

Parkinson's Disease: A Journey of Strength & Hope

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Program Director



AMERICAN
PARKINSON DISEASE
ASSOCIATION

VIRGINIA CHAPTER

Strength in optimism. Hope in progress.



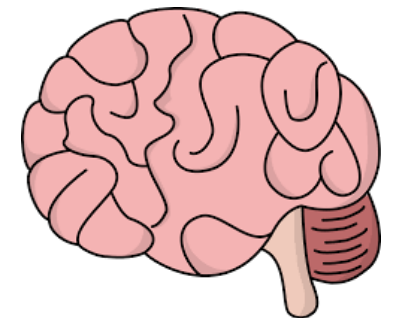
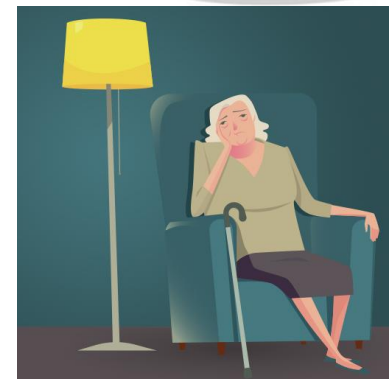
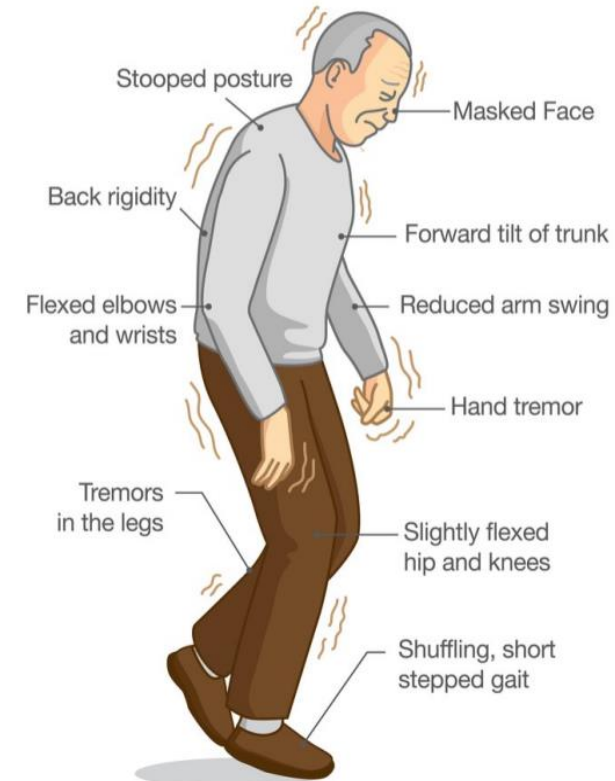
VIRGINIA

PARTNERS IN
PRAYER &
PREVENTION

VDH OFFICE OF HEALTH EQUITY

PARKINSON'S 101

- **What is Parkinson's Disease?**
 - Neurodegeneration of dopaminergic neurons. Loss of Dopamine, key neurotransmitter in movement and balance.
- **Common Symptoms: Motor and Non-motor**
 - Shakiness/tremors, shuffle-walking, pill-rolling, rigidity & slowness
 - Depression, fatigue, constipation, sleep disorders, dementia
 - Impacts daily functioning and quality of life



NON-MOTOR SYMPTOMS OF PARKINSON'S DISEASE

Note: Each person with PD has a different set of non-motor symptoms. Some have none.

