



for the Future



WISCONSIN
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ASSOCIATION

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Credits

The Network is a publication for people with Parkinson disease, their families and friends, and any interested individuals and groups. It is published by the Wisconsin Parkinson Association.

Information provided concerning medical diagnosis, treatment, and research is not intended to answer individual problems but to report and explain current information about Parkinson disease. You should always ask your physician about specific treatment issues.

If you do not receive *The Network* quarterly, join our mailing list at wiparkinson.org. You will receive this magazine, as well as periodic information about educational events, support & exercise groups, and other resources in your area. This magazine is funded by your donations. Your support helps those living with Parkinson disease by allowing us to enhance and expand our services to them and their families. For more information, visit wiparkinson.org.

Staff

Gary Garland
Executive Director
garyg@wiparkinson.org

Carolyn Hahn
Marketing Communications
Manager
carolynh@wiparkinson.org

Raven Hamilton
Administrative Services Manager
ravenh@wiparkinson.org

Jeremy Otte
Director of Outreach & Education
jeremyo@wiparkinson.org

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President-Elect
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Marshfield Clinic

Letter from the Executive Director



Gary Garland

WPA Executive Director

In our fast paced personal lives, it is good for us to stop every once in a while and take note of where we are in our journey and remember why we are here. It is equally important

for us to find ways to re-energize and best prepare to tackle the challenges that lie before us. What is true for us individually so often holds true for organizations as well. April, being Parkinson Awareness month, gives you and me – as part of WPA - that opportunity to reflect on where we are as an organization and where we hope to go. We share a dedication to the important mission to get the most valuable information and support into the hands of those with Parkinson's and those who care for and love them. I am confident that in this issue of *The Network*, with its important theme of HOPE, you will not only be informed but will also find something that re-energizes you for the journey ahead!

What a joyful and eye opening start it has been for me in my first four months as the new Executive Director here. I have been fortunate to meet so many of you who have been kind enough to share your joys and your struggles, and to use your experience to help guide WPA's work in the months and years ahead. As I've attended support groups, exercise groups and educational events, the same thought has played over and over in my head – you are the “boots on the ground” for carrying out our mission. Thank you!

Joining you in that fight is our great staff, pictured at right. For the past 100+ days, I've been blessed to get to know each of them better and understand their gifts. They each come to work every day with determination, optimism and compassion. Carolyn's creativity and communication skills ensure you're kept updated and your story is told. Jeremy's possession of both Parkinson's knowledge and a sense of humor guarantee WPA events are a valuable use of your time.

And Raven brings not only a great sense of WPA history, but also a very personal connection to each of you, which helps to guide our future.

As WPA gets set to plan with you for the work ahead, one of my favorite quotes comes to mind: “**Good teams plan – great teams execute**”. Know with certainty that you support, and are part of, a great team ready to execute!



From left to right: Carolyn Hahn, Marketing Communications Manager; Gary Garland, Executive Director; Raven Hamilton, Administrative Services Manager; Jeremy Otte, Director of Outreach & Education.

With your help, since 1984, WPA has been the number one resource for getting the most current and accurate Parkinson's information out to the estimated 20,000 Wisconsinites affected by PD as well as those who love and care for them.

But it doesn't ever happen without you.

So enjoy this issue of *The Network* – and please let me know what you think. I am confident that it will not only deliver practical information for you to use today, but will also offer the important ingredient of hope that will help prepare you for an even brighter future!

Thanks,
Gary

Letter from the President



Richard Cosentino

WPA Board President

Dear Readers,

WPA is here to help give you hope and share the positive work being done to combat PD. This issue of *The Network* focuses on some “alternate” treatments for PD symptoms. You are probably already aware of the benefits of exercise, as well as the medications and surgical options that may be available. But have you considered acupuncture or chiropractic treatments? In this issue, you can learn more about these treatment options which some people with PD have found to give them relief. If interested, talk with your medical professional about the options that might benefit you or your loved one with PD.

You may notice that this issue is a little bit lighter than previous issues have been. Our new website has a searchable and easy-to-use listing of the support and exercise groups we work with, so we have removed that listing from this printed magazine. Head over to wiparkinson.org and click on “Find a Support Group.” If you’re not comfortable with a computer, call our office for information on groups in your area.

Finally, we are pleased to have received a proclamation from Wisconsin Governor Scott Walker, naming April as Parkinson Disease Awareness Month in Wisconsin. This proclamation (see right) is an exciting awareness tool for us, and we are proud to receive this recognition from the governor. We are also honored to have YOU as our partners in carrying out the important mission of WPA!

All the best,
Dick

Parkinson Disease SYMPOSIUM

a community education program on Parkinson disease

June 23, 2017

8:30 am - 3:30 pm

Country Springs Hotel
Pewaukee

brought to you by:



WISCONSIN
PARKINSON
ASSOCIATION

\$30/person

To learn more and to register
visit www.wiparkinson.org
or call 414-312-6990.

Featured topics will include Parkinson's research and nutrition.

