

# MOVING FORWARD



Plummer Movement Disorders Center

A National Parkinson Foundation Care Center

WINTER, 2007

## SHOUT JOY !

### CONTENTS:

PD News 1

Mark your  
Calendar 2

Carepartners  
Corner 2

Ask the  
Doctor 3

Manager's  
Notes 3

Tips from the  
Elves (Pros) 4 &  
5



### PD News

#### Can Lower Cell Stress Protect Against Parkinson?

*Medical Research News*, Monday, 10/10/ 2007

Dr. L. Miguel Martins, University of Leicester, MRC Toxicology Unit

Dr. Julian Downward, UK London Research Institute, Cancer Research

Discovery of a relationship between two cell enzymes could provide a new target for development of therapies for PD.

Research has shown that the products of two genes called HtrA2 and PINK1 cooperate in preventing breakdown of cell function that could lead to PD symptoms. (Look online in Nature Cell Biology.)

Mutations in genes that link to the mitochondria make a person susceptible to PD. The enzyme HtrA2 helps keep the mitochondria running smoothly. During cell stress, HtrA2 interacts with another enzyme, PINK1 to prevent breakdown of the mitochondria. Defects in HtrA2 and/or PINK1 are found in PD patients.

Over all, understanding the HtrA2 pathway in response to cell stress will lead to improved understanding of the onset of PD, and hopefully open the way to therapeutic targets.



#### We're a Winner!

In the fall issue of the National Parkinson Foundation Journal, the NPF Board of directors identified winners of grants totaling \$3,234,655 that target research into Parkinson Disease. Three grants targeted Centers of Excellence, Care Centers, and Outreach Centers. The Plummer Movement Disorders Center at Scott & White Hospital received two grants:

- Interdisciplinary staff training through the NPF Allied Team Training Program. This continues S&W's interdisciplinary approach to diagnosing and treating Parkinson Disease and other movement disorders.
- Outreach programs for underserved communities.





# Mark Your Calendars

## Up-Coming Events:

13 December 2007, Christmas party. (See below.)



Q: What Christmas carol is a parent's favorite?

## Carepartners Corner

**Oh, What Joy!** By Mary Graham, Temple Support Group

Hey you caregivers! Let's not forget all the years our loved ones cared for us. Take a few minutes to get them to talk about their memories. For instance, my Dad (100) remembers the Comanche Indians killing his cousin down on Cow House Creek near Gatesville. This is guaranteed to fascinate young children who believed the movies and TV sto-

ries were just another video game. Not a day goes by that I don't thank God for the time to get to know my parents as friends. It makes all the extra work and stress worth it. Were it not for the caregiving experience, I would never have found this joy.

### Who is a Caregiver? America's Unsung Workforce

A caregiver is someone who provides unpaid care for another person who is disabled, ill, elderly, or otherwise unable to perform everyday life duties. (This does not include routine rearing of non-disabled children.)

- A caregiver is you or someone you know. Over 40 percent of U. S. households contain at least one caregiver.
- The pool of potential caregivers is being depleted as the needy population grows. In the next decade,

needy elders are projected to increase at the rate of 88 percent.

- Over 63 percent of caregivers are women.
- About 2/3 of caregivers hold paid jobs in addition to caregiving.
- An estimated **\$29 billion** in productivity is lost each year due to caregivers' lost time.



### Did Someone Say Party?!?!

**Temple/Belton, and Killeen Support Groups—You're invited** to the annual SW Parkinson Support Group Christmas party!! We've planned a wonderful evening of food, fun, and entertainment at the Immanuel Baptist Church, 1401 W. Central Avenue in Temple at 6 p.m. on Thursday, December 13. Our entertainment is the Belton High Madrigal Singers. Temple's own Dottie and Jackie Shirley will be our Masters of Ceremony. Be sure to bring your spouse or a friend and a new or gently used white elephant gift for each person for the Chinese gift exchange. Don't know what a Chinese gift exchange is?? Come and find out. It's sure to provide lots of laughter.

