, Mayo Clinic Rochester, MN

2007 APDA Springer Award Recipient

Contact: Faye Kern 727-328-6246 for information

March 15, 2008 – Titusville

Spring Symposium "What's Hot in PD"

9:30am to 2:30pm – Great Outdoors

Featuring – Michael Okun, MD – University of Florida

Contact: Mary McDowell - 321-591-1461

Outside Florida

April 26

Unity Walk – Central Park – New York

www.unitywalk.org

Some useful websites:

APDA South Florida

www.apdaflorida.org

APDA National

www.apdaparkinson.org

National Young Onset PD

www.youngparkinsons.org

Clinical Trials

www.PDtrials.org

Spring Events in the South Florida Parkinson's Community!

March 7th*
"Fight For More"
Florida Atlantic University,
College of Nursing Auditorium
777 Glades Road, Boca Raton
10:00 - 10:45 AM

Presented by Lonnie Ali, wife and primary care partner of Muhammad Ali

Also featuring Cheryl H. Waters, MD presenting "Novel PD Therapy"

Space is limited. You must have reservations, call 1-800-825-2732

*This year APDA offered the date of our highly anticipated Annual Parkinson's Symposium to the Valeant Pharmaceutical "Fight For More" campaign so that the South Florida Parkinson's community would have the opportunity of hearing Lonnie Ali speak on her experience as a caregiver; and to support and salute the incredible ladies of the Women's League of Hillsboro Beach and their upcoming fundraiser benefiting Parkinson's caregiver respite.

March 29th – Women's League of Hillsboro Beach Fundraiser

Benefiting Parkinson's Caregiver Respite Program



Monies raised by these talented, esteemed and generous women will benefit Parkinson's Caregiver Respite Program for Palm Beach and Broward Counties. Please help make this fund-raiser a success by making a donation or contributing auction items. Please call 1-800-825-2732 for more information.

2008 Chapter Membership: As a member of the local Chapter you have a dramatic impact on helping us assist others by supporting the services listed below:

- The Parkinson's Source Newsletter
- Parkinson's Newly Diagnosed Workshop
- Annual Parkinson's Symposium
- Caregiver respite and education
- Regional Support Groups and Exercise
- Information and Referral Services




**April is
 Parkinson's Disease
 Awareness Month**

World Parkinson disease Awareness Day is April 11th. This day commemorates the birthday of Dr. James Parkinson, the English doctor who first described the condition in 1817.

The tulip is the symbol of hope for Parkinson's.



Saturday, April 5th

**Lake Ida Park – Delray Beach
 Annual Parkinson's Fun Walk and Picnic
 Fundraiser for Parkinson's Research**

Your \$25 Registration Fee gives you
 1 food ticket, 1 t-shirt, 1 raffle ticket

Raise \$200 or more and you will also receive
 a \$25 restaurant certificate

A

tend the festivities and enjoy a leisurely day in the Park!

P

romote Parkinson Disease Awareness to ease the burden!

D

ine on BBQ with friends, listen to music, exercise, laugh, walk, win raffles

A

Cure! That's what we are hoping for – please give generously!

Palm Beach County Clerk & Comptroller Employees Set The Bar For Fundraising

APDA South Florida gratefully appreciate having the honor again this year of being one of 30 charities to receive funds from the Palm Beach County Clerk & Comptroller employee "Dress Down Friday" charity program. In return for wearing casual attire on Fridays, employees contribute \$2.00 per week in payroll deductions. To date, the employees have raised over \$448,000 in charitable donations.

At the annual charity presentation in December, Clerk Sharon R. Bock surprised guests with another gift by introducing the Clerk's Choir. The Choir is a group of employees who volunteer to spread cheer through song during the Holiday Season. Their beautiful renditions of Christmas and Holiday songs were a joy to hear.

The Clerk & Comptroller employees set the bar for creative ways of giving back to Palm Beach community.



Gigi Gilcrease, RN, MBA accepting a generous donation from Sharon R. Bock, Palm Beach County Clerk & Comptroller.



This beautiful, custom designed

1 1/2 Carat Diamond Pave Heart Pendant, appraised for \$3,300.00 exemplifying the "heart" in hand logo of the South Florida Chapter of the American Parkinson Disease Association (APDA), could be yours!