Non-motor symptoms

NEUROPSYCHIATRIC

- Depression
- Anxiety
- Sleep disorders
- Cognitive impairment and dementia
- Apathy

SENSORY

- Visual disturbances
- Loss of smell
- Pain

AUTONOMIC

- Orthostatic hypotension
- Constipation
- Urinary dysfunction
- Sexual dysfunction



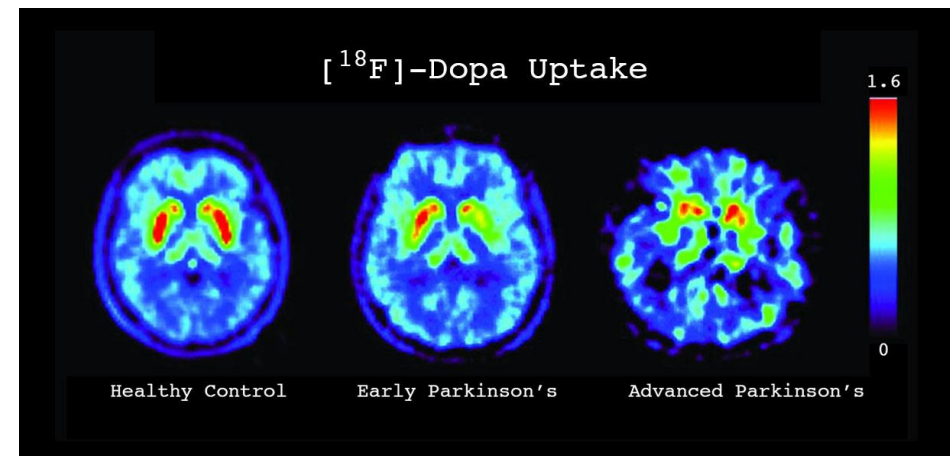
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HOW IS PARKINSON'S DISEASE DIAGNOSED?

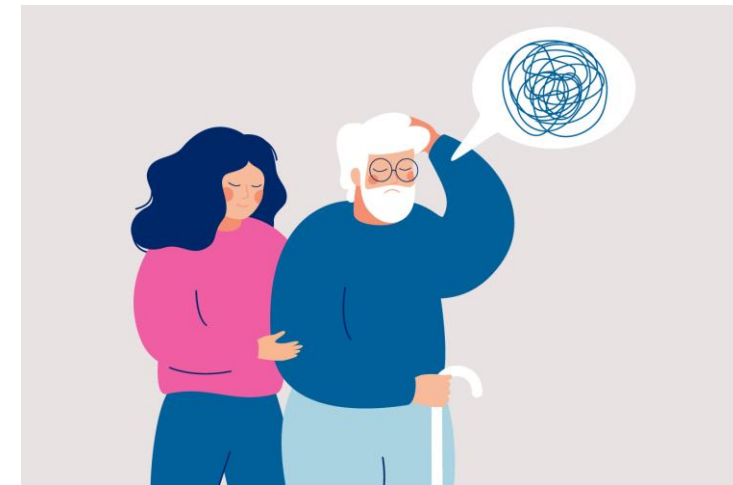


- Not an actual test to diagnose PD
- Thorough case history
- Neurological exam
- CT, MRI, and blood test to rule out other disorders
 - Patient presents 2 of 4 cardinal symptoms (tremor, rigidity, slow movement, balance problems)
- Positive reaction to medication
- DAT Scan
- A movement disorder specialist is a neurologist with additional training in Parkinson's disease and other movement disorders. This type of doctor typically has extensive knowledge of Parkinson's therapies and ongoing research.



PARKINSON'S 101

- **How is Parkinson's different from Alzheimer's?**
 - Dementia is an overlapping symptom between diagnoses
 - Parkinson's is the second-most common neurodegenerative disease after Alzheimer's disease.
 - Manifests in the brain similarly but presents with different symptoms and level of functioning.
 - Alzheimer's: language, memory to at or before diagnosis
 - PD induced dementia: hallucinations, delusions, paranoia



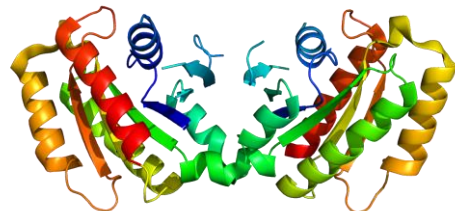
PARKINSON'S 101

- **What Causes Parkinson's?**

- Largely unknown: Leading theories but starts via degeneration of dopamine producing neurons (asymptomatic):
- **Environmental** – Herbicides & pesticides, Agent Orange & head injuries
- **Genetic** – Mutation in LRRK2 gene and/or mutations in proteins that make dopamine (rare). More likely if mutation gene and environmental factor
- **Age highest risk factor** – Older you are higher risk for developing. Average onset 60 -65
- PD incidence estimates are higher in men compared to women at all ages.

