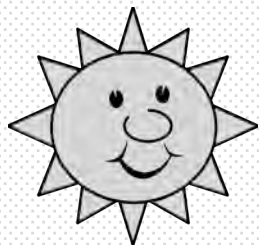
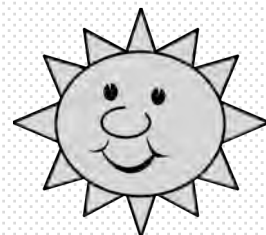


AUGUST 2008



HOT-HOT-HOT

Nina Brown



In polite company, it has been said that “women don’t sweat ~ they perspire, glisten or glow.” As I attempted to unobtrusively mop up the water that dripped from my head onto a menu, I was obviously doing more than “glowing.” Parkinson’s was playing havoc with my internal temperature controls again.

Parkinson’s affects a part of the nervous system that regulates blood pressure, heart rate, bowel movements, and bladder function as well as maintaining body temperature. While not completely understood, scientists have found that abnormal sensations of heat or cold, impaired sweating responses and hypothermia (low body temperature) can all occur in the advancing stages of an untreated person with Parkinson’s.

Some of these phenomena disappear when taking Sinemet, which suggests that dopamine may play a role in regulating our temperature. Taking a dopamine agonist might also be of some benefit to help with severe drenching sweats that can occur at “end-of dose” or “off” periods. Dyskinesia (abnormal movements from high doses of levodopa and/or long term levodopa therapy) may also cause sweating.

The following suggestions may help make hot summer days more comfortable.

- o **Check medications with your doctor.** Certain medications, such as Selegiline (Eldepryl), antihistamines, beta-blockers, calcium channel blockers, anticholinergics, anti-depressants and those used for urinary incontinence can decrease sweating and increase the risk that the heat will make you ill. If you plan to exercise in the heat, consult your physician regarding adjusting the amount or timing of your medication.
- o **Limit vigorous activity** to short time periods during hot, humid weather. Try to exercise in air-conditioned places. Walk in enclosed shopping malls.
- o **Drink water** before, during, and after exercise to replace lost fluid. Our thirst mechanism slows down with age, so we may not be able to depend upon it to warn us to drink enough water. By the time we feel thirsty, we’re already dehydrated. Be aware that drinking alcohol can cause you to lose more fluid than you consume.
- o **Take baths and showers** because water conducts heat away from the body.
- o **Wear lightweight, light-colored, loose-fitting garments** of natural fibers.

There are other physical problems in addition to Parkinson’s that may cause sweating, so make sure your doctor is aware of the problem.



DO YOU FALL FROM PARKINSON'S DISEASE?

If you **fall** from Parkinson's disease, you may be eligible to participate in a study on an exercise program being conducted by researchers at the University of Texas Medical Branch in Galveston, the Parkinson's Disease Research, Education, and Clinical Center at the Michael E. DeBakey VA Hospital, and the Movement Disorders Clinic at Baylor College of Medicine in Houston.

If you have Parkinson's and have problems with walking and balance and would like more information regarding the study, please call **Mon Bryant at 713-791-1414 ext. 4043.**



The Parkinson Disease Foundation is presenting a series of educational symposia and webcasts that are bringing Parkinson's experts to four cities around the country, including Houston, April 4, 2009. The series titled, *Parkinson's Science: Innovations and New Perspectives*, presents information on the latest advances in research and treatments for Parkinson's disease. The webcasts allow the sessions to be available around the globe through the Internet. They can be viewed LIVE in real time or after the events for up to one year. To register or view event programs, visit www.pdf.org.



EXERCISE your EYES!



Exercising your eyes can help combat the blank stare that often comes with the "Parkinson's mask." Using your entire range of motion, "trace" the numbers one through nine while keeping your head still and moving only the eyeballs. Imagine HUGE numbers.

Maintaining eye contact helps keep your head erect in addition to helping your posture.

HAPS Board and Medical Advisory Board

On the evening of July 8th, members of the HAPS Board of Directors and the HAPS Medical Advisory Committee gathered at the home of Ellin and Bob Grossman for a Board meeting and casual reception. A highlight of the evening was a surprise announcement that two of HAPS' Board members, Binky Stephenson and John Strom pictured below, were recently engaged!



Medical Advisory Committee members Dr. Michele York and Dr. Robert Grossman with HAPS Board President Ellin Grossman



HAPS Board members Binky Stephenson and John Strom



HAPS Medical Advisory Committee member Dr. Erin Furr-Stimming and HAPS Board member Frank Donnelly



Houston Area Parkinson Society presents the 5th annual Polo for Parkinson's Sunday, October 19, 2008

4 pm polo match at the Houston Polo Club
Dinner following at the Bayou Club



**SLIGHTLY USED MEDICAL EQUIPMENT
NEEDS A GOOD HOME**

FIRST COME - FIRST SERVE BASIS

**CALL HAPS AT 713-626-7114
FOR MORE INFORMATION.**



A N N O U N C I N G



NEW SUPPORT GROUP **for individuals with Parkinson's** **and their care partners**

3rd Tuesday of every month
3:00 PM to 4:00 PM

For more information, please call Celeste Guerrero, LMSW at 713-313-1621



Time to Tango!

HAPS thanks all who responded to our inquiry regarding interest in participating in a dance group that HAPS is adding to its exercise therapy program. We will begin a pilot program tango dance group in the fall that will take place at a central location in Houston. We plan to add additional groups in more locations very soon and will keep you informed.

EDUCATIONAL PROGRAM for NEWLY DIAGNOSED **(within the past two years)**

Saturday, August 16, 2008

Presentation by Dr. Stanley Fisher

The Methodist Neurological Institute

Please contact Celeste Guerrero, LMSW, 713-313-1621, for more information

*Yesterday is a canceled check.
Tomorrow is a promissory note,
Today is cash in hand...
spend it wisely.*



CONTRIBUTIONS

Your donation is much appreciated. Your thoughtfulness helps HAPS continue to provide much needed services to people with Parkinson's and their families.

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Mr. and Mrs. V.L. Jefford, Jr.
Hilda and Bernardo Cardenas

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Bentrade, Inc.
Agnes Cooke

IN HONOR OF

The birthday of Emilia Heredia
Celina and Bob Wager

Joe V. Longoria
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IN MEMORY OF

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HAPS HAPPENINGS is published monthly by **Houston Area Parkinson Society** Editor: **Nina P. Brown**

HAPS does not provide diagnosis or treatment. Always seek the advice of your physician or pharmacist with any questions you may have regarding a medical condition or drug interactions.