The drawing for the pendant will be held on April 5, 2008 at our Annual Fun Walk-A-Thon and Picnic in Delray Beach. April is Parkinson Disease Awareness Month and the perfect time to honor the couple who donated their "heart" to APDA. Any remaining raffle tickets will be sold that day.

Hurry, because we have over 150 people attending the Walk.

Each ticket is \$50.00. Pay by check, Visa or Master Card to:
APDA South Florida Chapter, 201 East Sample Road, Deerfield Beach, Florida 33064
or call 1-800-825-2732. Good luck!

Have a Heart...
Please

*In
Loving Memory*

*It is with deepest regret to
announce the passing in
January of Chapter Board
Member Donald Kashdan.
Don's expertise in fundraising
and community involvement
was an inspiration to all of us.
He will be missed.*

*Check out the APDA website
It's full of valuable information*

www.apdaflorida.org

Thomas C. Hammond, MD Honored at Annual Awards Luncheon

On December 10th the Annual Parkinson's Update & Recognition Awards Luncheon was held in Deerfield Beach with an estimated 120 persons in attendance. Gigi Gilcrease, RN, MBA, Director/Coordinator had the pleasure of introducing Claire McCarty from the Women's League of Hillsboro Beach. Claire was instrumental in selecting APDA South Florida as the 2008 recipient of their Annual Gala and Fundraiser to be held March 29th.

Back by popular demand, Joyce Saltman, PhD delighted the audience as she helped them determine if they were in their "Right Mind?" Interspersed with Dr. Saltman's laughter evoking comedy, participants answered questions that helped them determine if they were "right" or "left" brain dominant.

The 2007 Volunteer of the Year went to Thomas C. Hammond, MD, Medical Director of the APDA Information and Referral Center. Since 1995, Dr. Hammond has been volunteering; speaking at symposia and support groups, writing articles for *The Parkinson's Source* newsletter, attending fundraisers and being an available resource to the Community.

Support group leaders and co-leaders as well as fundraiser and event committee chairs for 2007 events were also honored; Alan Perry, Cmdr. and Mrs. Philip Lorber, Milton Shapiro,

Agnes Porzio, Sheila Finkelstein, Rhoda and Seymour Olchak and Edie and Lou Harris. Grateful appreciation goes to Cmdr. and Mrs. Philip Lorber for their generous donation in honor of Dr. Thomas Hammond and Gigi Gilcrease, RN, MBA which helped sponsor the event.

On behalf of the APDA SFL Chapter, Board Member Natalie Golbitz addressed the audience to encourage their involvement with APDA and the Parkinson's community.



Claire McCarty, of The Women's League of Hillsboro Beach, introduced their annual gala and fundraiser on March 29, 2008 will benefit caregiver respite. The League is committed to helping meet the needs of Parkinson's caregivers.



Joyce Saltman, PhD, Professor at Connecticut State University, entertained the audience with "Are You in Your Right Mind?"



Gigi Gilcrease, RN, MBA, (left) and Natalie Golbitz, Chapter Board Member (right) proudly present Dr. Hammond with a beautiful quartz clock.



Gigi and Natalie join Award Honorees from left to right - Alan Perry, Cmdr. Philip Lorber, Agnes Porzio, Milton Shapiro, Sheila Finkelstein, Rhoda Olchak, Lou Harris, Edie Harris and Seymour Olchak.



Many thanks to everyone not mentioned in this article who served on committees and helped with events throughout the year. A special thank you to Linda O'Brien, MS, RN, Assistant Coordinator, (above) for her contribution and support of APDA South Florida.

Continued from page 1

Medical Director's Update:

California, Los Angeles (UCLA) researchers evaluated 293 patients with typical PD and compared them to 286 age, race and sex matched control patients without PD. The study looked at the patients' use of aspirin or non aspirin NSAIDs such as ibuprofen (Motrin, Advil etc.) or naproxen (Aleve and others) as well as other prescription NSAIDs. Most patients were using the NSAIDs for arthritis but the aspirin users may have been taking them for stroke or heart attack protection. The results showed non aspirin NSAIDs were protective and lessened PD risk by 50% and the protection increased to 60% diminished risk of PD in those patients taking them for more than two years. The protective benefit was greater in women than in men. For aspirin, the benefit was more modest with an approximately 20% reduction in risk of PD in women. For men, aspirin seemed to have no clear benefit in reducing PD risk.

