

# CENTRAL ILLINOIS PARKINSON SUPPORT GROUP

Blessed are those who can laugh at themselves....

Web site: [www.heartstohands.org](http://www.heartstohands.org)

They shall never cease to be entertained

**DATE: April 2, 2022**

**TIME: 1:30 PM**

**PROGRAM: Ask the Expert: Parkinson's & Hospitalization**

**Parkinson's Foundation Advisor, Dr. Michael S. Okun answers YOUR questions about Parkinson's disease and hospitalization.**

**WHERE: OSF Center for Health**

**5114 N. Glen Park Place**

**Peoria, IL 61614**

**Several of our Members have had bad experiences while in the Hospital over the last year I will be Highlighting sections from the above webinar that deals with Parkinson's and Hospitalization. If you have been Hospitalized and would like to share information, please feel free to during the meeting. I will also have several handouts.**

Lammy Lott LCPC from INI Gave us a great program on Stress Management - especially as related to COVID. She also had so great tips for handling everyday Parkinson's and Stress.

April is Parkinson's Awareness Month let make a statement! Try wearing something Parkinson's related every day, you might just be surprised what will popup in conversations when people see what you are wearing. It's a great time to show that you have Parkinson's ... Parkinson's does not have you.

Also watch for some other exciting things happening that will help spread the Awareness.



Pampered Chef APDA Fundraiser, this will run from April 1<sup>st</sup> to April 11<sup>th</sup>. It will be a virtual fundraiser so everyone you know can participate. Look for information in this Newsletter

Portillo's Fundraiser, this will take place April 11<sup>th</sup> from 4:00PM to 8:00PM at the Peoria Portillo's. I will have more information and the

needed vouchers soon.

Wear Grey for Parkinson's Disease Awareness APRIL 2, 2022 AT 6 AM – 11 PM. This is a Facebook event that one of my Great Advocacy friends does every year. Please Join the event if you are on Facebook <https://fb.me/e/4yZryrRoS>

Or just send me photos of yourself and friends wearing gray by the evening of the 2<sup>nd</sup>, and I will submit them. Remember our Support Group meeting is on the 2<sup>nd</sup> so wear gray.

I'm sure there will be a lot more going on so please keep checking you email or our website.

I get asked about quite often, about the difference between a Movement Disorders Specialist and a general Neurologist, and why should I see a Movement Disorders Specialist? So, I asked the APDA Chief Scientific Officer, Dr. Rebecca Gilbert, she wrote about the differences in one of her blog posts. I have copied some of the highlights here. You can read her complete Blog at; <https://www.apdaparkinson.org/article/author/dr-rebecca-gilbert-closerlook/>

A Movement Disorders Specialist undergoes the same training as a general neurologist — both complete a one-year internship in Internal Medicine after finishing medical school, followed by a three-year residency in neurology. A general neurologist stops training at that point and enters practice, whereas a Movement Disorders Specialist continues on to complete a movement disorders fellowship, which is an extra 1-2 years of training focused on PD and related disorders.

Those who complete a movement disorders fellowship will then typically focus their practice on PD and related disorders. Therefore, they will continue to learn the intricacies of all the areas mentioned above, as each patient provides a new opportunity to learn.

Additional experience in prescribing PD-specific medications – There are currently 23 medications approved for use in PD, including 7 medications containing levodopa, and 6 variations of dopamine agonists. These medications can be used in combination, and dosages and timing of all these medications can make a difference in clinical outcomes. It therefore takes skill and practice to use these medications most effectively. Movement disorders fellowship allows for more comfort in managing non-motor symptoms such as depression, psychosis, constipation, and low blood pressure, including prescribing medications for these conditions.

All in all, seeing a Movement Disorders Specialist may offer you additional avenues to improve your PD-related care.