**Please call 254-724-6414 for reservations by December 6th.**

Silent Night



## Ask the Doctor **This issue we welcome and introduce Dr. Robert Buchanan to the PMDC.**

Being appointed as both the Helen and Robert Plummer Endowed Chairman of the Department of Neurosurgery, and the Director of the Neuroscience Institute, Texas A&M College of Medicine and S&W Hospitals, has been an honor. I have received a tremendous amount of support both from the S&W administration and from the A&M College of Medicine. The Dean of the College of Medicine, Dr. Christopher Colenda, has provided research lab space and start-up funds to help build a top-notch Neuroscience Institute on the Temple Campus. Since Scott & White Hospital's vision is to become the most trusted and most valued name in American health care, creating a world-class Neuroscience Institute becomes a crucial part of that vision. We have been busy interviewing and hiring some of the nation's top ranked research scientists, neurosurgeons, neurophysiologists,

neurologists, neuro-psychologists and other specialists as we begin the development of the Institute. The Plummer Movement Disorders Center is an important part of the Institute, and it will continue to grow as the staff create and conduct new programs that focus on providing comprehensive care for our movement disorders patients and caregivers; education for patients and healthcare providers as well as the Central Texas community, and promote research opportunities for your consideration.

In future newsletters it will be my pleasure to address topics which I believe will be of interest to each of you such as surgical options for Parkinson Disease, including Deep Brain Stimulation (DBS), research updates, etc. Until then, I would like to wish each of you a Blessed Christmas and a safe and Happy New Year.



**What do you get when you cross a snowman with a vampire?**

## Welcome to **Dr. Elmyra Encarnación**, Interim Director of PMDC, Movement Disorders Specialist

Hello, I'm the new doc in town. I specialize in Parkinson Disease and other movement disorders. I'm the "shaky" doctor. I am board certified in Neurology. I did my training at Northwestern Med School in Chicago, and I did extra training in movement disorders at the University of South Florida and National Institutes of Health.

I have joined Scott and White/ Texas A&M to help expand the Parkinson Center. I am the co-director of the Plummer Movement Disorders Center, and I am so thrilled to be part of a great

team that is committed to bringing the best care to our patients. We are also interested in expanding the research component of the center. Our goal is to be in the forefront of clinical care and research.

We would love to hear suggestions or questions from you, as we need your wisdom and support. So, hop on board with "the team" and together we can help the Center reach its goal of excellence.



## Manager's Notes **by Pat Simpson, RN - Manager, PMDC**

It amazes me how quickly the time seems to pass these days. Can you believe that the holidays are already upon us once again! Christmas is just a few weeks away and everyone is busy with last minute shopping, preparing for company, and going out to social gatherings to celebrate the season. In all of the hustle and bustle of holiday activities, don't forget to take care of yourself. Changes in schedules may mean extended absences from home – so be sure you take a full day's supply of your Parkinson medications with you. Remember to plan activities around your medication's peaks and valleys, and be sure to take them on time. Plan for rest periods during the day because fatigue can make the symptoms of Parkinson disease more pronounced (i.e., if you have a house-full of company, excuse yourself and take a nap when you feel tired).

When you hang your decorations, please be aware of safety issues such as placing the Christmas tree in a location where you don't have to worry about negotiating around it with a cane or walker. Remove throw rugs and/or move furniture to create a clear path through the rooms to prevent falls. Make sure extension cords are secured on walkways! Don't rush to get everything done. Take time to relax and enjoy yourself and your family/friends.

Be sure to mark your calendar for our support group Christmas Party on December 13<sup>th</sup> at 6:00 p.m. Details are in this newsletter. Hope to see you there.

**Merry Christmas and Happy New Year!! Pat**



# Occupational Therapy/ Physical Therapy

Taken from "Research Reports," *Parkinson Report*, Fall, 2007. Michelle Troche and Christine Sapienza.

