



CAPITAL AREA PARKINSON'S SOCIETY

(512) 371-3373

www.capitalareaparkinsons.org

JULY 2009

CAPS MONTHLY MEETING

We are excited to be “cooling off” in July with our annual Ice Cream Social!

Meetings are held at Seton Main Hospital in the McFadden Auditorium, located at 1201 W. 38th St., 78705 from 2–4p.m. Access to the auditorium is on the ground floor, east of the Emergency Room entrance.

Parking is FREE. Parking tickets will be validated inside the auditorium.

NEW SOUTHSIDE CARE PARTNERS MEETING

Who: Any caregivers of folks with PD

What: An opportunity to share our lives, talk, listen, learn more about PD, socialize and enjoy snacks

When: Thursday, July 16th, 2009

Time: 1-3p.m. If you work, try to take an extended lunch.

Where: 4604 Cap Rock Drive, Austin 78735, the home of Betty and George Mading (892-0805)

Directions: Go to <http://maps.yahoo.com/index.php#mvt> or simply search Yahoo Maps for our address.

Why: CAPS has the passion to reach people in all areas of Austin. We hope this will strike the interest of people who live in South Austin to continue a monthly meeting.

YOUNG ONSET PARKINSON'S

Of the estimated 60,000 new cases of Parkinson's that will be diagnosed in the coming year, 15% will be under the age of 50. Excellent information can be found on the Parkinson's Disease Foundation web site at www.pdf.org. For a most excellent local resource, visit or join our Early Onset Support Group, which meets monthly.

Contact A.J. Hernandez at austinaj@grandecom.net to learn more.

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SOLO WITH PARKINSON'S

Solo with Parkinson's will meet for lunch and conversation from 12:30-2p.m. on Tuesday, July 21st at the home of Kitty Hoskins, 8227 Summer Place, 78759. Solo is a group for individuals with Parkinson's who are living alone.

For more information or transportation, call Lydia Blanchard at 445-2478.

DIZZINESS AND PARKINSON'S

Dizziness is sometimes described as a feeling of imbalance or insecurity when standing. There are multiple causes for dizziness, but the most common is due to a condition called orthostatic hypotension. This is a drop in blood pressure that occurs in moving from a lying or sitting position into a standing position. Blood pools in the legs when we stand, our vessels work to squeeze blood back to the heart, and the heart rate increases so the blood pressure does not drop.

Orthostatic hypotension may be caused by heart problems, problems with circulation, or with neurological control of these functions, referred to as autonomic dysfunction, which is common in Parkinson's. The risk of orthostatic hypotension increases as Parkinson's advances, and some medication to treat the motor symptoms of Parkinson's can worsen the problem. Another common cause of orthostatic hypotension is low blood volume which may be caused by dehydration. Symptoms may be worse after large meals as well. Here are some things you can do to reduce the effects of orthostatic hypotension:

1. Drink a large glass of water or juice every time you take your pills or urinate.
2. Put water where you can easily see it as a reminder to drink regularly.
3. Eat smaller, more frequent meals.
4. Use compression stockings to reduce blood pooling in your legs.
5. Stand slowly and wait a few moments before starting to walk.
6. If possible, elevate the head of your bed by 5 to 20 degrees.

7. Ask your doctor or physical therapist for exercises that improve balance.
8. Avoid alcohol and high-temperature environments like hot tubs.

If serious problems continue, see your primary care doctor or a cardiologist for additional testing.

Adapted from an article by Monique Giroux, M.D.,
Medical Director of the Booth Gardner Parkinson's Care
Center, Kirkland, WA. www.DAPS.us April 2009

THE FOURTH OF JULY WAS THE DAY
THAT THE DECLARATION OF
INDEPENDENCE WAS SIGNED AND THE
UNITED STATES DECLARED
INDEPENDENCE FROM GREAT BRITAIN.
WE WANT TO RECOGNIZE ALL THE
TROOPS AND VETERANS WHO HAVE
SERVED AND ARE SERVING FOR EACH
AND EVERY ONE OF US!

HAPPY FOURTH OF JULY!