Breakout session will include:

- Are you caring too much and laughing too little?
- Grieving “life as we have known it”
- Panel on PD exercise programs
- Caregivers: Being prepared for an emergency
- Causes of falls and how to prevent them

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April Declared Parkinson Disease Awareness Month

STATE of WISCONSIN



OFFICE of the GOVERNOR

Proclamation

WHEREAS, Parkinson's disease is a disorder of the central nervous system and is the second most common neurodegenerative disease in the United States; and

WHEREAS, symptoms of Parkinson's disease vary from person-to-person and include tremors, slowness, rigidity, cognitive problems, dementia, mood disorders such as depression and anxiety, constipation, skin problems, sleep disruption, and difficulty with balance, swallowing, chewing, and speaking; and

WHEREAS, there is inadequate data on the incidence and prevalence of Parkinson's disease and it is estimated that the disease affects more than one million Americans; and

WHEREAS, the exact cause and course of the disease is unknown, there is no objective test for Parkinson's, and the rate of misdiagnosis can be high with no cure, therapy, or drug to slow or halt the disease; and

WHEREAS, volunteers, researchers, caregivers, and medical professionals are working to improve the quality of life for persons with Parkinson's disease and their families; and

WHEREAS, increased education and research are needed to help find more effective treatments with fewer side effects and, ultimately, an effective treatment or cure for Parkinson's disease;

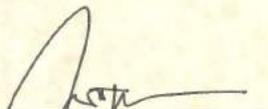
NOW, THEREFORE, I, Scott Walker, Governor of the State of Wisconsin,
do hereby proclaim April 2017 as

PARKINSON'S DISEASE AWARENESS MONTH

throughout the State of Wisconsin and I commend this observance to all of our citizens.



IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Wisconsin to be affixed. Done at the Capitol in the City of Madison this 28th day of February 2017.


SCOTT WALKER
GOVERNOR

By the Governor:


DOUGLAS LA FOLLETTE
Secretary of State

Ask the Doctors

Hope for the Future

Is your glass half-full or half-empty? Your attitude toward this age-old question can impact your day, your relationships, and your health. Whether your Parkinson's was just diagnosed, or you've been living with the disease for 20 years, a positive attitude can be an incredibly valuable tool on this journey.

We asked the members of WPA's Medical Advisory Committee for their thoughts on the future of PD treatment, and the ways they stay up-to-date on research and trends. For more information on the doctors featured here, as well as the other doctors on the Medical Advisory Committee, visit wiparkinson.org/staff-boards.

Ask the doctor!

Send your questions about Parkinson disease to mail@wiparkinson.org and put "Ask the Doctor" in the subject line.

What's getting BETTER in PD treatment?

Katie Spangler, MD, Marshfield Clinic, Wausau:

I think it has gotten better in that we are starting to look more at non-motor symptoms and different

treatment options for them. We know that some non-motor symptoms can be directly tied into the motor symptoms and that they can even affect quality of life more than motor symptoms in some patients.

In addition, motor symptom treatment delivery has expanded to include injection, subcutaneous infusions, post-gastric infusions, advancing deep brain stimulation and using ultrasound.

Kathryn Gaines, DO, Aurora Health Care, Milwaukee: In regards to PD treatment, when speaking specifically about medications, I think the delivery method of active drug components is continually being improved upon, making medication more effective and more tolerable.

Karen Blindauer, MD, Froedtert & the Medical College of Wisconsin, Milwaukee: New formulations in levodopa, like Rytary™ or the Duopa™ intestinal gel, are providing better symptom relief with less “off time.” There is better recognition and greater understanding of the non-motor symptoms that has led to improved treatment of these symptoms that, in turn, brings PD patients better quality of life.

Rachel Biemiller, DO, Gundersen Health System, La Crosse: I agree. I've found not everyone responds in the same way to the same formulation of carbidopa/levodopa. It's nice to have options for delivery systems.

What excites you about the future for PD patients?

Dr. Gaines: The improvement of delivery methods, and also the ongoing research addressing disease progression and cause.

Dr. Blindauer: Research at the basic science level is looking at ways to stop or slow down the pathological process that is damaging the dopamine nerve cells in PD patients. Some of these compounds are moving to the next phase of clinical research and are starting to be tested in people.

Dr. Biemiller: We seem to be making new leaps in understanding the pathology of Parkinson's particularly in the area of proteomics (the study of proteins).

Dr. Spangler: Absolutely. Parkinson's continues to be a disease with active research. Not only do researchers continue to look at therapeutics, but also stem cells, biomarkers, gene therapy and different treatment modalities, such as ultrasound. Different receptors are even being studied in the brain and how they may help with the symptoms of Parkinson's.

How do you stay on top of current PD information?

Dr. Biemiller: I attend the Movement Disorders Society's International Congress meeting every year. I also review the *Neurology* and *MDS* journal

every month for updates. Plus, patients often send me stories they've heard about for further investigation.

Dr. Blindauer: I read the *Movement Disorder Society* and *Neurology* journals, as well as other scientific journals, and PD related websites. I also attend PD scientific meetings, and I learn from my patients!

Dr. Spangler: I also read journal articles (mainly through the American Academy of Neurology and Movement Disorder Society), and I attend conferences when I'm able.

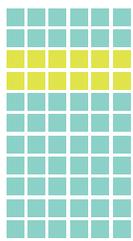
Dr. Gaines: I receive monthly journals, email updates and also newsletters on a continual basis too. I also like to attend conferences when I can.

Do you have an uplifting patient story you can share?

Dr. Biemiller: There are actually too many. However, I do want to point out that Johnny Isakson, a United States Senator from Georgia, was

diagnosed with PD and his opponents tried to use it against him. He won re-election and is still working. So if someone can get re-elected to congress with PD, the sky is the limit!

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300 Tips FOR MAKING LIFE EASIER

In the next few issues of *The Network*, we will be sharing some ideas from the book “*Parkinson Disease: 300 Tips for Making Life Easier*” by Shelley Peterman Schwartz. For more information about Schwartz, or to purchase the book, visit makinglifeeasier.com. Some tips have been shortened for the purpose of this magazine.