- **Is Parkinson's a problem for Virginians?**

- United States nearly 1 million people living with; 90,000 new diagnoses/year
- Yes! **Southern and more rural states have higher rates.** Under diagnosed



MANAGING PD



- **Medication:** People with PD have diminished levels of dopamine and many drugs either replenish dopamine or mimic the action.
- Medications may relieve or decrease motor/non-motor symptoms
- There are no medications available that protect neurons from degenerating
- **Rehab Therapy**
- **Physical Therapy-** for improving balance, walking and strength
- **Speech Therapy-** for speech and swallowing difficulties
 - LSVT LOUD is an effective speech treatment for people with Parkinson's disease (PD) and other neurological conditions.
- **Occupational Therapy-** for improving fine motor skills and independent living

MANAGING PD



- **Exercise:** Encourage residents to participate in daily activity
- Slows progression of PD symptoms
- The Center for Disease Control recommendations: **150 minutes of moderate intensity or 75 minutes of vigorous intensity exercise/week for all older adults**
- Being sedentary and de-conditioned can increase stiffness, stooped posture and poor endurance
- Popular methods of exercise with PD:
 - Boxing
 - Tai Chi
 - Zumba
 - Dance
- **Nutrition:** The MIND (variation of Mediterranean Diet) diet has been associated with a lower risk of Alzheimer's disease
- Lower risk and slower progression of Parkinson's Disease in the elderly.
- The Mediterranean diet has shown both heart and brain health benefits

DIVERSITY IN PARKINSON'S DISEASE

- One [study](#), published in the *Journal of Cross-Cultural Gerontology*, found Black, Hispanic, and Asian adults were more likely than their white counterparts to regard Parkinson's symptoms as normal signs of aging.
- A study published in the journal *Parkinsonism & Related Disorders* found that Black patients were four years older than white patients at the time of their Parkinson's diagnosis.
- With Parkinson's Disease you can still have a great quality of life

YOU AND YOUR HEALTHCARE TEAM

Diagnosis and
Medical Management:
Movement disorders
specialist

Rehabilitation
services: PT, OT,
speech therapy

Psycho-social
support: psychiatrist,
social worker,
psychologist



General health:
Primary care
physician, sub-
specialists, nursing,
nutritionist

Exercise and
wellness:
Tai chi, yoga,
boxing, dance, etc.

How to Support Your Loved One During the Holiday Season?



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How to Support Your Loved One During the Holiday Season?



- **Adjust Your Expectations**
- Holidays often come with [high expectations](#) that lead to disappointment and stress.
- Letting go of the illusion of a "perfect" holiday and **flexibility** can help you keep expectations realistic and focus on what's most important about the holidays.
- Focus on gratitude!
- **Make gift shopping simple** with gift cards or consider a “Secret Santa”, white elephant-style gift exchange where you purchase a gift for just one person.
- **Maintain routine!** Exercise and movement can help you feel better. There are many online classes you can join from home, or get outside for a walk

How to Support Your Loved One During the Holiday Season?



- **Take time for yourself.** Whether it's to squeeze in your own doctor appointments, a phone call to an old friend, to get some exercise, or just have some quiet alone time to read a book, it is important to find a little time for YOU.
- Incorporate self care-self-care is anything that recharges your batteries mentally, emotionally, or physically

For care partners

- If you have plans that include going to dinner or to a performance with your person with PD, **call ahead to ask for seats on the aisle or near the front of the restaurant.**
- When going out to a social event, **set a code word.**
- The code word could mean they need to leave, need a break to rest, etc. **Ask them their expectations and boundaries in advance.**

HOW TO SUPPORT YOUR LOVED ONE DURING THE HOLIDAY SEASON?

