



# Capital Area Parkinson's Society

November 2014 Newsletter

P.O. Box 27565, Austin, Texas 78755-2565

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

## 2015 Board Nominations



Jenny Bankston  
Helen Baxter  
Debbie Bryson  
Kara Daugherty  
Kitty Hoskins  
Wayne Jameson  
Mark Lamkin  
Shane Latson  
Susie Lightfoot-Scherr  
David Miller  
Michael Rhea  
Michael Sheehy  
Susan Stahl  
Edwin Young

### New for 2015

Nancy Bain - PFP Dance Program Coordinator  
David Bastin - CAPS Member, Local Professional, Parkisonian  
Arlene Dettman - RN, NP, ACC Nursing Program Instructor, CAPS GT Participant  
Vidette Forbes - CEO, Reliant Rehab  
Doug McArthur, CAPS Member  
Kay Peterson - CAPS Member, Current Newsletter Volunteer  
Bettye Short - CAPS Member

### Officer Nominations

President - Teresa Ford  
Vice President - Nina Mosier  
Secretary - Lina Supnet-Zapata  
Treasurer - Alex Andron

difficult to study because many patients may not want to disclose their gambling or sexual behavior problems, he said.

"I think that this is one more piece of the puzzle that there may be something going on here with these drugs," Gagne told Reuters Health by phone.

"Doctors should understand and weigh these risks against the benefits," Moore said. "There is a lot of difference between a patient with advanced Parkinson's disease with severely impaired motor control and a patient with a mild case of restless leg syndrome." ■

**Disclaimer:** If you have any questions or concerns about the information contained in the articles, ALWAYS check with your own doctor before trying or following any suggestions in the articles.

## Parkinson's Drugs Linked to Impulse Control Disorders

*Kathryn Doyle, Reuters Health, October 20, 2014*

Dopamine receptor agonist drugs were linked with higher risks for pathological gambling, hypersexuality and compulsive shopping in a new study.

Cases of these severe impulse control disorders linked to the drugs have been reported for more than 10 years, and in many cases the abnormal behavior stops when patients stop taking the medications, lead author Thomas J. Moore of the Institute for Safe Medication Practices in Alexandria, Virginia, and colleagues write in their report of the study.

The Parkinson's Disease Foundation says on its website that in one earlier study, dopamine agonists were linked with compulsive behaviors in up to 14 percent of patients.

To further investigate the connection, Moore's team analyzed 2.7 million serious drug side effects reported in the FDA Adverse Event Reporting System between 2003 and 2012 in the U.S. and 21 other countries. They identified 1,580 impulse control disorder events, 710 linked to dopamine agonist drugs and 870 associated with other drugs.

The dopamine agonists were most often prescribed for Parkinson's disease but were also sometimes prescribed for restless leg syndrome.

Dopamine agonist drugs were 277 times more likely to result in a report of specific impulse control symptoms than other drugs, Moore told Reuters Health by email.

"This tells you that reports associating a drug with pathological gambling or hypersexuality are extremely rare, except for this group of drugs," he said.

That's a large increase in risk, and the actual risk could in fact be higher, since these data rely on official reports of drug side effects, according to Joshua J. Gagne of Brigham and Women's Hospital and Harvard Medical School in Boston.

Gagne wrote an editorial accompanying the new results, which appeared online October 20 in *JAMA Internal Medicine*.

There was also a link between impulse control disorders and antidepressants or antipsychotics, but not as powerful as the link with the Parkinson's drugs.

Dopamine agonist drugs, which include pramipexole (Mirapex), ropinirole, cabergoline, bromocriptine (Cycloset), rotigotine and apomorphine (Apokyn) in the U.S., activate dopamine receptors even in the absence of dopamine itself.

None of these six drugs come with so-called Boxed Warnings about the potential behavioral side effects, but all six should come with clear and prominent warnings, the authors write.

Dopamine plays a complex role in regulating behavior, Gagne said, and drugs that affect the way the brain uses dopamine may reduce the threshold for impulsive behaviors.

"More and more we are learning what it does," he said. "It makes biological sense that this may be causal."

These compelling results are some of the best evidence we may be able to get concerning the behavioral consequences of dopamine agonist drugs, Gagne said. It's



**HELP WANTED**

## for 2015 PROJECTS

Please let us know if you would be able to donate a few hours of your time on a committee for a project next year. When the committee organizes, you would be contacted and, at that time, you would decide if the timing works for you.

Call Wayne Jameson at 512-346-4920 for further details.

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## November Membership Meeting

### *How Therapy and Exercise Can Positively Impact PD - A Panel Discussion*

Saturday, November 15 ■ 2:00 p.m.  
Medical Office Building, St. David's Medical Center  
5<sup>th</sup> Floor Conference Room, 3000 N. IH-35

This month we are going to have a panel discussion with three speakers. **Sarah King** holds a B.S. in exercise science, a doctorate of physical therapy, is an American College of Sports Medicine certified personal trainer and certified health fitness specialist, and has recently completed the Parkinson's Wellness Recovery! therapist training program. **Liz Warfield** is the director of therapy operations at HealthSouth, holds a B.S. and a master's degree and is a licensed and certified speech-language pathologist (CCC-SLP). She holds additional certifications in Vital Stim and Lee Silverman's Voice Treatment. **Nancy Bain** holds a master's degree in dance education, has taught fitness to seniors, trained in *Dance for PD*, has a national certification in Older Adult Exercise from Healthways, has been a SilverSneakers and PACE (arthritis-based) instructor and now teaches Dancing with Parkinson's.

**Our program is followed by a potluck meal. We appreciate your contributions.**