An interesting twist in this picture of protection of cells in the substantia nigra (SN) comes from a study done in New York which evaluated a large number of patients with PD and control patients, and assessed them for behaviors such as drinking coffee regularly, or smoking, as well as use of NSAIDs. In that study, the combination of smoking, coffee use and use of NSAIDs had an 87% reduction in the risk of developing PD.

What does this mean for patients who currently have PD? Should they be advised to sit on the patio, have a cup of coffee, smoke a cigarette and take a few Advil? I think not! There are no medical studies to show there is a benefit of slowing the disease progression in PD by taking NSAIDs once you have the disease. These anti-inflammatory drugs do have potential risks since they can cause peptic ulcers and gastrointestinal bleeding and in some patients they can cause kidney or liver damage. Smoking cigarettes has clear health risks. A cup of coffee or two may not hurt and may help combat the daytime drowsiness in PD patients. Protecting the SN cells from slowly and progressively dying off in PD remains a challenge for which we do not have a clear answer.

Cell Replacement

What about replacing the SN cells that are dying in PD? Two prior papers on stem cell research in the last three months are very promising for PD patients. In November 2007 in the journal, *Nature*, the group at Oregon National Primate Research Center reported the successful production of a stem cell line in primates (monkeys). This

was created by transferring a nucleus from a skin fibroblast into a fertilized monkey egg that had the DNA removed. The resulting stem cell line has neuronal stem cells with neuronal stem cell markers and can become brain cells which could theoretically be used to replace those lost in PD. Other cells were prodded to become heart cells and were observed to be "beating heart cells." This represents a breakthrough since prior to this, primate cells have been impossible to coax into the stem cell state.

The other report also came in November 2007. This one in the journal, *Science*. It was from the laboratory of James Thomson, PhD at the University of Wisconsin, who had created the first line of stem cells from human embryos. The current study is truly a breakthrough for both scientists and ethicists. They identified four genes that reprogram skin cells to become stem cells. The cells they produced are indistinguishable from embryonic stem cells in that they can be given orders to turn into any cell type in the body such as SN cells in PD patients. Since there is no need with this technique for human eggs or human embryos, the ethical issues of destroying life to help another are averted. This was lauded as an advance in "ethical stem cell research" by President Bush.

This new technology, however, uses cancer genes and retroviruses (AIDS-like viruses), both of which may create problems with tumor growth from the newly created stem cells. Needless to say, these safety issues will have to be worked out. To this date, the only successful treatment of PD with stem cells was achieved in a rat model PD in year 2005. This study has been discussed in a past issue of *The Parkinson's Source*. These two recent successes in stem cell research infuse new hope into the cell replacement arena in PD.

This issue of *The Parkinson's Source* has discussed TCE as a fairly omnipresent industrial toxin which may be playing a role in causing substantia nigra (SN) cell death in Parkinson's disease (PD). We also covered the study showing NSAIDs and their seeming protection in slowing or preventing cell death in the SN in PD. (neuro-protection)

Lastly, I discussed two new exciting advances in stem cell research which may lead to the development of replacement cells in PD. (the cure?)

Please keep in mind that the best tool we currently have to slow cell death and perhaps regenerate cells in the SN is a regular exercise program. So don the walking shoes and hit the hallway!

Thomas C Hammond, MD, Medical Director

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

SOUTH FLORIDA

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

Room 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

Sanford L. Ziff Health Center

Rehab. Facility

3200 S. University Drive

Every Wednesday 10:45-12:00NOON

Contact: Dr. Blodgett 954-262-5611

Care Partner Group

Every Wednesday 2:00-3:30PM

Deerfield Beach

NORTH BROWARD MEDICAL CENTER

201 E. Sample Road, Senior Center

(off lobby)

Support Group and 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

Every Friday 1:00-3:00PM

Contact: Agnes Porzio 954-972-2221

Tamarac

KINGS POINT CLUB HOUSE

7620 Nob Hill Road

1st Wednesday/month 1:00-3:00PM

Contact: Bonnie Cohen 954-721-4735

The Parkinson's Dutch Lunch Bunch meets the 1st Wednesday before the Delray Support Group call Milton Shapiro at (561)637-0159