If traveling

- Try to bring some of your own snacks. Airports and planes have highly processed, overly salted foods that are high in saturated fats.
- Double check medications to make sure you have more than enough for the trip – PACK EXTRA!
- Keep an updated list of medications with dosages, schedule, allergies, insurance card, doctor's contact information, etc.
- Use a phone alarm or alarm watch to remind you to take your medications
- Allow extra time for transitions, your morning routine, eating, etc. to allow for you to feel comfortable and not rushed throughout your holiday events.
- **Find support.** You don't have to go it alone. APDA can help you find a support group near you, or you can join

APDA VIRGINIA – WHAT WE DO



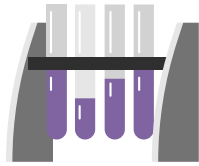
Support

Research

APDA
Virginia

Resources

Education



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SUPPORT - PROGRAMS

- **Support Groups:** Develop support groups, assist support group facilitators and support more than 30 groups.
- **PRESS Program:** An 8-week programs designed for **individuals diagnosed with PD in the last 5 years**, covers post-diagnosis topics related to chronic illness mgmt to help feel empowered, in control, and optimistic.
- **Financial Support Program:** Approved applicants will be awarded a scholarship to cover expenses such as: transportation, assistance at home, exercise classes, medications, adaptive equipment, and home or respite care.
- **Connecting Through Art:** This program encourages PD participants and their caregivers to socialize as they participate and share in a painting art activity.



EDUCATION

- **Virtual Education:** In addition to publication hard copies, we offer online education through our website, Facebook posts, and coming soon regular YouTube and webinar series events
- **Wellness Webinar Series:** Online education presentation series featuring experts in the field for patients, family members, and caregivers – highlight state & national resources
- Conference In-person
- **In Service Presentations:** Parkinson's education to community & providers



Virginia Parkinson's Resource Group 

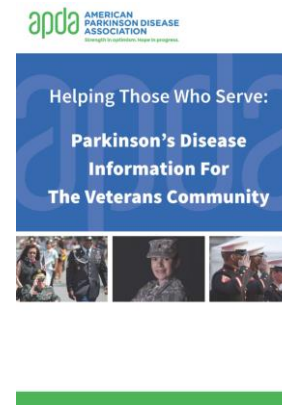
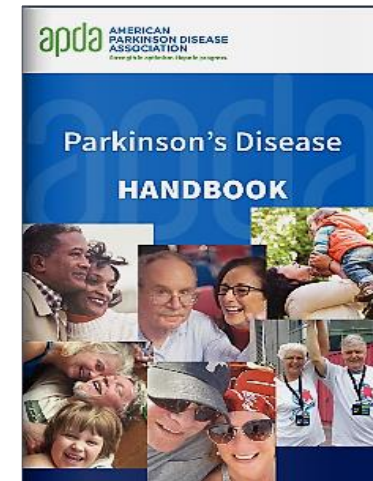
Use the zoom link to join on Wednesday from 10:00 a.m. - 12:00 p.m.

- Exercise from 10:00 a.m. to 11:00 a.m.
- Resources & Discussion from 11:00 a.m. to 12:00 p.m.

