

CAPITAL AREA PARKINSON'S SOCIETY

(512) 459-9876

<http://www.capitalareaparkinsons.org>

JANUARY 2009

CAPS MONTHLY MEETING

Dr. Thomas Hill has agreed to get us off to a good start in 2009 by speaking at our January meeting. The meeting will be held Saturday, January 17th in the McFadden Auditorium of Seton Hospital. We are so fortunate to have Dr. Hill, a leading neurologist in Austin, who specializes in Parkinson's and movement disorders. Since Dr. Hill will be sharing the latest information on Parkinson's at the meeting, we encourage you to bring family members.

Seton Hospital is located at 1202 West 38th Street. Access to the auditorium, which is located on the ground floor, is most convenient from the south side of the hospital. Parking in the garage is free.

2009 CALENDARS

A limited number of CAPS 2009 calendars are still available and will be on the red cloth at our January meeting. As of December 18, the calendar raised more than \$700 for CAPS after printing costs. The Plummer Movement Disorders Center at Scott & White in Temple will be distributing 250 copies of the calendar.

SOLO WITH PARKINSON'S

Solo with Parkinson's will hold its January 14th meeting at 12:30 at the home of Tina Daniel, located at 6101-B Bullard Drive. Members are encouraged to bring a lunch dish for the group to share. One of our members, Adrienne Diehr, will give a presentation on Egyptian art to prepare for a trip to the King Tut exhibit in Dallas, date yet to be set. Any interested CAPS members are welcome to join us. If you need transportation or directions, call Lydia Blanchard at 445-2478.

CAPS ADVISORS

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Sam Anderson
Susie Lightfoot Scherr

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Yulah Sisler

FAMILY DUES

Family dues for membership in CAPS are due this month. The annual fee is \$15 and can be given to our treasurer, Claudette Porter. She will be at the red cloth table set up at the monthly meeting taking money and checks.



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January 2009

PUT 'EM UP EXERCISE

It seems like this time of year all we hear is "exercise, exercise." But there's a new twist on exercising – boxing! Certified personal trainer Craig Marks of Tag Team Partners in Davies, Florida, offers an intense boxing program for PD.

Want more? Simply go to the News 8 Austin website, click on "Local News" and type "Parkinson's" into the search box. An article and a video about PD boxing will appear. To watch the video, just click "Play" on the "Watch Video" box.

MONTHLY HEALTH TIPS: Getting the Most out of Your Doctor Visit

If you are unclear about what a doctor says, the National Institute of Health offers these pointers.

BEFORE YOU GO:

1. Write down your concerns.
2. Keep a diary of your symptoms so you can describe them accurately.
3. Note any past treatments.
4. Gather any drugs you are taking and bring them, or a list of them, to the office visit.

DURING THE OFFICE VISIT:

1. Be open with your doctor about your concerns or complaints.
2. Briefly describe all symptoms. Tell when each started, how often they occur and if the symptoms have been getting worse.
3. Note any cause of stress in your life.
4. Ask questions and make sure you understand what the doctor says. Also, ask for an explanation of any term you do not understand. Be sure you know the instructions for any medication, such as when to take it, what to do if you forget a dose, what other drugs, foods and activity to avoid while taking it, and what side effects may occur.
5. Write notes. This will help you remember what the doctor says.
6. Bring a friend or relative if you are worried about understanding what the doctor says, or if you have trouble hearing.
7. If something bothers you, say so. The doctor needs to know if something is not working or if you are having trouble following a treatment regimen.

