



Capital Area Parkinson's Society

Newsletter/January 2018

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

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capitalareaparkinsons.org

Exercise STOPS a Brain Cell-Killing Protein Found in Parkinson's Patients, New Study Says

By Kayla Brantley for *Dailymail.com*, December 22, 2017

Exercise slows the progression of a harmful protein in the brain believed to contribute to the degenerative disease Parkinson's, a new study revealed. New research has uncovered the molecular reasons behind the link between exercise and the disease that has remained a mystery until now.

Researchers discovered that running on a treadmill can stop the accumulation of a protein in brain cells called alpha-synuclein, which they believe plays a central role in brain cell death. The findings suggest that exercising can help stop Parkinson's in its tracks, as the disease is incurable, affecting 60,000 Americans a year. Exercise stops the progression of a protein in the brain that is produced in Parkinson's patients, according to researchers from the University of Colorado. Scientists from the University of Colorado tested mice that started developing Parkinson's symptoms in mid-life, as humans do. Running wheels were then put into their cages at 12 months old. After three months, the mice that ran showed improved movement and cognitive function compared to the group of mice that did not run.

The results published in the journal PLOS ONE found that exercise increased brain and muscle expression of a key protective gene called DJ-1. Though rare, humans born with a mutation that mutes the helpful DJ-1 gene are guaranteed to get severe Parkinson's at a relatively young age. 'Our results indicate that exercise may slow the progression of Parkinson's disease by turning on the protective gene DJ-1 and thereby preventing abnormal protein accumulation in brain,' said study author Dr. Curt Freed.

Freed explained that the animal experiments have significant implications for humans. 'Our experiments show that exercise can get to the heart of the problem in Parkinson's disease,' Freed said. 'People with Parkinson's who exercise are likely able to keep their brain cells from dying,' he added. ■

Read more: <http://www.dailymail.co.uk/health/article-5206529/Exercise-slows-progression-Parkinsons-disease.html#ixzz521KTalzl>

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2018 CAPS Dues Are Now Being Accepted!

Thanks to our members, CAPS is able to offer support and assistance to so many individuals. We appreciate your support! The annual membership dues for 2018 are due in January. These funds allow us to provide CAPS members with the many programs that we offer. Individual dues are \$25 and \$40 for a family. Thank you!

TOPICS OF INTEREST FOR 2018

Please let us know what topics of interest you would like to hear about in 2018. You can email the CAPS website at capitalareaparkinsons.org

Area Outreach Support Groups

**Brookdale, Northwest Hills –
3rd Thursday @ 3pm**
5715 Mesa Drive
Austin, TX 78731

Burnet – 2nd Wednesday @ 2pm
Seton Highland Lakes Hospital,
Conference 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

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)
Last Saturday @ 10:00am**
Stinson's Bistro, 4416 Burnet Road
Austin TX 78756
Contact: Bob Sahn at 512-914-2132
or rsahm99@gmail.com

For more information, visit www.capitalareaparkinsons.org.

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January Membership Meeting



Saturday, January 20 • 2:00-4:00 p.m.
Medical Office Building, St. David's Medical Center
3000 N. IH-35, 5th Floor Conference Room

Nutrition and Parkinson's - Presenter TBD

You are what you eat, or so they say. But how are nutrition and Parkinson's linked? More importantly, can nutrition impact Parkinson's in a positive way? Come to our January meeting to learn the answers.

Also, instead of our usual refreshments after the meeting, we would like for you to bring your favorite "secret" chili recipe. Whoever has the best chili will receive the "Best Chili in Texas" award. If you don't want to cook, you can bring a side such as cheese, crackers, cornbread and/or a dessert. Come have fun on Saturday!