PALM BEACH COUNTY

Atlantis/Lake Worth

JFK MEDICAL CENTER Kennedy Ctr. #3

5301 S. Congress Avenue

Support Group and Exercise

1st Thursday/month 2:00-3:30PM

Contact: APDA 800-825-2732

Delray Beach

SOUTH COUNTY CIVIC CENTER

16700 Jog Road

Support Group and Exercise

1st Wednesday/month 2:00-4:00PM

Contact: APDA 800-825-2732

Jupiter

JUPITER TOWN COMPLEX

Activities Building, 210 Military Trail

Every Friday 1:00-3:00PM

Contact: Lottie Redlin 772-283-5693

Royal Palm Beach

ROYAL PALM BEACH REC. CENTER

100 Sweet Bay Lane

Support Group and Exercise

Monday and Wednesday 10:00-12:00

Contact: Mr./Mrs. Rodgers 561-791-9885

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

Boca Raton

YMCA (Land and Pool)

Peter Blum Family Center

6631 Palmetto Circle South

Tuesday and Thursday 11:30AM-1:15PM

Contact: 561-395-9622, ext. 14

Boynton Beach

YMCA (Land and Pool)

9600 S. Military Trail

Monday, Wednesday, Friday 2:30-3:45PM

Contact: 561-738-9622

MARTIN COUNTY

Stuart

GRACE PLACE COMMUNITY CHURCH

1550 SE Salerno Road

Support Group and Exercise

2nd Monday/month 1:00-3:30PM

Contact: 772-286-3268 or 772-287-8592

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

Melbourne

SOUTH BREVARD PARKINSON'S

SUPPORT GROUP

Eau Galle Public Library

1521 Pineapple Avenue

4th Thursday/month 1:30PM

Contact: Elsa Antonsen 321-725-4011

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

Winter Park

FIRST UNITED METHODIST CHURCH

Wesleyan Building, Room 236

125 N. Interlachen Avenue

1st Friday/month 10:00am-12:00NOON

Contact: Dr. Lucy Braun 407-423-5311

NORTHEAST FLORIDA

For information on the groups in cities

listed below, call: APDA Coordinator

Audrey Strongosky 904-953-7030

Deland

Orange City

Jacksonville

St. Augustine

Jacksonville – Young Onset

WEST COAST FLORIDA

For information on the groups in cities

listed below, contact:

APDA Coordinator

Faye Kern 727-328-6246

Avon Park

Orlando

Barrington

Palms of Largo

Bradenton

Pensacola

Clearwater

Sarasota

Englewood

Springhill

Fort Walton

St. Petersburg

Inverness

Sun City Center

Lady Lake

Tampa

Lakeland

West Pasco

Leesburg

North Port

Young Onset

Ocala

Tampa Bay

NOTE: Support Group day and time may change periodically. For current updates on South Florida Support Groups and Exercise call the APDA Information and Referral Center at 1-800-825-2732.

*Become a Part of History...
Help Ease the Burden, Find the Cure for Parkinson's Disease*

Parkinson's disease is a progressive, irreversible neurological disorder for which there is no known cause or cure. But there is *hope!* The South Florida Chapter of the American Parkinson Disease Association (APDA) provides that hope by looking out for the well being of people with Parkinson's disease and their families. APDA is a ready source of information on Parkinson's, answers questions about the disease; and offers patient and caregiver support, community education, newly diagnosed workshops, symposia, exercise, respite care assistance and this newsletter.

Please help us continue to provide these services and programs by sending your tax deductible donation payable to:

APDA South Florida Chapter, 201 East Sample Road, Deerfield Beach, FL 33064

For information on making a bequest or credit card donation, call **1-800-825-2732**.

Tribute Information

In Memory/In Honor of _____

Acknowledgement to _____

Address _____

City, State, Zip _____

Enclosed is my check made payable to APDA S. Florida for:

\$1000 \$500 \$250 \$100 \$75

\$35 (membership) Other _____

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

VISA or MasterCard # _____

Expiration Date _____

Membership/Contribution Information

Name _____

Address _____

City, State, Zip _____

Phone _____

Enclosed is my check made payable to APDA S. Florida for:

\$1000 \$500 \$250 \$100 \$75

\$35 (membership) Other _____

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

VISA or MasterCard # _____

Expiration Date _____

THE Parkinson's Source

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



Non-Profit Org.
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