Staying Positive While Living with Parkinson Disease

1 | Learn about your illness. Read about PD and talk to others who have it. Gathering information will empower you to make informed decisions about your medical care and the treatment options open to you. Once you understand your illness, you are in a better position to take responsibility for your healthcare.

2 | Look for ways to reduce your stress level and put your needs first. Rest when you're tired. Be protective about how you spend your time and energy. Give yourself permission to say “no” and not feel guilty. When you're feeling better, you can say “yes.”

3 | Try not to be self-conscious about the visible symptoms of your PD. Look for ways to work around the problems. If you are self-conscious about the way you walk, consider using a wheelchair. If hand tremors make it difficult to eat with utensils, order foods you can eat with your hands. Ask your server to put each item on a separate plate so your tremors are less likely to knock food off the plate. Don't let your visible symptoms diminish the enjoyment you get from spending time with your family and friends.

4 | Keep your sense of humor! PD isn't particularly funny. However try to put a humorous spin on everyday situations. For example, if you use a wheelchair, look at it this way: You always have a place to sit, and a pair of shoes lasts you 20 years. Remember, laughter is a great stress reliever.

5 | Surround yourself with caring, loving, and nurturing family members, friends, neighbors, and coworkers. Give yourself permission to eliminate people and activities that drain your energy.

6 | Tell people about your illness. Your friends may not know what PD is and may not know what to say or do – so

tell them. Ask for help when you need it. People feel good when they can do something for someone else.

7 | Try to keep a positive attitude. It's perfectly normal to mourn the loss of function and independence for a brief time, but try not to get stuck there, wallow in self-pity, or isolate yourself from friends. If you experience any combination of these symptoms – loss of appetite, feelings of sadness or hopelessness, difficulty sleeping, or loss of sense of humor – you may be suffering from depression. Tell your doctor.

8 | Set priorities and focus on tasks that must be done. Tackle one job at a time. Break down activities into a series of smaller steps, and ask others to assist you with the difficult portions of the task.

9 | Allow extra time to do everything. Recognize that everything seems to take longer when you have PD. Plan to do activities around those times when your medication gives you the most benefit.

10 | Consider attending a local PD support group. Support group members understand your struggles because they face the same challenges.

11 | Understand that it is common to have fluctuations in your mobility and energy levels during the day. Often these fluctuations coincide with when you take your medications, with the most fatigue and least mobility coming as the medication wears off.

12 | Be willing to change the way you do things. Remain flexible. Compromise. Accept the help that is offered and accept that more than one way exists to wash dishes, put on clothes, or get from here to there. Practice patience – with yourself and others.

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Positive Thinking Improves Physical Health

By Jane Framingham, PhD, PyschCentral

No one can avoid all negative feelings in life and it's not realistic to think you can or should. But the happiest people somehow know how to buffer them by keeping life's inevitable tragedies from spoiling the good stuff. And these folks may be the healthiest people as well. There is growing evidence that you may be able to improve your physical health just by changing the way you think and feel about your life.

All the advice to "keep the sunny side up" if you want to be healthy sounds all warm and fuzzy, but almost too good to be true. Actually, though, a load of evidence shows that your attitude about life can improve your health and even speed your recovery from a serious ailment or surgery. The attitudes that seem to help the most are optimism, hope, and, above all, a feeling that you have some impact on the quality of your own life.

Why You Should be Optimistic

No one really understands how or why a positive attitude helps people recover faster from surgery or cope better with serious diseases – diseases as serious as cancer, heart disease, and AIDS. But mounting evidence suggests that these effects may have something to do with the mind's power over the immune system. One recent study, for example, polled healthy first-year law students at the beginning of the school year to find out how optimistic they felt about the upcoming year. By the middle of the first semester, the students who had been confident that they would do well had more and better functioning immune cells than the worried students.¹

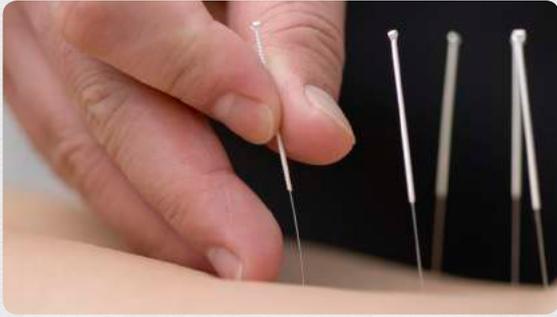
Some researchers think that pessimism may stress you out, too, boosting levels of destructive stress hormones in your bloodstream. Of course, it's also possible that having a positive attitude toward life makes you more likely to take better care of yourself. And you're more likely to attract people into your life (and keep them there) – which in and of itself may boost your health.

How to Become More Positive

We're not saying that you should deny life's darker side or interpret every calamity as a blessing. But when calamity does strike, try not to give in to despair or fatalism. Concluding that you personally have been singled out for suffering, refusing to see any silver lining, and abandoning all hope may not only be a recipe for illness: Such attitudes are also not such great ways to go through life. Try to recognize that your grief and pain, however real and deep, are only part of a larger picture – and that this picture includes many elements of pleasure, success, and meaning.

Another approach is to try to "use your pain" for good. Many people who have suffered from life-threatening and incapacitating illnesses – including cancer, heart attack, and the like – say that they consider their illness to be "a gift." The illness taught them to value each day, appreciate the moment, and get their priorities straight. Sometimes they discover that they have the power to do things they never knew that they could.

