



Capital Area Parkinson's Society

September 2016 Newsletter

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

www.capitalareaparkinsons.org

You Ask, We Answer: Is Parkinson's Disease Associated with Sleep Apnea?

Lisa Shulman, MD, FAAN, Neurology Now, August/September 2016 – Volume 12, Issue 4, p. 33

Q: Is PARKINSON'S DISEASE associated with SLEEP APNEA?

LISA SHULMAN, MD, FAAN, RESPONDS:

A: No. Studies do not show that sleep apnea is any more common in people with Parkinson's disease than in those without it. However, other sleep disturbances are associated with the condition.

SYMPTOMS CAN DISRUPT SLEEP

Many people with Parkinson's disease wake up at night and have trouble getting back to sleep. Symptoms such as rigidity and slowness, for example, make it difficult to change position in bed. Tremors, which disappear during sleep, often recur when people wake up and may keep them from falling back to sleep. The need to urinate frequently, another symptom of Parkinson's disease, also disrupts sleep. And a sleep disturbance called rapid eye movement (REM) sleep behavior disorder, in which people act out vivid dreams or nightmares by thrashing around or calling out while asleep, is associated with, and is sometimes a precursor to, Parkinson's disease. The disorder contributes to poor quality of sleep. On top of that, aging itself can contribute to less sound sleep.

NAPS AND MEDICATIONS MAY INTERFERE

Fatigue is a common symptom of the disease and a common side effect of some medications, which may cause people to nap more during the day. But daytime napping can also make it harder to sleep at night, creating a recurring cycle of fatigue. To counter this, try to balance rest periods with regular daytime activity.

TREATMENTS MAY HELP

Movement specialists may prescribe sedatives such as clonazepam (Klonopin) to reduce REM-related sleep disturbances. Anti-anxiety medications such as diazepam (Valium), alprazolam (Xanax), and lorazepam (Ativan) may also be effective. Sometimes a simple adjustment to the dosage of Parkinson's disease medication taken at bedtime or overnight can improve sleep quality. If these strategies don't work, people may undergo a sleep study to better understand the problem and to determine if they have sleep apnea. ■

GOOD NEIGHBOR PROGRAM

Complete this portion to link your Remarkable Card to the charity of your choice. You can choose to link up to three charities. Contact your charity of choice and ask if they are a member of our Good Neighbor Program or ask the Courtesy Booth for the GNP number of a particular charity. To learn about the Good Neighbor Program, go to www.randalls.com.

REMARKABLE CARD NUMBER:

Don't know your card number? Call Customer Care at 1-877-723-3929.

Charity to be added to your card:

1. Charity #

2. Charity #

3. Charity #

Charity to be deleted from your card:

1. Charity #

2. Charity #

3. Charity #

APPLICANT NAME (PLEASE PRINT) PHONE

APPLICANT SIGNATURE DATE

PLEASE RETURN THIS FORM TO YOUR NEIGHBORHOOD RANDALLS COURTESY BOOTH

OFFICE USE ONLY: STORE #
COURTESY BOOTH: SEND THIS COMPLETED FORM TO THE MAILROOM - ATTN: DATA CENTER OF ARIZONA

board of Directors

Tereasa Ford, President
Kristen McNeel, Vice-President
Lina Supnet-Zapata, Secretary
Tim Ebest, Treasurer

Corinne Arles
Bekah Brown, LMSW
Deborah Bryson
Philip Curtin
Arlene Dettman, FNP
Margaret Devinney
Jene Ebest
Paul Hagen
Jeane Hinch
Donna Hohm, LVN
Mark Lamkin
Shane Latson
Peter Lynch
Doug McArthur
David Miller
Ingrid Sarrat
Michelle Schoonover, PhD
Becky Wolfe, RN

Don Carnes, Legal Advisor
Kitty Hoskins, Advisor
Nina Mosier, Advisor
Kay Peterson, Newsletter
Susie Lightfoot Scherr, Advisor
Shirley Uzzell, Advisor

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
General and Table Sponsorships available

For more information, contact CAPS at 512-371-3373 or
info@capitalareaparkinsons.org

Attire: Casual Cocktail Raffle • Silent Auction
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

Belmont Village – 2nd Friday @ 10:30am

NOTE: STARTS SEPTEMBER 9th

4310 Bee Cave Road
Westlake Hills, TX 78746

Burnet – 2nd Wednesday @ 2pm

Seton Highland Lakes Hospital, Conf. Room
309 Industrial Blvd. (Behind Hospital)
Burnet, TX 78611

Deep Brain Stimulation (DBS) –

3rd Friday @ 2pm

Neurology Solutions Office
12345 N. Lamar Blvd.
Austin, TX 78753

Lakeway – 1st Tuesday @ 2pm

Vibra Rehabilitation Hospital of Lake Travis
2000 Medical Drive
Lakeway, TX 78734
Contact: Nikita Nabar at 512-263-4500

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 –

4th Wednesday @ 2:30pm

Plaza Building, 2nd Floor, Lantana Room
2500 Barton Creek Blvd.
Austin, TX 78735

Round Rock – 4th Tuesday @ 3pm

Wyoming Springs Assisted Living
7230 Wyoming Springs Drive
Round Rock TX 78681

Simultaneous Care Partner and Patient – 2nd 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

For more information, visit www.capitalareaparkinsons.org.

Capital Area Parkinson's Society
P.O. Box 27565
Austin, Texas 78755-2565

NONPROFIT ORG
US POSTAGE
PAID
AUSTIN, TX
PERMIT NO. 352

September Membership Meeting

Saturday, September 17 ■ 2:00 p.m.
Medical Office Building, St. David's Medical Center
3000 N. IH-35, 5th Floor Conference Room

CAPS Fall Roundtable

We wrap up the summer and head into fall with a roundtable discussion and forum at our September membership meeting. Conducted one to two times a year, these sessions provide an accepting, open opportunity for CAPS members to interact and share experiences with each other. It's a wonderful opportunity to learn from your fellow members in a relaxed and non-threatening environment.

Collectively, CAPS members have a wealth of practical experience in dealing with the effects of Parkinson's disease. Please join us to share your personal experience, ask questions and have some fun in the process!

CAPS Membership Meetings are free and open to all those in the Central Texas area with an interest in Parkinson's disease. Plenty of free parking is available, too.



This meeting will be a potluck so all contributions are appreciated.