



The Parkinsonian

Spring Issue, 2009



Northwest PADRECC

Parkinson's Disease Research, Education & Clinical Center



Preventing Over the Counter Medication Interactions in Parkinson's Patients on MAOIs

According to the Food and Drug Administration's Center for Drug Evaluation and Research there are nearly 2 mil-

lion serious adverse drug reactions (ADRs) a year. Many of these are a result of unknowingly taking medications that are contraindicated with each other. Though many medications can be purchased over the counter (OTC), it does not mean that they are without risk. Keeping your pharmacist up to date on all of your medications and checking with them before purchasing OTC remedies can help to reduce ADRs.

The symptoms of Parkinson's disease are the result of the loss of dopamine-producing cells in the brain. Some drug therapies for Parkinson's work by increasing the amount of dopamine. Other drugs function by preventing the body's enzymes from breaking down dopamine. Monoamine oxidase is one of the body's enzymes that drugs, called Monoamine Oxidase Inhibitors (MAOIs), inhibit. Two of these drugs, Selegiline and Rasagiline, may cause the concentrations of certain OTC drugs in the body to be increased if taken at the same time.

Both Selegiline and Rasagiline are contraindicated with Dextromethorphan. Dextromethorphan is a common OTC product for short term coughs. It comes in liquid, capsules and lozenges. Coadministration of these products has

caused psychoses and abnormal behavior. It is advised to not take Dextromethorphan products while on Selegiline or Rasagiline. If your cough persists or is bothersome there are other options that your doctor can offer. Other medications, such as the decongestants Phenylephrine and Pseudoephedrine, may also have their concentrations in the body increased. It is possible that the coadministration of these drugs may lead to a hypertensive crisis. Those with hypertension, heart problems, or at risk of stroke should consult their physician to see if these medications are acceptable or if other options should be sought out.

Taking time to check with your doctor or pharmacist before using OTC medications with your Parkinson's medication may help to prevent unwanted adverse reactions and assist you in making proper medication choices.

Brian Zacher at the time of writing was a student (Pharm. D. candidate) in the College of Pharmacy at Oregon State University and an intern at Wellpartner, Inc., a home delivery pharmacy based in Portland (877-935-5797, www.wellpartner.com)

Resources:

- 1) <http://www.fda.gov/CDER/DRUG/drugReactions/default.htm#ADRs:%20Prevalence%20and%20Incidence>. Accessed 4 Dec 08
- 2) <http://online.factsandcomparisons.com> Accessed 4 Dec 08

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Missed a Patient Education Event?

We understand that not everyone can make it to our patient education events. As a result, the PADRECC video records all of their patient education events. This way anyone who lives too far away or is unable to attend for other reasons, but wants to know more about the topic is able to view the event from their own home. Below is a list of available talks. To request a copy of a talk please call Jeremy Cook at (503) 721-1091.

Depression in Parkinson's Disease

Friday, January 16, 2009
Jim Boehnlein, MD

Alternative Therapies in Parkinson's Disease

Friday, October 17, 2008
Lynne Shinto, ND

Cognitive Issues and Brain Exercises

Friday, July 11, 2008
Joe Quinn, MD

Exercise and Pilates

Friday, May 23, 2008
Bettina Blank

Update on PD Research

Friday, February 8, 2008
Jason Aldred, MD

Nutrition, Speech, and Swallowing

Friday, October 12, 2007
Erin Bookout and Marcy Fitterer, RD, LD

Update on Impact and Treatment of Falls in Parkinson's Disease

Friday, July 27, 2007
Jeff Kraakevik, MD and Ron Blehm, BS in PT

Fatigue in Parkinson's Disease

Friday, May 18, 2007
Gordon Campbell, ANP

Exercise, Balance, and Tai Chi for Parkinson's Disease

Friday, January 19, 2007
Fay Horak, PhD and Strawberry Gatts, PhD

Secrets to Taking Control of Your Parkinson's Disease Health Team

Friday, October 27, 2006

Have a Question? Ask the Doctor.

Do you have a question about Parkinson's Disease that you would like to see answered in this newsletter by one of our doctors or nurses? If so, please submit your question to nwpadrecc@va.gov or call Jessie at (503) 220-8262 ext. 54687. You can also mail requests to the Portland VA Medical Center address listed on the back page.

Want to Contribute?

This newsletter is yours, and we think you should be involved. If you have any art, poems, stories, or articles you would like to share with other Parkinson's patients, please send them to the address listed below or e-mail them to nwpadrecc@va.gov with newsletter submission as the subject line.

Portland VA Medical Center

Attention: Jessie Little
P3-PADRECC
3710 SW US Veterans Hospital Rd.
Portland, OR 97239

The following poems are taken from "This is the House that Jack Built, These are the Poems that Jack Wrote." written by Jack Naff. Jack is a Parkinson's Disease patient at the PADRECC, and has volunteered to share his work.

When I'm an Old Man

When I'm an old man, I'll go live with my kids,
Two sons and a daughter, they'll all flip their lid.

I'll mess on the toilet, and pee on the floor,
And then I will promise to do it no more.

Old age is the reason I'll use to the hilt,
I'll do funny things and I'll laugh with a lilt.