While much attention to the deficits caused by Parkinson Disease deal with its impact on walking and balance, PD can also affect other critical functions such as breathing and voice production. The same types of disrupted movements that affect arm and leg muscles result in disruptions to breathing, voice, speech, cough, and swallowing. Many of the same muscles used to produce voice and speech are also used for controlling the lips, tongue, palate, pharynx, and larynx. The physical changes to these muscles can affect a person's

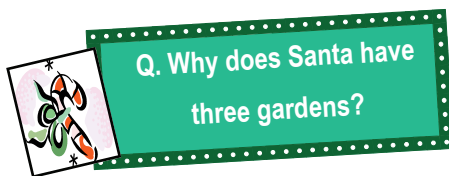
ability to chew and swallow.

These muscle changes may occur at any stage of PD. The University of Florida, Department of Communication Sciences and Disorders, uses a therapy technique called Expiratory Muscle Strength Training (EMST) to strengthen and activate the slow, weak musculature associated with PD.

A certified Speech Pathologist trains patients to use an experimental pressure threshold device at home. Training lasts for four weeks, five days a week, 20 minutes each session. Patient reports have been positive. They report that the training is easy to complete and not very time-consuming.

*Heidi Cowan, Teresa Moltenberry, and Dominic & Amanda Salazar are our team's Physical Therapists at Temple. Please call if you have any questions, 254-724-2208. PT office hours are Monday through Friday, 8:00 a.m. to 5:00 p.m.*

*Chris Wilson and Jaime Ortiz are Occupational Therapists and are available to assist in any way they can! 254-724-2208*



**Did You Know?** From the Temple Daily Telegram, Parade Magazine, July 8, 2007

You can locate an article in a medical journal? Learn more about a "frozen section" biopsy? To stay healthy, you need to be informed. The National Institute of Arthritis and Musculoskeletal and Skin Disorders is offering a **free** new guide, *How to Find Medical Information*. For your copy, go online to [pueblo.gsa.gov](http://pueblo.gsa.gov).

## Music Therapy by Kathleen Brown, MT-BC/Community Outreach Liaison Phone: 254.724.6414

**"Joy to the world the Lord is come."**

Those may have been the words of the three kings who searched for and found the baby whom they believed to be the savior of the world. Or they may have been the words of the shepherds in their fields, watching their flocks by night. These may have been the first Christmas carols, sung out of pure joy!

Christmas is a wonderful time to make a joyful noise and sing your heart out to keep your voice strong. Singing is one of the best things you can do for yourself, and it is greatly appreciated

by others (even if you think you can't sing!). You might even go caroling in your neighborhood! That would carry on the ancient English custom of traveling from house to house, singing in exchange for food.

What a way to nourish your bodies and vocal cords at the same time, and to combat anxiety and depression that can come with the holidays. Even if you don't go caroling, when you sing "Jingle Bells" or "Rudolph the Red-Nosed Reindeer" with your grand-kids (or any other kids in your life), **belt it out lustily!**



**Pictures from our Physicians Forum on Parkinson Disease in Salado on November 2, 2007.**

(Left) Dr. Robert Buchanan, Dr. Richard Lenehan, Dr. Monique Giroux, and Dr. Elmyra Encarnacion receive plaques of appreciation for helping us educate primary care physicians about

(Right) The PMDC interdisciplinary Team



**So he can hoe-hoe-hoe**





# Speech Pathology by Kyla Sherrard, Chief, Section of Speech Pathology

**Shout JOY!** What a wonderful way to start the day! If we can focus on the positive, our lives run so much smoother. And the joy in being able to shout is quite apparent to anyone with Parkinson's disease!

Wake up each day with ten loud "ahs" and you are bound to find some carry-over into your conversation. Remember those

shouts later in the day and use them as your internal thermometer of loudness. Did you use as much breath support while talking on the phone? Did you keep your voice in the proper pitch, or did it get squeaky high?

