



# Capital Area Parkinson's Society

July 2016 Newsletter

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

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

## Summer Sun, Your Skin and Parkinson's

*Martha Nance, M.D., Medical Director, Struthers Parkinson's Center  
December 12, 2012*

The long-awaited long days of summer are here, and I head out to my garden, as do many of you (or to the lake, the jogging path, or even just the back porch), I am reminded to review the special measures that people with Parkinson's disease need to take to maintain good skin health.

People with Parkinson's disease have twice the risk of developing melanoma (a serious, potentially fatal form of skin cancer) as people who do not have Parkinson's disease. In Caucasians, the risk of developing melanoma during a person's lifetime is about 2 percent. In people with Parkinson's disease, that risk doubles, up to about 4 percent. (Interestingly, the correlation also goes the other way: people who have had melanoma are more likely to develop Parkinson's disease).

The good news for non-Caucasians is that the lifetime risk of developing melanoma is lower than in Caucasians (about 0.3 to 0.4 percent in Hispanics and Native Americans, and 0.1 percent in people of Asian or African descent). Unfortunately, there is no specific information about the risk of melanoma in people with Parkinson's disease in those non-Caucasian groups, but we guess that they also have a higher risk than normal.

Scientists aren't sure what the connection between Parkinson's disease and melanoma is. Is it something about the diseases? Is it the medications that we use to treat Parkinson's disease? We don't have a satisfactory answer to that question, but since the association between the two conditions goes both ways, it seems likely that it has something to do with the diseases themselves.

What can YOU do to lower your risk of developing melanoma? We can't make the Parkinson's disease go away or change how much time you spent in the sun as a teenager, but you can protect your skin from the sun now and in the future. Some researchers think that intermittent sun exposure (sunburn) increases melanoma risk even more than chronic heavy sun exposure (as in farmers or construction workers).

People with Parkinson's disease can develop many other skin conditions, some related to Parkinson's disease, and some just related to age; basal cell carcinomas, actinic keratoses, squamous cell carcinomas, seborrhea, etc. Reducing sun exposure can also help to protect against some of these conditions, and an annual skin examination can help to detect them early. All of these skin conditions and lesions can be treated, so there is no reason to postpone seeing the doctor about them.

So, my recommendations for people with Parkinson's disease are:

Use sunscreen; avoid excessive sun exposure in general, and sunburn in particular

If you have a worrisome spot—a "mole" that is growing, bleeding or painful—have your doctor or dermatologist (skin specialist) take a biopsy as soon as possible. Don't wait!

Have an annual skin exam, which includes the scalp and other areas that you can't see

Consider scheduling regular visits with a dermatologist; ask your Parkinson's doctor for a referral

Have fun in the sun this summer, but make sure your good health is "skin-deep!"

Note: The information included on this blog post is for educational purposes only. It is not intended or implied to be a substitute for professional medical advice. The reader should always consult his or her healthcare provider to determine the appropriateness of the information for their own situation or if they have any questions regarding a medical condition or treatment plan. Reading the information on this blog does not create a physician-patient relationship. ■

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**Capital Area Parkinson's Society**  
**2nd Annual Fundraiser**  
**Fall Bash**

Thursday, October 27, 2016 • 6:00-10:00 pm  
DoubleTree Hotel—Arboretum • 8901 Business Park Drive

Music by "TOP CHOICE"

Tickets: \$75 - May be purchased at [www.capitalareaparkinsons.org/fallbash](http://www.capitalareaparkinsons.org/fallbash)  
General and Table Sponsorships available

For more information, contact CAPS at 512-371-3373 or  
[info@capitalareaparkinsons.org](mailto:info@capitalareaparkinsons.org)

Attire: Casual Cocktail      Raffle • Silent Auction  
[www.capitalareaparkinsons.org](http://www.capitalareaparkinsons.org)      Invitation to Follow

**SAVE THE DATE**  
**Thursday**  
**October 27, 2016**

*All proceeds go to the Capital Area Parkinson's Society*

## Area Outreach Support Groups

**Burnet – 2<sup>nd</sup> Wednesday @ 2pm**  
Seton Highland Lakes Hospital, Conf. Room  
309 Industrial Blvd. (Behind Hospital)  
Burnet, TX 78611

**Deep Brain Stimulation (DBS) –  
3<sup>rd</sup> Friday @ 2pm**  
Neurology Solutions Office  
12345 N. Lamar Blvd.  
Austin, TX 78753

**Lakeway – 1<sup>st</sup> Tuesday @ 2pm**  
Vibra Rehabilitation Hospital of Lake Travis

**Participant Organized Parkinson's  
Singing Group – Wednesdays 12:30-1:30pm**  
Unity Church of the Hills, Unity Oaks Bldg.  
9905 Anderson Mill Road, Austin, TX 78750

**Querencia/Barton Creek Southwest –  
4<sup>th</sup> Wednesday @ 2:30pm**  
Plaza Building, 2<sup>nd</sup> Floor, Lantana Room  
2500 Barton Creek Blvd. Austin, TX 78735

**Round Rock – 4<sup>th</sup> Tuesday @ 3pm**  
Wyoming Springs Assisted Living  
7230 Wyoming Springs Drive

**Simultaneous Care Partner and Patient –  
2<sup>nd</sup> Tuesday @ 10:15am**  
Covenant Presbyterian Church  
3003 Northland Drive, Austin TX 78757

**Young Onset Parkinson's Disease (under 55)**  
Contact: Bob Sahm at 512-914-2132  
or [rsahm99@gmail.com](mailto:rsahm99@gmail.com)  
2000 Medical Drive, Lakeway, TX 78734  
Round Rock, TX 78681  
Alex Andron at 610-389-4316  
or [alexander\\_andron@yahoo.com](mailto:alexander_andron@yahoo.com)

For more information, visit [www.capitalareaparkinsons.org](http://www.capitalareaparkinsons.org).

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## July Membership Meeting

**Saturday, July 16 ■ 2:00 p.m.**  
**Medical Office Building, St. David's Medical Center, 3000 N. IH-35, 5<sup>th</sup> Floor Conference Room**

### *5 Legal Documents That Everyone Should Have*



**Mark Tarrant** has been licensed to practice law in the State of Texas since 1986. He received his Bachelor of Science degree in Psychology, a Doctorate degree in Jurisprudence and a Master of Divinity Degree. Mr. Tarrant has worked as a mental health therapist, in house counsel for national corporations, Sole Practitioner and as a youth pastor. Additionally, Mr. Tarrant worked as a hospital Chaplain in the Seton health care system.

His law practice focuses on Elder Law issues, Estate Planning, Wills, Trusts and Probates, VA certified Aid and Attendant assessments, Medicaid assessments and Real Estate and has always made it his practice to make home visits for his clients whenever it is more convenient for them.

No potluck this month. **ICE CREAM SOCIAL** following the meeting.