 Questions? Call 757-495-3062 or Email apdavirginia@apdaparkinson.org

RESOURCES

- **Literature:** More than 40 Complimentary literature with information on nutrition, medications, and more, available in English or Spanish. Publications available to order free to the public.
- **Referrals:** Answering questions and offering a sympathetic ear. Referrals to healthcare providers, support groups, exercise classes, and other community resources. Build community through resource distribution and connection.
 - Build online community resource directory – one stop PD shop



Medications To Be Avoided Or Used With Caution in Parkinson's Disease

This medication list is not intended to be complete and additional brand names may be found for each medication. Every patient is different and you may need to take one of these medications despite caution against it. Please discuss your particular situation with your physician and do not stop any medication that you are currently taking without first seeking advice from your physician. Most medications should be tapered off and not stopped suddenly. Although you may not be taking these medications at home, one of these medications may be introduced while hospitalized. If a hospitalization is planned, please have your neurologist contact your treating physician in the hospital to advise which medications should be avoided.

Medications to be avoided or used with caution in combination with Selegiline HCL (Zelapar®), Rasagiline (Azulec®) and Sulfamethoxazole (Kojagel®)

Medication Type	Medication Name	Trade Name*
Narcotics/Analgesics (see note below)	Meperidine	
	Tramadol	Ultram
	Morphine	Oraloxine
Antidepressants (see note below)	St. John's Wort	Several Brands
	Cyclobenzaprine	Flexal
Muscle Relaxants	Cyclobenzaprine	Flexal
Cough Suppressants	Dextromethorphan	Robitussin products, other brands—found as an ingredient in various strength and cold medications
Decongestants/Stimulants	Pseudoephedrine	Sudafed products, other brands—found as an ingredient in various cold and allergy medications
	Phenylephrine	
	Ephedrine	
Medications that Inhibit Monoamine oxidase non-selectively	Linezolid (antibiotic)	Zyvox
	Phenelzine	Nardil
	Tranylcypromine	Parnate
	Socorbosid	Marglan

*Note: Additional medications are cautioned against in people taking Mirapex and/or Selegiline (Zelapar), including other brands. Brand names mentioned in the chart above, most contain an antidepressant and other ingredients. Brand names is mentioned in the chart above, however, there are patients who have successfully taken these medications in combination. Please discuss these medications with your neurologist. Antidepressants that are also MAOIs are absolutely contraindicated.

OPTIMISM WALK 2024

- **Optimism Walk:** Annual walk event showcasing resources with a health fair, celebrate community and come together to support those who have PD, promote PD education and bring awareness to PD. Funding received goes to continues chapter services supporting clients.
- **Sponsorship & Vendor Information available!**



A promotional graphic for the Virginia Optimism Walk. The top section is blue with the 'OPTIMISM WALK' logo and the 'AMERICAN PARKINSON DISEASE ASSOCIATION' name. A purple circle on the left says 'REGISTER NOW!'. The middle section is green and features a collage of photos of participants, including a woman with a sign that says '-DMIEC- Walk With Courage-'. The text on the right reads 'Virginia Optimism Walk SATURDAY, JUNE 3rd' and 'Warhill Sports Complex, 4900 Stadium Road, Williamsburg VA 23188'. The bottom section is purple with the text 'Registration is Open!'.



HOW CAN APDA SUPPORT YOU?

- *Mission: Every day, we provide the support, education, and research that will help everyone impacted by Parkinson's disease live life to the fullest.*
- *Our goal is to work with community partners to share awareness of Parkinson's Disease*
- If you have **ANY** questions call us!
 - **One stop shop for PD questions**
 - **On Going Virtual/ In-Person Educational Programs**
 - **Finding a Support Group**
 - **Weekly newsletter**
- Can send you Parkinson's Disease material- **free of cost!**
- Attend Community Events
- Connect Parkinson's Disease family/friends to APDA!



QUESTIONS?

THANK YOU!

Connect with us!

Website:

<https://www.apdaparkinson.org/community/virginia/>

Email: apdavirginia@apdaparkinson.org

Facebook: [facebook.com/apdava](https://www.facebook.com/apdava)



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REFERENCES

[Parkinson's Disease in African Americans: A Review of the Current Literature - PMC \(nih.gov\)](#)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4134410/>

[Bringing more diversity to Parkinson's disease research | UCLA Health](#)



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