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Acupuncture

for the Management of Non-Motor Symptoms Related to Parkinson Disease

Heather Henry Peterman, CAc., Dipl.Ac

In recent years the treatment of Parkinson disease has evolved to create a more whole body – whole person approach. According to the National Parkinson's Foundation, historically treatment focused primarily on the motor component of the disease. The new approach includes a subset of non-motor symptoms such as pain, psychiatric disorders and autonomic symptoms. In this approach the focus becomes intent on increasing the patient's quality of life. With this, integrative medicine has become increasingly more valuable. Acupuncture is one integrative medicine approach showing tremendous promise in the treatment and management of non-motor symptoms associated with Parkinson's disease.

Acupuncture... has the ability to make the most substantial impact and improve quality of life scores for PD patients...

Non-motor symptoms include those that do not effect movement, mobility, coordination or physical tasks. Perhaps, among the most disturbing of these are sleep disorders, fatigue, constipation, weight disorders, pain and psychiatric conditions such as depression and anxiety. Acupuncture, one component of Traditional Chinese Medicine, has the ability to make the most substantial impact and improve quality of life scores for PD patients suffering from these disturbances.

The beauty of acupuncture is that it offers a drug-free alternative to managing these symptoms and has little to no side effects. In a single treatment session, multiple symptoms can be addressed. Combining acupuncture with pharmacological interventions has the ability to substantially increase quality of life scores and increase activities of daily living. A recent review of clinical studies for acupuncture in the treatment of motor and non-motor symptoms, published

in CNS Neuroscience and Therapeutics, revealed insight in regards to the efficacy of acupuncture.

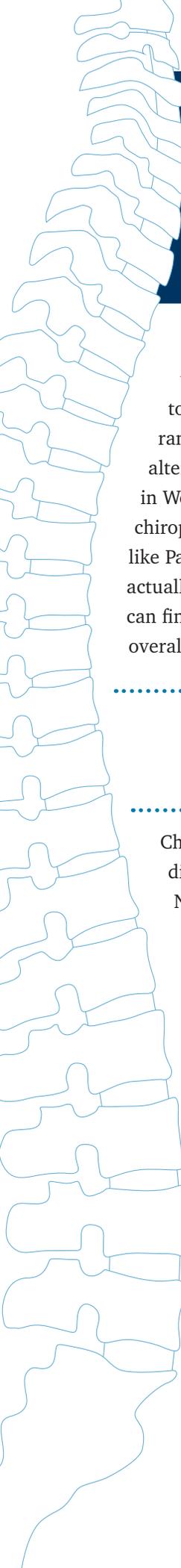
This review examined all recorded studies published in the major databases over the last 15 years. It found that acupuncture showed efficacy in treating psychiatric disorders, sleep problems, and gastrointestinal symptoms in Parkinson's patients. In addition evidence was discovered that demonstrated acupuncture in conjunction with the widely used Parkinson's drug levodopa increased the drug's efficacy. This resulted in lowered dosage and decreased side effects such as nausea, eliminating the need for secondary drugs.

One study suggests that acupuncture has an impact on GABA activity in the substantia nigra, positively affecting sleep disorders, depression and even motor symptoms. Although these studies are continuously showing positive change, larger studies are needed to confirm these findings.

Acupuncture involves the insertion of very fine one-time use disposable stainless needles into precise points in the body. These points cause a specific neurologic response that acts on the neuro-inflammatory markers and increases the release of endogenous hormones, and neurotransmitters. The insertion of needles is generally painless and patients find themselves in an immediate sense of calm because of the release of these endogenous hormones.

Acupuncture works best when sessions are received often and on a regular basis. When treatments are first initiated a patient should expect to receive acupuncture once to twice a week. With this type of treatment plan, effects will likely be experienced within the first few weeks and longer lasting effects can be expected within a time frame ranging from 1-3 months. While sustained relief can be achieved, because of the nature of Parkinson's it is likely that the patient will always need to have some level of follow up treatment after desired results are attained.

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Chiropractic Adjustment for Parkinson Disease

By Carrie Jackson

For more than a century, chiropractors have used spinal adjustments and other treatments to provide relief to patients with concerns ranging from back pain to menstrual cramps. As alternative medicine is becoming more mainstream in Western culture, people are now seeking chiropractic treatments for degenerative diseases like Parkinson's. Although the treatments don't actually slow the progression of the disease, patients can find reprieve from their symptoms and live an overall better quality of life.

chiropractor who specializes in the importance of proper body communication at East Back Chiropractic, in Chicago, Illinois.

At Aligned Modern Health, in Chicago, Illinois, the focus is on overall functional assessments and treatments. Dr. Vince Roberts is the lead chiropractic physician there and has more than 17 years of experience working with patients with all kinds of symptoms. "If I detect a neurological issue such as Parkinson's, I'll refer them for further testing and treatment. In our offices we do adjustments, but we also do mobilization techniques and functional testing. We consider blood testing, intestinal health, the endocrine system,

... patients can find reprieve from their symptoms and live an overall better quality of life.

Chiropractor Dr. Kim Martin, founder and clinical director of North Shore Health Solutions in Northbrook, Illinois, has worked with Parkinson's patients for 16 years, and says that over a course of treatments, they can regain some of their strength.

"A patient presents with progressive loss of muscle control, which leads to trembling of the limbs, shaking of the head, stiffness in the body and slowness in movement and speech. Chiropractic treatments relieve some of the pressure off bones and nerves, reducing symptoms," she says.