**So, shout for joy and for vocal health!**

*For assistance with speech and swallowing ask for referral to Kathleen King & Kyla C. Sherrard, Ph.D., Chief, Section of Speech Pathology, Division of Otolaryngology, Scott & White Clinic/Hospital 254-724-4749.*

# Social Work by Danielle McNeil-Keller, Master Social Worker

**"Change has a bad reputation in our society. But it isn't all bad — not by any means. In fact, change is necessary in life — to keep us moving ... to keep us growing ... to keep us interested. ... Imagine life without change. It would be static ... boring ... dull."** Dr. Dennis O'Grady

"Tis the season for change." It is this time of year when people tend to be in a reflective state or frame of mind...reviewing the events of the year and contemplating the changes the New Year brings. All over the world people are gearing up to make those "New Years Resolutions." With hopes that range from new hobbies to better eating habits, people tend to make changes that will enhance their lives. As for me, I have decided to make a career *change*. I have accepted the position as Manager of the Employee Assistance Program (EAP) here at Scott & White.

Although this new position will bring new opportunities and take

me out of the realm of direct patient care, I believe that it was a necessary *change* to promote professional growth. At any rate, don't fret as I am looking forward to being very much involved with the programs and activities in the Plummer Movement Disorders Center. I view this as a way of "giving back" because I have truly enjoyed getting to know each of you and I value the relationships that we have built during my tenure.

There will be a new social worker joining the staff in the near future, and I am sure that he or she will make a positive impact. Please welcome them with open arms. However, I will be here to serve as a resource and to provide support (when needed) to ensure the continuity of your care. So this is definitely not a farewell, just a *change*. **Change is good!** I look forward to seeing you all at the holiday celebration and each month at the Killeen support group. Have a Merry Christmas and a Happy New Year!

**Danielle has accepted another position at Scott & White but will continue to be a part of our team and facilitate the Killeen support group.**



**We say "hello" to the new members of our team:**

**Dr. Robert Buchanan**, Director of S&W Neuroscience Institute

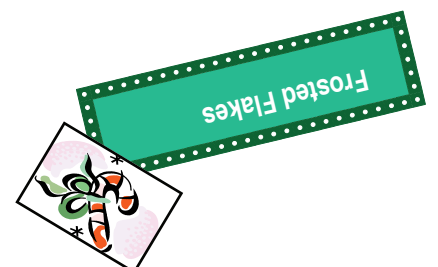
**Dr. Elmyra Encarnacion**, Co-Director of PMDC, Movement Disorders Specialist

**Amanda & Dominic Salazar**, Physical Therapists at Temple

**Karen Trice**, Occupational Therapist at University Medical Campus



A special thanks goes out to our friends at Valeant Pharmaceuticals for providing a grant to support publication of this newsletter.





Smile! It increases your face value.

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**The Plummer Movement Disorders Center** promotes quality of life for persons with Parkinson Disease and their care partners. Gifts support educational programming such as our Annual PD Community Symposium, PD 101 class for newly diagnosed patients and their spouses and/or care partners, purchase of educational materials and this newsletter. By giving, you can also help support our Parkinson's outreach and advocacy efforts on behalf of patients and families. **If the work of the Plummer Movement Disorders Center has made a difference for you or someone you care for, please consider making a donation today.**

I would like to help with the work of the **Plummer Movement Disorders Center** at Scott & White Hospital with a gift of \$ \_\_\_\_\_ .

In Honor Of \_\_\_\_\_

In Memory Of \_\_\_\_\_

Please make your check payable to: Scott & White, Plummer Movement Disorders Center, and return it with this form to: 2410 S 31st St, Attn: Patricia Simpson, R&E/5 W Circle, Temple, TX 76508.

Please use my gift for:

- Outreach and Educational Programs
- Patient Services
- Research
- Area of Greatest Need