



# CAPITAL AREA PARKINSON'S SOCIETY

(512) 371-3373

<http://www.capitalareaparkinsons.org>

OCTOBER 2009

## OCTOBER 17<sup>th</sup> MONTHLY MEETING

Seanna Marceaux (RD, LD), Director of Nutrition Services at Meals on Wheels and More, is our honorary speaker this month. Her presentation will cover Adults over 50 with a special emphasis on nutritional concerns for those with Parkinson's such as malnutrition, bone health, constipation, dehydration, unplanned weight loss and timing of medications. We look forward to seeing everyone each month and this is one not to miss!

CAPS will be on October 17<sup>th</sup> at Seton Main Hospital in the McFadden Auditorium, located at 1201 W. 38<sup>th</sup> St., 78705 from 2-4p.m. Access to the auditorium is on the ground floor, east of the Emergency Room entrance.

Parking is FREE and parking tickets can be validated inside the auditorium.

## WHAT'S UP...TEAM DOPAMINE!

Team Dopamine are hanging tough in the Highland Lanes Sunsetters Bowling League on Tuesday nights. Four weeks are in the books now and they have records of 13-15 for Team A and 12-16 for Team B. Go watch them ROLL! They are requesting Cheerleaders.



## I AM, I CAN

Mona Sue Vintage and The Center for Music Therapy present "A Step in Time" benefiting *Team I Am I Can* and *The Alliant Institute*. To be held on October 10<sup>th</sup>, 2009 from 2-5p.m. at the Rissman Hall, First Presbyterian Church. Tickets are \$10 at the door. Festivities include: Vintage fashion show, live music, prize drawings, dessert buffet. Sponsored by: Texas Home Health, The Kennedy Company, PostNet, Parkcrest Floral Design, Hair by Matthew Johnston.



## 2010 OFFICER'S ELECT



In November, CAPS will elect new officers for 2010. The nominating committee consists of Wynnette Harris, Herman Caviel, Betty Mailloux, Maureen Kratzer and Elaine Shelton, is offering the following slate of candidates for your consideration: President - Shirley Uzzell; Vice President - Jaime Eyer; Secretary - Lydia Blanchard; Treasure - Claudette Porter. Nominations from the floor will also be accepted.

### CAPS ADVISORS

Kitty Hoskins  
Lois Rice  
Lorraine Chamamah  
Maxine Jenks  
Sam Anderson  
Susie Lightfoot Scherr

### 2009 OFFICERS

President  
Shirley Uzzell  
Vice President  
Jaime Eyer  
Secretary  
Lydia Blanchard  
Treasurer  
Claudette Porter

### BOARD MEMBERS

A.J. Hernandez  
Barbara Metzger  
Betty Mailloux  
Deborah Bryson  
Fran Gerling  
Herman Caviel  
Jack Gerling  
Jenny Bankston  
Maggie Glazener  
Mark Lamkin  
Patricia Bordie  
Wynnette Harris  
Yulah Sisler

### SUPPORT GROUP CANCELATIONS:

✘ The Ranch Retirement Living in Cedar Park. First Friday of the month from 1-2pm.

✘ Parsons House in Austin. The third Tuesday of the month from 6-7pm.

Both were facilitated by Deborah Bryson. Questions, please email: [Deborah.bryson@fms-regional.com](mailto:Deborah.bryson@fms-regional.com)

## CAUSES OF WEIGHT LOSS IN PARKINSON'S DISEASE

[www.nwpf.org](http://www.nwpf.org)

Parkinson's Disease Guide - Weight loss is common in Parkinson's disease but the exact cause may not always be obvious as it can occur both in the early or late stage of the disease.

The basic problem leading to weight loss is that the calorie intake through food is less than the calories used up through hyperkinetic movements, such as tremors. The need for a sufficient calorie intake through a healthy and balanced diet for a person with Parkinson's disease is essential to prevent significant weight loss. There may be other contributing factors for the weight loss noticed in Parkinson's patients and these include:

- Dysphagia or difficulty in swallowing discourages adequate intake of solid food, especially in the late stage of the disease.
- Loss of appetite, very often due to depression or anxiety, may be a factor.
- Difficulty in eating due to symptoms of Parkinson's disease such as tremor, rigidity or bradykinesia (slowness in initiation of movement).
- Dementia or other mental disturbances in a patient with Parkinson's disease may prevent proper feeding.
- Some patients restrict their food intake, especially proteins, as it "turns off" the effect of levodopa.
- Medicines used for treating symptoms of Parkinson's disease may have certain side effects such as nausea, vomiting, constipation, heartburn, dry mouth or loss of appetite which discourages proper food intake.
- Gastroesophageal reflux disease (GERD)– the patient avoids eating for fear of discomfort produced after meals.
- Effects of Weight Loss in Parkinson's Disease
- Less intake of nutrients results in :

- Tiredness and weakness
- Hypotension (low blood pressure)
- Osteoporosis (less mineral density in bones). - Thinning of the bones, associated with frequent chances of falling in a person with Parkinson's disease, result in high incidence of fractures.
- Features of malnutrition
- Increased susceptibility to infections such as pneumonia
- Management of Weight Loss in Parkinson's Disease

Eating a healthy balanced diet is the most important factor in preventing weight loss in a person with Parkinson's disease. Enough dietary fiber, vitamins and fluids should also be included in the diet. High calorie foods such as biscuits, peanut butter or desserts may help to increase weight. Instead of three large meals, a person with Parkinson's disease might find smaller, frequent meals easier to handle.

Protein in the diet interferes with absorption of levodopa, hence meal timings have to be planned so that absorption of levodopa is not hampered, but without restricting intake of protein. **Levodopa may be taken half an hour before or one hour after taking a protein- rich diet such as meat.**

Enough liquid intake is necessary to prevent dehydration, since chronic dehydration can lead to urinary tract infections or kidney stones. Fiber in the diet and adequate vitamins and calcium are necessary.

While eating, it is better to cut up food into small pieces to avoid choking and to assist with digestion. In case of drug therapy causing stomach upset, it is advisable to eat smaller amounts of food other than protein before taking medicines.