People with Parkinson's often have a distinctive gait. "Over time, that puts more weight bearing on the discs and puts pressure on the nerves. A chiropractic treatment can release this pressure and allow them to stand more upright and free them from pain," says Dr. Sean Curry, a

supplements, massage, acupuncture and traditional rehab. When things get more complex with a Parkinson's patient, they're in better hands if they also see a neurologist. If we just treat them with chiropractic adjustments, we're being shortsighted," says Roberts.

Looking at the patient's overall health and quality of life is key for any chiropractor. Martin says that besides chiropractic treatments, it's important to look at the person's entire physiology, and suggests her patients follow a gluten-free diet. Curry stresses that the best thing he can do to help his patients live as optimally as possible is through palliative approaches. "I treated an older man who not only was depressed, but he had trouble moving the muscles in his face. I told him that each time he came in, we had to tell each other a joke. He left my office laughing, which allowed him to feel like a normal person again."

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This article has been edited for the purpose of this magazine.



C'mon In, the Water's Warm!

Warm Water Pool Use Can Help People with Parkinson Disease

Sharon Selz, St. Ann Center for Intergenerational Care

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Ready to get your feet wet with a workout routine? The best place to start may be the water.

A warm water swimming pool is a great place for people with Parkinson disease to ease into exercise, says Dr. Paul Nausieda, co-director of the Bucyrus Campus Medical Clinic at St. Ann Center for Intergenerational Care.

“Aquatic therapy is an effective, low-energy way to gain more mobility,” said Nausieda, a board-certified neurologist specializing in movement disorders. Someone who isn’t ready for intensive workout programs will find warm water movement offers a gentle, comfortable introduction to regular exercise, he said.

One of the main barriers to exercise for people with Parkinson disease is fear of falling and injury. “When people are buoyed up by water, this anxiety is greatly reduced,”

Nausieda said. “People come to feel safe in water and more confident in their movements in general.”

Another benefit of aquatic therapy is the social interaction it provides. “Isolation and depression are huge problems for people with a chronic disease like Parkinson,” Nausieda said. Having an aquatic class to go to becomes a good opportunity to get out of the house and enjoy the mental stimulation of being with others.

“It also gets people used to trusting and working with a therapist,” Nausieda added. This can help motivate them to consider more challenging exercises or more traditional physical and occupational therapy.



An aquatic program, especially in a warm water pool, with temperatures between 84 and 90 degrees, offers a number of benefits for people with Parkinson disease:

- Warm water is soothing to the body and reduces pain.
- The buoyancy of water supports weak muscles and makes gentle stretches easier.
- Stiff joints and muscles loosen up in warm water, allowing more freedom of movement and greater range of motion.
- The resistance provided by water builds muscle strength and endurance.
- Continual adjustment to the water's movement increases body awareness and enhances posture and motor control during walking.
- As a low-impact activity, aquatic exercise can be practiced several times a week without causing fatigue or requiring recovery time.
- Caregivers often enjoy the aquatic program, too, as water is a great stress reducer.

But, Nausieda cautioned against hot tub use. People with Parkinson's tend to have low blood pressure, and their medication could lower it more, which could lead to fainting while sitting in water with temperatures of 100 degrees or more.

Temperature in the warm water pool at St. Ann Center's Stein Campus, 2801 E. Morgan Ave., is 88 degrees. The aquatic center offers swimming lessons and exercise programs, as well as open swim times, open to the general public. Among the programs is Arthritis Foundation Water Aerobics, which is designed to improve flexibility, stretching, muscle tone and bone density in people with arthritis and related diseases. The pool and locker rooms are wheelchair accessible.

For more information, visit stanncenter.org/pool or call 414-977-5015.

Massage Therapy

By Sonja Rawlings, RMT

Massage therapy can help to lessen the severity of Parkinson's symptoms, allowing you to feel more comfortable and more at ease in your body. Here are several benefits of massage therapy:

Decrease in tremors, temporarily

Muscles become overworked when tremors are occurring, leaving you feeling tight, fatigued, achy, and sore. Massage therapy will help to lessen this tension and encourage a healthy muscle tone to be established. Stress (mental, physical or emotional) has been shown to be a significant factor in the severity of the tremors associated with PD. Since massage therapy helps to slow and relax the nervous system, stress responses are decreased, which helps to lessen the frequency and severity of tremors and other stress related symptoms.

Ease Rigidity

An interesting medical study was published in 2001 entitled "Pain in Parkinson's Disease." The study concluded that

nutrient supply to tissue cells, and increases lymphatic drainage of toxins from the body. Massage therapy decreases pain by decreasing muscle tension and joint stiffness, as well as by altering biochemistry through influences on the nervous and endocrine systems. All of these results lead to better health and well-being physically, mentally and emotionally. Treatments can also incorporate very soothing techniques that aid an overall sense of well-being and deep relaxation.

Relieve Sleep and Digestive problems

The autonomic nervous system is the part of the brain that controls unconscious or automatic functions in the body. Massage therapy helps this system to balance and the benefit is an improvement in your quality of sleep and your overall

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Massage therapists work gently in mobilizing joints in order to increase range of motion, improve joint health, decrease pain and ease activities of daily life.
.....



rigidity is the most common cause of pain for someone with PD, and that massage therapy is a useful treatment in alleviating the pain. Treatment techniques aimed at improving joint mobility, both on the table and as a part of a homecare exercise program are very useful in decreasing rigidity. Massage therapists work gently in mobilizing joints in order to increase range of motion, improve joint health, decrease pain and ease activities of daily life.

