



Capital Area Parkinson's Society

Newsletter/February 2018

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

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capitalareaparkinsons.org

Largest Clinical Study of Parkinson's Disease Reaches 10,000—Patient Milestone & Reveals Critical Learnings

Parkinson's Foundation, January 10, 2018

The **Parkinson's Foundation** today announced the enrollment of the 10,000th Parkinson's patient and the discovery of critical new learnings in what represents the largest clinical study of Parkinson's disease in history. Launched in 2009, the study has grown from a small pilot to 29 expert clinics in five countries and serves as a platform for clinical studies to improve the lives of everyone with Parkinson's.

Specifically, the **"Parkinson's Outcomes Project"** evaluates the complete range of factors associated with Parkinson's disease: medications and other treatments, motor symptoms, cognition, anxiety and depression, and caregiver burden. The study, which includes more than 100 people who have lived with Parkinson's for more than 30 years and 83 people diagnosed before they were 30 years of age, covers more than 25,000 clinical visits and input from almost 9,000 family care partners. Critical discoveries from the study include:

- Regular neurologist care, which could save the lives of thousands of people every year, should be better prioritized by Parkinson's patients and caregivers
- Greater attention should be paid to physical activity, as increasing exercise and general movement to at least two-and-a-half hours a week slows the decline in quality of life
- Mental health should be better prioritized, as depression and anxiety are leading factors determining the overall health status of patients.

Gender differences from informal family caregivers for women with Parkinson's, is putting them at a disadvantage, and greater awareness is needed. Women with Parkinson's are more likely to have a paid caregiver than men at the same stage, unlike men who are more likely to rely on their spouses and family members for support with everything from daily care to doctor visits. ■

For more information about the study, visit www.parkinson.org/outcomes.



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!

Announcement



FREE PARKINSON'S CONFERENCE FEBRUARY 24TH IN LUBBOCK!

The West Texas Parkinson's group, in partnership with the Davis Phinney Foundation, is offering a free conference (The Victory Summit) on February 24th (9:30am–3:30pm) in Lubbock. The Lone Star Parkinson's Society in New Braunfels is planning to charter a bus to take a group to the event. They will be staying at the Overton Hotel & Conference Center (rooms have been discounted to \$129/night) and can be reserved at 806-776-7000. *Discounted rate is valid through February 7th.* The bus will be leaving at 12 noon on February 3rd and returning to New Braunfels around 1am on Saturday night. The cost of the bus trip is \$30. They will stop for dinner on the trip back. For additional information, contact Tommy Dubuque at: tommydubuque@yahoo.com by February 7th.

board of Directors

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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 Sahm at 512-914-2132
or rsahm99@gmail.com

For more information, visit www.capitalareaparkinsons.org.

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February Membership Meeting



**CAPS Meeting
Saturday, February 17, 2018**

**Has been cancelled due to
rennovations planned for our
usual meeting place at St. David's.**