Happy New Year

To start the new year off right, we want to give you the first 10 tips on how to deal with Parkinson’s disease. These tips come from the book we now offer our new members: “300 Tips for Making Life Easier with Parkinson’s Disease” by Shelley Peterman Schwarz. Then each month throughout the rest of the year we will provide you with 10 different ones which we hope you will enjoy.

Happy New Year!

Understanding Medications

1. Always ask your doctor or pharmacist for published information on any drug you’ve been prescribed—ask specifically about side effects.
2. Start a new medication as early in the day as possible (unless otherwise indicated); if you have an adverse reaction, it will be easier to reach your doctor.
3. Write out your dosage schedule and carry it with you. Check off each dose as you take it.
4. Choose one pharmacy to fill all your prescriptions. That way there will be a complete record of all your prescriptions and drug allergies on file in one place.
5. Ask your pharmacist for non-childproof bottles with easy to open caps.
6. Keep track of medication times by using one of these methods: purchase a digital sports watch with a timer/alarm; program your cell phone alarm; or purchase an electronic timer (ex: MedGlider).
7. Take a hard-to-swallow pill with a spoonful of applesauce or pudding. (Editor’s note: patients also find it easier to use warm water rather than ice cold water when swallowing their pills.)
8. The effectiveness of some PD medications is affected by diet: the absorption of levodopa is delayed if it is taken with a meal rich in proteins; but many patients do not tolerate taking it on an empty stomach so try taking it with a carbohydrate (crackers, toast, etc.). Then wait 30 minutes before eating a protein.
9. If you are hospitalized, ask your doctor to write an order for you to be able to take your own PD medications. It’s often difficult to get medications administered exactly on time while in a hospital, and even 15 minutes late can be the difference between staying “on” or going “off”.
10. Tell your doctor if you experience dramatic changes in your mood from day to day: mood swings can be caused by medications or the disease itself.
## Area Outreach Support Groups

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<th>Location</th>
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| **Brookdale, Northwest Hills** | **Deep Brain Stimulation (DBS)** –  
3rd Thursday @ 3pm  
5715 Mesa Drive  
Austin, TX 78731  
3rd Friday @ 2pm  
Neurology Solutions Office  
12345 N. Lamar Blvd.  
Austin, TX 78753  
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) –  
Dates and Locations Will Vary  
Contact: Bob Sahm at 512-914-2132  
or rsahm99@gmail.com |
| **Burnet** – 2nd Wednesday @ 2pm |  
Seton Highland Lakes Hospital, Conference Room  
309 Industrial Blvd. (Behind Hospital)  
Burnet, TX 78611  
Lakeway – 1st Tuesday @ 2pm  
Vibra Rehabilitation Hospital of Lake Travis  
2000 Medical Drive  
Lakeway, TX 78734 |

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

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

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**January Membership Meeting**

**PD Overview and Treating Advancing PD**  
Presented by Dr. Michael Soileau

Dr. Michael Soileau graduated from Baylor University, attended medical school at the University of Texas Medical School in Houston, then completed his neurology residency at the prestigious University of Michigan. While in Ann Arbor, he was honored with numerous teaching awards and fell in love with the field of Movement Disorders. This love prompted him to return to his medical school alma mater and complete a fellowship in the medical and surgical management of movement disorders.

After directing the movement disorder division at a large institution in Central Texas for three years and starting a DBS program, he decided to open Texas Movement Disorder Specialists, PLLC in 2017. He continues to provide comprehensive, sub-specialized care, and to develop a regional and statewide presence having patients travel from all over Texas, Oklahoma and New Mexico.

*Refreshments will follow. Members are encouraged to bring their favorite snacks and/or cookies to share.*