



# CAPITAL AREA PARKINSON'S SOCIETY

(512) 371-3373

[www.capitalareaparkinsons.org](http://www.capitalareaparkinsons.org)

JANUARY 2011

## JANUARY 15<sup>TH</sup> MONTHLY MEETING

Happy New Year!! We hope everyone had a relaxing holiday. To start 2011 off, Dr. Thomas Hill will be presenting "Parkinson's disease:

"Recent trends and concepts in disease management" on January 15<sup>th</sup>. If you can, bring a dish to share with the group.

We will be meeting at Riverbend Church from 2:00-4:00pm.

**Location:** 4124 N. Capital of Texas Hwy (Hwy 360), Austin, 78746.

The meeting will be held in the Quads which are on the west side of the campus, off Cedar Street. There are well-marked signs leading to the Quads, should you take another entrance. It seems that on the South side of the quads, the walk in may be a tad bit easier than the front side. Look for the Real Estate signs indicating "Drop-Off."

### CAFFEINE, VITAMINS AND YOUR MEMORY

#### **Caffeine May Affect the Process of Long-term Memory**

**YES:** Israeli researchers just discovered when caffeine was added to cells from the hippocampus, a part of the brain that plays an important role in learning and memory, the level of calcium was raised. This caused them to swell about 33% in size and new cells to grow (although the cells returned to their original shape after an hour or two.)

Although caffeine may positively affect the process of long-term memory and learning, the implications are not yet clear. It may simply be that drinking coffee helps improve memory because of an increased attention and arousal level.

**NO:** The National Parkinson Foundation handbook on Nutritional Considerations of Parkinson's Disease advises the decrease or elimination of caffeine and alcohol from the Parkinsonian's diet. They note that caffeine, which is an irritant, can be dehydrating because your body dedicates much needed water to flush it out of your cells. Caffeine is acidic and can also cause heartburn or esophageal reflux as well as the loss of calcium in the urine.

#### **Lack of Vitamin E Linked to Memory Loss**

Try to remember and if you remember, you'll remember that antioxidants such as Vitamins A, C and E help provide protection against free radical damage. While caffeine may or may not affect your memory, in testing an elderly population, researchers have found a connection between poor memory and low blood levels of Vitamin E. Of those tested, 11% of the people whose levels of Vitamin E were lower than 4.8 per unit of cholesterol had poor memory. In contrast, just 4% of the

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*Caffeine, Vitamins and Your  
Memory cont.*

...people tested with levels of vitamin E *higher* than 7.2 per unit of cholesterol had memory problems.

Source: Houston Area  
Parkinson's Society,  
by Nina Brown

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## Donations / Dues

There are 3 ways to pay your dues or make a donation:

- 1) Detach the donation/dues portion below and send a check with it to the CAPS office. (Address located on form).
- 2) You may log-on to [www.capitalareaparkinsons.org](http://www.capitalareaparkinsons.org) and make payment through PayPal.
- 3) We will have computers at the December and January meeting to make payment through PayPal.



### 2011 CAPS DUES Are Now Due!

\_\_\_\_\_ \$15 Individual or Family Membership

\_\_\_\_\_ \$200 Lifetime Membership\*

\_\_\_\_\_ Donation

Please tear off this reminder, and mail your payment to CAPS, Parsons House 320, 1130 Camino La Costa, Austin, TX 78752; bring your check or credit card to the next CAPS meeting; or use PayPal on our web site.

Name(s) \_\_\_\_\_

\_\_\_\_\_

Address \_\_\_\_\_ City, State,

Zip \_\_\_\_\_

Email address \_\_\_\_\_ Phone

Number \_\_\_\_\_

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**\*At its October 12<sup>th</sup> meeting, the CAPS Board voted to provide a lifetime dues membership of \$200. Your dues and donations help fund CAPS' many programs, including our monthly meetings, newsletter, and support group.**