Soothe Depression

Massage therapy techniques work to optimize body functioning and can greatly assist in the treatment of depression. Massage therapy increases circulation and

digestive function. In the case of constipation, abdominal massage can be incorporated into treatment, which will directly stimulate the intestines and assist in achieving regularity.

Individual symptoms of Parkinson disease vary greatly. Be sure to disclose your concerns to your massage therapist so that treatments can be tailored to meet your specific needs. Massage therapists are compassionate health care providers who are committed to facilitating wellness for their patients.

Sonja Rawlings is a registered massage therapist. She owns Cascade Massage Therapy in British Columbia, Canada.

Incorporating Religion and Spirituality into your Treatment Plan



Religion and spirituality play a huge role in many people's lives. As many as 65% of Americans identify themselves as religious, with another 18% describing themselves as spiritual, according to a poll from Pew Research Center. But how do these beliefs play a role in the treatment of Parkinson's?

Often it's when receiving a serious diagnosis, such as Parkinson's, that we call on this part of our lives. But it may be difficult to find a doctor who fully understands the role your religious or spiritual beliefs will play in your treatment.

It is possible to incorporate your religious or spiritual beliefs into your treatment plan – and studies show that it can have a positive impact on your health.

"How to talk to your doctor about God," an article on CNN.com, shared some tips on incorporating your beliefs into your healthcare:

It's OK to ask for a doctor who also has strong spiritual or religious convictions.

Dr. Harold Koenig, co-director of the Center for Spirituality, Theology & Health at Duke University suggested a script to start the conversation with your doctor: "My religious beliefs are very important to me and influence my medical decisions and the way I cope with illness, and I want a doctor who has those same convictions. If you don't come from that perspective, do you know a doctor you can refer me to?"

Don't be surprised if you find that difficult to do.

Religion and spirituality are often taboo topics, so it might be easier to talk about your own religious needs, not asking your doctor about his or her beliefs.

It's OK to ask your doctor to pray with you.

In a 2006 study by the University of Chicago, 53% of doctors surveyed said it was appropriate to pray with patients when asked. Even if you and your doctor don't share the same faith, praying together for comfort, support and healing can help you incorporate your beliefs into your medical treatment.

WPA also suggests connecting – either formally or informally – with a group of people who share your beliefs, and your experiences. The Parkinson's support group in Green Bay is facilitated by Carol Mueller, parish nurse for Ss. Edward and

... studies show that spirituality can have a positive impact on your health.

Isidore Parish. "Our meetings are in a Christian setting, but religion isn't mandated, by any means," said Carol. "We start our meetings with a prayer or poem, which centers us, and helps us to think within. It also helps our members feel comfortable during our 'sharing time' to bring up difficult topics."

As a parish nurse, Carol believes health and healing involve body, mind, and spirit, so over four years ago when their group began, she suggested that their meetings begin with addressing the spiritual side of their lives. "We agreed to begin this way and we continue to have open discussion of how we run our meetings. It has always been a special part of our monthly gathering," said Carol.



Peer support and regular exercise are two of great ways to manage your symptoms and brighten your mood when you're living with Parkinson's.

Geneva Lakes Family YMCA, in Lake Geneva, WI, recently started a Rock Steady Boxing class for people with Parkinson's. Exercises included in the Rock Steady Boxing program are largely adapted from boxing drills. Boxers condition for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength to defend against and overcome opponents. At Rock Steady Boxing, Parkinson disease is the opponent!



Rock Steady Boxing and Support Group in Lake Geneva

"The class and its participants were truly inspiring to me."



Exercises vary, but they share one common trait: they are rigorous and intended to extend the perceived capabilities of the participant.

Gary Garland, WPA's executive director, recently joined the Rock Steady Boxing class to observe, and of course, to try out some of the exercises. "The class and its participants were truly inspiring to me," Gary said. "The trainers are obviously very passionate, and it was incredible to see the strength and confidence exuded by the class. And it was a great workout!"

Joe Schlicher joined the class when it started last year, and felt that after having a physical workout, it would be helpful to have a group to support the emotional side of having Parkinson's. In collaboration with the Geneva Lakes Family YMCA, Joe started a support group that meets twice a month immediately after Rock Steady Boxing.