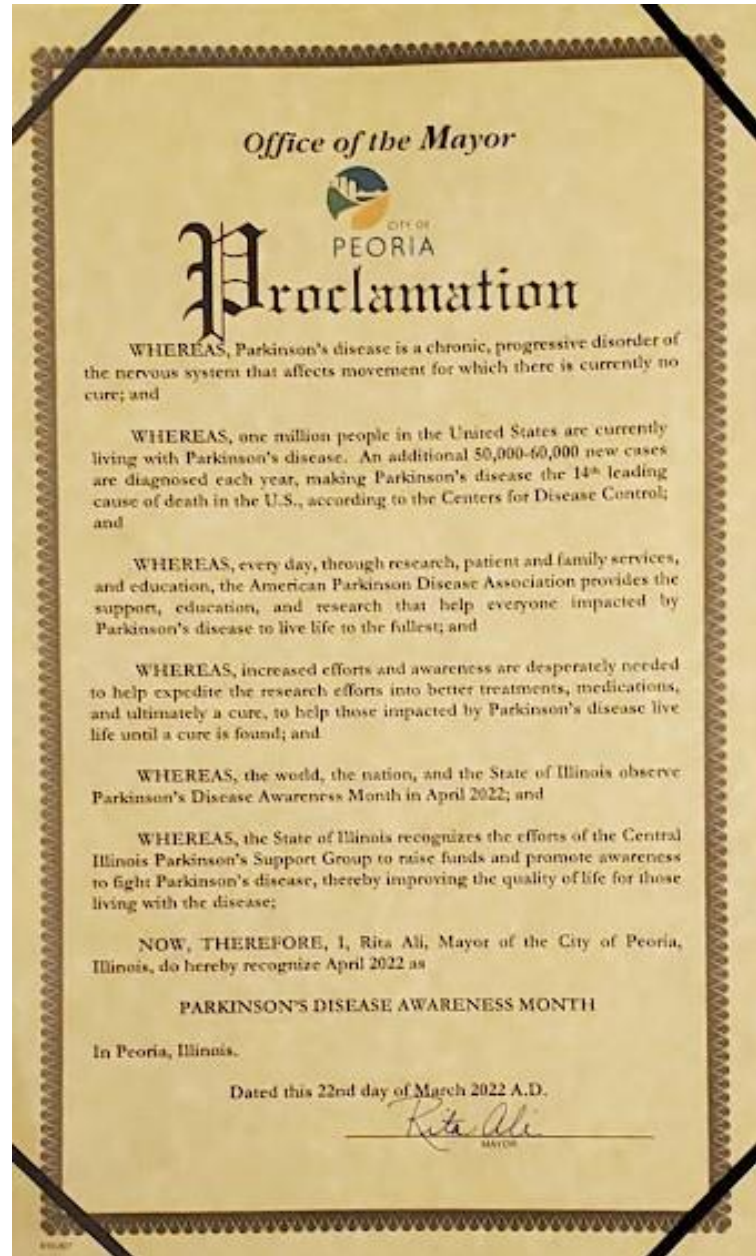
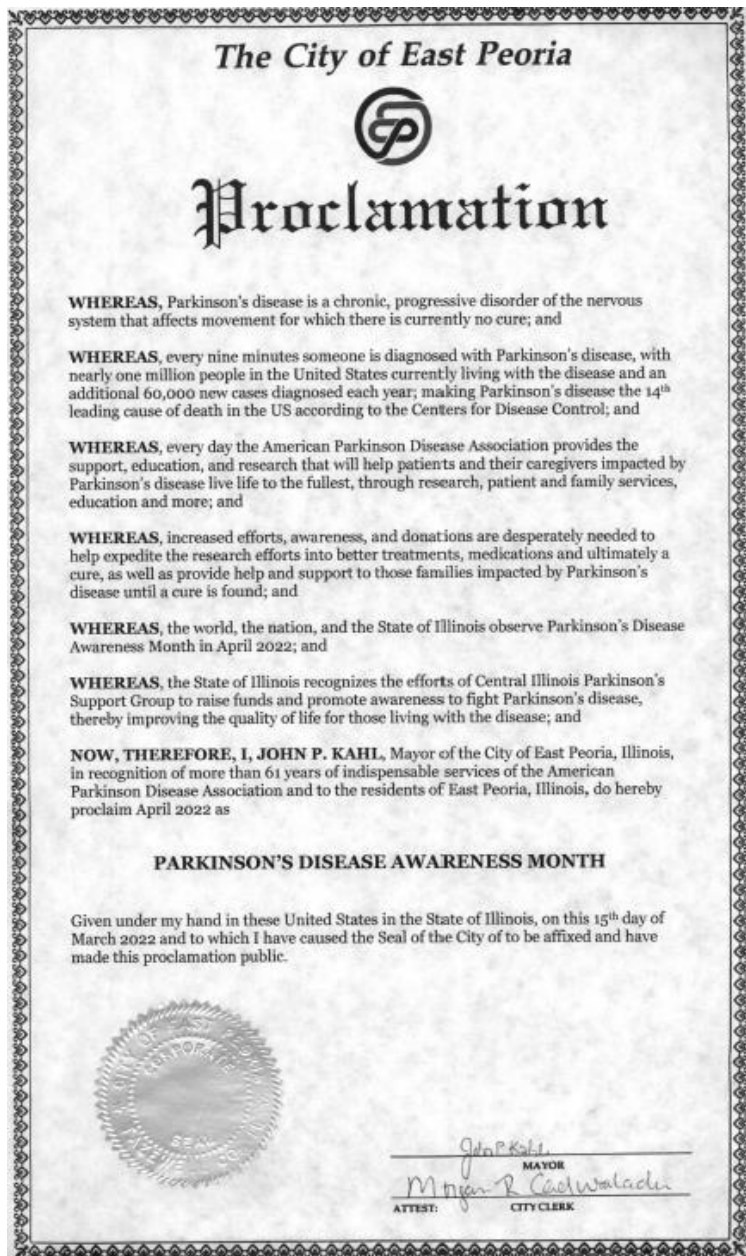
Tips and Takeaways:

A Movement Disorders Specialist is a neurologist who has undergone an extra 1-2 years of PD-related training, known as a movement disorders fellowship and goes on to focus their practice on PD and related disorders.

A Movement Disorders Specialist may be especially adept at managing PD medications and side effects, managing non-motor symptoms of PD, administering botulinum toxin injections and programming DBS.

If you're currently seeing a neurologist and need a second opinion on something, or if you're at a point where you are considering changing doctors, seeking out a Movement Disorders Specialist might be something to consider.

Last Month I had a Proclamation from the State of Illinois in the Newsletter, this month I'm showing off the Proclamations from the City of Peoria and East Peoria. There is still time if you would like to get a Proclamation from the City or Township you live in I can help walk you through this process.



If you have questions about this Newsletter or Central Illinois Parkinson's Support Group, please feel free to contact me at [roger@cipdsupportgroup.org](mailto:roger@cipdsupportgroup.org) or call 309 219-1210

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<https://smile.amazon.com/ch/83-2656727>



**Trouble Sleeping? What to Know about Acting Out Dreams and Other Sleep Issues** This was the March Third Thursday webinar from the Michael J Fox Foundation If you Missed it here is a link to watch it. <https://www.michaeljfox.org/webinar/trouble-sleeping-what-know-about-acting-out-dreams-and-other-sleep-issues>

Our expert panelists discuss the many sleep issues that can come with aging and Parkinson's, including acting out dreams while asleep. We share tips for managing sleep problems and cover research into the latest treatments.

The Next Third Thursday webinar from the Michael J Fox Foundation is on April 21<sup>st</sup> at 11:00AM "New to Parkinson's? Steps to Take Today" This month we will replay a webinar on navigating a new Parkinson's diagnosis. Our panelists discuss practical tips for managing the early years of Parkinson's. We cover how to build your care team, ways to connect with the community and opportunities to participate in research.

Here is the link for this webinar. <https://www.michaeljfox.org/webinar/new-parkinsons-steps-take-today-0>



The APDA has some upcoming event.

March 28, 2022: 10:30am – 11:30am PT

Mouthcare Matters: Reducing your risk of aspiration Pneumonia in PD.

Here is the link; <https://www.apdaparkinson.org/events/mouthcarematters/>

Oral Health is essential in maintaining overall health. Poor oral hygiene is a significant contributor to Aspiration Pneumonia which is of particular concern for those with swallowing problems. Speech and Language Pathologist, Sarah Awde joins us in providing information and advice in implementing an effective oral care routine to reduce the risk of developing an aspiration type pneumonia.

Dr. Gilbert Hosts: I Was Diagnosed With Parkinson's Disease, Now What?

March 31 at 1 pm CT

Here is the link; <https://www.apdaparkinson.org/events/dr-gilbert-hosts-i-was-diagnosed/>

You've just been diagnosed with Parkinson's disease (PD) – now what?!? Receiving a PD diagnosis can be confusing, overwhelming, and frightening, leaving you with many unanswered questions, or perhaps not even knowing what questions to ask in the first place



Please join the **APDA Midwest Chapter** in the Parkinson's Awareness Month Pampered Chef Fundraiser. The APDA is creating Awareness and Raising funds to Help everyone impacted by Parkinson's disease live life to the fullest.

You may Join the Party by following one of the links below. Please feel free to share this information with all your friends and neighbors.

Facebook group party link with recipes and demos and prizes:

<https://www.facebook.com/groups/5568044646563459>

Link to a virtual party that is NOT Facebook - includes recipes, demos, and prizes!

<https://table.pamperedchef.com/party/353268ido>

Direct Shopping Link:

<https://www.pamperedchef.com/party/hope4parkinsons0401?redirect=shop-landing-page>