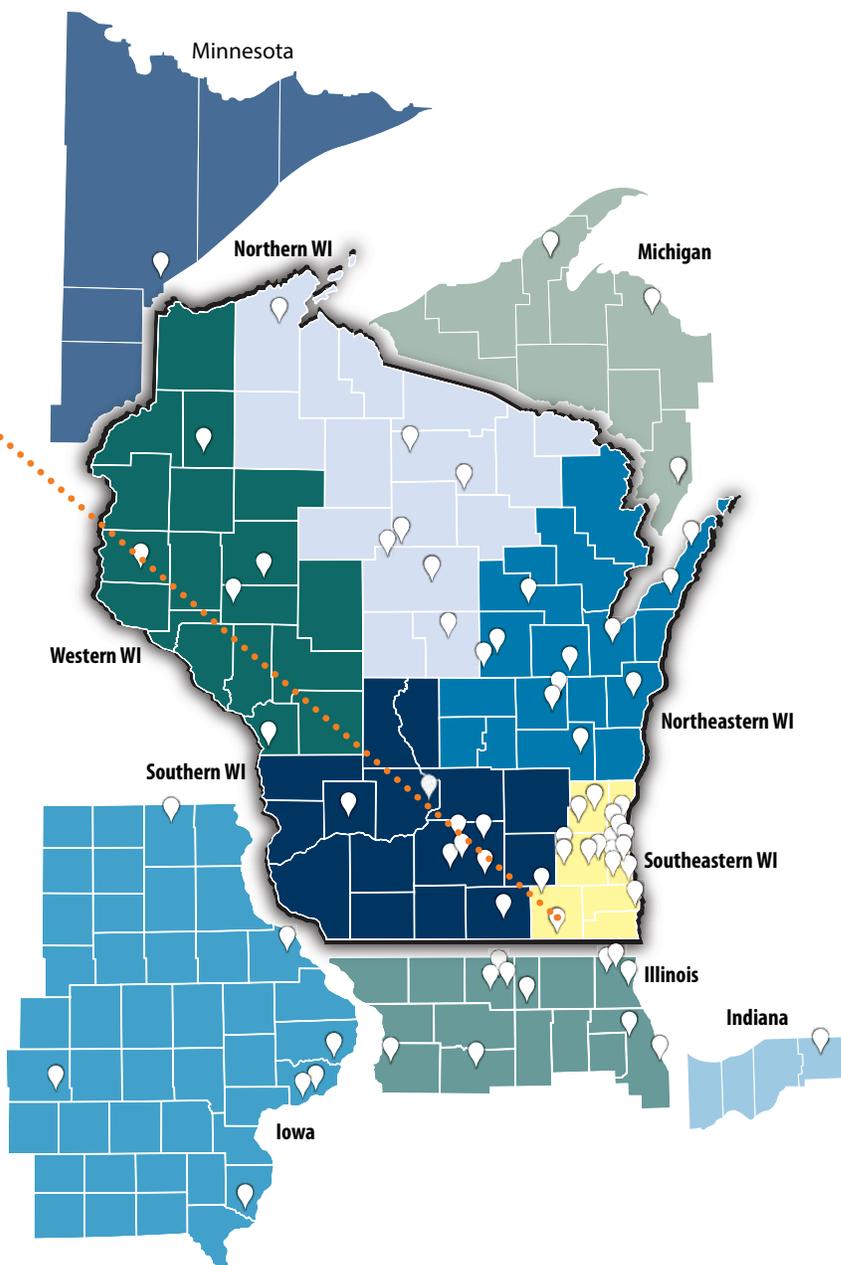
"Most of the members of the boxing class stay, and there are a few more who join us just for the support group," said Joe, whose wife Patti attends with him. "Group meetings are an open forum. Everybody participates, and we occasionally bring in speakers like neurologists or caregivers. It's a really great group."



For more information on these support and exercise groups, as well as the other groups WPA works with, visit wiparkinson.org or call 414-312-6990.

Support Groups & Exercise Groups

WPA works with groups around Wisconsin and in surrounding areas. Groups include support groups, exercise groups, caregiver groups, and young-onset groups. Most groups are run by volunteer facilitators.



Northeastern Wisconsin

- Appleton
- Fish Creek
- Fond du Lac
- Green Bay
- King
- Manitowoc
- Neenah
- Oshkosh
- Shawano
- Sturgeon Bay
- Waupaca

- Mequon
- Milwaukee
- Oconomowoc
- Racine
- St. Francis
- Summit
- Waukesha
- Wauwatosa
- West Allis
- West Bend
- Whitefish Bay
- Whitewater

Northern Wisconsin

- Athens
- Bayfield/Apostle Islands
- Colby
- Marshfield
- Minocqua
- Rhineland
- Stevens Point

Southern Wisconsin

- Baraboo
- Janesville
- Madison
- Richland Center
- Stoughton
- Sun Prairie
- Verona
- Waunakee

Southeastern Wisconsin

- Brookfield
- Brown Deer
- Grafton
- Greenfield
- Hartford
- Lake Geneva

Western Wisconsin

- Chippewa Falls
- Eau Claire
- Hudson
- La Crosse
- Shell Lake

Illinois

- Belvidere
- Chicago
- Dixon
- Lake Forest
- Libertyville
- Lindenhurst
- Loves Park
- Moline
- Northfield
- Rockford
- Roscoe

Iowa

- Bettendorf
- Burlington
- Clinton
- Davenport
- Decorah
- Dubuque
- Newton

Michigan

- Calumet
- Menominee
- Negaunee

Indiana

- South Bend

Minnesota

- Duluth



For more information on groups in your area, visit wiparkinson.org or call 414-312-6990.

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Ask the Doctors: Hope for the Future

Do you have an uplifting patient story you can share?

Dr. Spangler: I have a young-onset patient who developed PD in his 30s. He underwent Deep Brain Stimulation, but then developed motor fluctuations again within a couple of years. He now will be undergoing Duopa infusion to help with his rapid motor fluctuations. Many years ago, these things would not have been an option for him, but because of these options, he is able to continue to function independently. If you saw him walking down the street, you wouldn't even know he had PD!

Dr. Gaines: I have one patient I will never forget. She arrived to me in a wheelchair to get a nerve test on her clawed hand. As I talked to her, she broke down in tears because she could no longer walk and her balance was poor. It was evident to me that she had PD. I started her on medication and sent her to physical therapy. The next time I saw her in my exam room, she was standing up, reading a magazine. When I entered the room, she greeted me with a big smile and hug and said, "Hello, Dr. Gaines!"

Dr. Blindauer: I recently saw one of my patients who has had PD for almost sixteen years. She is doing extremely well, staying active – being able to do what she enjoys doing without limitations. She is an avid exerciser, and has an extremely upbeat and positive attitude!

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Acupuncture for the Management of Non-Motor Symptoms Related to Parkinson Disease

For over 4,000 years acupuncture has been used to treat conditions that mirror these non-motor symptoms. The marriage of this traditional practice into modern medicine is helping patients live a more whole life by treating them on the mind body spirit level. A patient's state of mind and their own outlook on the disease process play a tremendous role on positive outcomes. Acupuncture offers a gentle natural solution to support the mind-spirit connection and help encourage positive outcomes with these patients.

Heather Henry Peterman, CAc., Dipl.Ac is a Wisconsin certified and nationally board certified acupuncturist at Aurora Sinai Medical Center in Milwaukee and Kenosha Cancer Center.

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300 Tips for Making Life Easier

13 | Ask your doctor to prescribe evaluations by an occupational therapist and a physical therapist. An OT will help you discover new ways of doing simple, everyday tasks like dressing, eating, and cooking. A PT will help you with mobility and home accessibility.

14 | Try out mobility equipment before you buy it. That includes canes, walkers, wheelchairs, transport chairs, and scooter wheelchairs. Check out the size, weight, and ease of operation. Find one that is easy to transport.

15 | Make exercise a part of your life. Exercise helps you make full use of your potential and improve your quality of life. Your doctor or PT can suggest an exercise program that will help keep you active no matter what your physical limitations or energy level. Ask friends or family members to be your workout buddies, so you can have daily encouragement to adhere to your program.

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Positive Thinking Improves Physical Health

Remember that even if you can't change the circumstances of your life, you can change your attitude! If you need help, talk to a health professional about whether psychotherapy, support groups, or other structured approaches might help you.

Attitude definitely seems to influence the course of illness. But some people take this link too far and make you feel that your bad attitude caused your disease or is keeping you from healing. Walk the other way if anyone makes you feel guilty for being sick or treats your physical ailments as if they were emotional or mental problems (included are physicians who banish you to a psychiatrist when you have no obvious signs of physical illness).

1 (See Suzanne C. Segerstrom, Ph.D., et al., "Optimism is Associated With Mood, Coping, and Immune Change in Response to Stress," *Journal of Personality and Social Psychology*, Volume 74, Number 6, June 1998.)

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Recent & Upcoming Events

RECENT

March 10 – Appleton

WPA was in Appleton on March 10 for Parkinson Disease: Living Well. Presenters at the free session included Dacy Reimer from Lakeside Neurocare, talking about PD medications, Sandra Walters from Neuroscience Group, sharing information on fall prevention and safe mobility, and Mary Beth Tegtmeier and Julie Wenzel from ThedaCare, talking about the LSVT LOUD program. Thanks to Neuroscience Group for sponsoring, and to our volunteers for helping out! We had over 150 people in attendance!



April 7 – Oconomowoc

Thanks to an educational grant from the Oconomowoc Area Foundation, WPA held a program on Parkinson Disease: Living Well for over 125 people. The free session included Dr. Taylor Finseth from Aurora St. Luke's Medical Center talking about the non-motor symptoms of Parkinson's, as well as speech and physical therapists Katie Mack, Kayla Movrich and Marlene Ridgway from Aurora Summit Medical Center covering the basics of LSVT BIG & LOUD treatments.



Movers & Shakers Golf Classic coordinator Joe Schlicher with Tom Pipines, formerly of Fox 6 Milwaukee at the 2016 M&S Classic. Pipines participated in the outing and served as emcee and auctioneer.

UPCOMING

June 3 – Elkhorn

The 3rd Annual Movers & Shakers Golf Classic is set for Saturday, June 3rd at Evergreen Golf Club in Elkhorn, WI. This family-oriented golf and dinner event is run by Joe Schlicher and his family and friends as a community fundraiser for WPA. The event includes golf and dinner, or the option to come just for dinner. There will be an extensive silent auction assortment as well as a raffle and live auction items.

We hope you can join the event this year! Visit wiparkinson.org for details on how you can get involved!

Would you like to receive *The Network* magazine?

If you do not receive *The Network* quarterly, join our mailing list at wiparkinson.org. You will receive this magazine, as well as periodic information about educational events, support & exercise groups, and other resources in your area. This magazine is funded by your donations. Your support helps those living with Parkinson disease by allowing us to enhance and expand our services to them and their families. For more information, visit wiparkinson.org.

The mission of the Wisconsin Parkinson Association is to expand medical professional and public awareness and understanding about Parkinson disease that will lead to maximum support, the best individual healthcare, assistance for caregivers and families, and increased funding for research.



WISCONSIN
PARKINSON
ASSOCIATION

414-312-6990
wiparkinson.org
mail@wiparkinson.org

Wisconsin Parkinson Association
2819 W. Highland Boulevard
Milwaukee, WI 53208

Non Profit Org.
U.S. Postage
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Milwaukee, WI
Permit No. 5347

Upcoming Events

May 19

Parkinson Disease: Living Well
Rothschild

June 22

Support Group Facilitator Training
Pewaukee

June 23

31st Annual PD Symposium
Pewaukee

August 29

Parkinson Disease: Living Well
Green Bay

September 12

6th Annual WPA Open
Waukesha

September 15

Parkinson Disease: Living Well
Brookfield



More programs
are being planned
around the state.

Visit wiparkinson.org
for more information!