An old man, you see, can get by with such stuff,
My kids will just say, "he's a crazy old duff!"

When my kids fix a meal, I'll nibble and while,
They'll fix something special, and it will be all mine.

When I'm an old man, I'll be silly and cute,
I'll say naughty things, and I won't give a hoot.

'Cause I'm an old man, what do you expect.....
Old men do strange things, some die of neglect.

When I'm an old man, I'll yearn for the past,
Too old to change now, the die has been cast.

Old folks, you see, just cry for attention,
'Cause all that they want is too much to mention.

Five Years and Holding

Five years, it seems like yesterday
When first we fell in love.
You filled a void within my life,
Like cupid gave a shove.

There have been trials and some pain,
But then our love is true,
So joy and blessedness about,
'Cause I'm in love with you.

Dedicated to a special Swede

Recruiting VA Studies

Memory and Movement Disorders Demonstration Project (VA IRB ID: 1585 VA IRB Grant Number: #02-2202)

Dr. Joseph Quinn, MD is conducting this research study in order to track the frequency and types of changes in mental functioning that occur over time in Parkinson's patients. Participants would be asked to attend one or more study visits. All study visits would take place at the Portland VA Medical Center. The first visit would take less than twenty minutes. If asked to continue in the study there would be a second 90 minute visit and then follow-up examinations once a year for the next 3 years. All patients in the Parkinson's Disease Research, Education and Clinic Center (PADRECC) are invited to participate in this study. You may or may not personally benefit from participating in this study. However, by serving as a subject, you may help us learn how to benefit patients in the future. For more information on how to participate, please contact Susan O'Connor, RN at (503) 721-1091.

Ability to Arise From the Floor in Persons with Parkinson's Disease (VA IRB ID: 1585 VA IRB Grant Number: #06-1405)

Dr. Jeff Krakkevik, MD is conducting this study to see how well people with Parkinson's Disease can get up from the floor after they experience a fall. Participation would require up to three 30 to 40 minute outpatient visits at the Portland VA Medical center. In order to participate you must be a Veteran treated in the PADRECC Clinic or by the PADRECC physical therapist, Diagnosed with Parkinson's Disease, and at least 30 years of age. You may not be able to participate if you are unable to stand or move without the help of a caregiver, you have other neurological or musculoskeletal abnormalities that might affect your ability to stand from a sitting position, or the investigators determine that you are not eligible for safety reasons. You may not benefit from this study, however if you are found to have difficulty in arising from the floor you may benefit from instruction and advice on how to do so. Study visits would take place at the Portland VA Medical center. For more information on how to participate, please contact Susan O'Connor, RN at (503) 721-1091.

Parkinson Associate Risk Study (PARS): Evaluating Potential Screening Tools for Parkinson Disease (VA IRB ID: 2021; VA IRB Grant Number: # 05-0307)

Dr. Penny Hogarth is conducting this research study to estimate the frequency of olfactory loss in first-degree relatives of Parkinson's patients. Participation by a first-degree relative of a Parkinson's patient would require 6 one hour annual visits to the Portland VA Medical Center and completion of 6 annual smell tests by mail. The sub-study would require travel to Connecticut for a brain imaging procedure. All costs for travel to Connecticut will be paid by the study sponsor. All first-degree relatives of PD patients above the age of 50 or within 10 years of the age of diagnosis of PD are invited to participate. This is a research study and not treatment or diagnosis of PD. You may not benefit from participating in this study. However, by serving as a subject, you may help us learn how to benefit patients in the future. For more information on how to participate, please contact Susan O'Connor, RN at (503) 721 – 1091.

Recruiting OHSU Studies

Fish Oil for Depression in Multiple Sclerosis (MS) and Parkinson's Disease (PD)

The Parkinson's Center of Oregon at Oregon Health & Science University is looking for people with a confirmed diagnosis of PD who are suffering from Depression. The purpose of the study is to determine if taking omega-3 fatty acids along with your current antidepressant helps with symptoms of depression in people with PD. In addition we will determine if omega-3 fatty acids decrease blood levels of substances that are associated with depression.

You may be eligible to participate in the study if you meet all of the following criteria.

- Have a definite diagnosis of PD
 - On a stable dose of anti-depressant medication
- Between 18-85 years of age

This is a three-month pilot study in which 60 participants with either PD or MS will be randomly assigned to receive either fish oil capsules (which have high amounts of omega-3 fatty acids) or placebo capsules. The study requires 5 visits to OHSU. The research study will pay for all costs associated with the participation in this study. You will be responsible for any expenses that have to do with other aspects of your participation such as childcare and transportation. If you meet the eligibility requirements described above and are interested in participating in this study please call Dr. Lynne Shinto at (503) 494-5035.

Calendar of Events

Upcoming classes, support groups, and other events related to movement disorders

Parkinson's Center of Oregon (PCO)

Newly Diagnosed Educational Session: Occurs every other month. For more information call 503-494-9054.

Thursday, April 9, 2009: Outreach Symposium: Champions & Challenges (Located in Tri-Cities, Wash.) For more information call (503) 494-9054. If you are a Veteran, please call (503) 721-1091.

Sunday, April 26, 2009: Shakers Ball Benefit Concert Located at the McMenamin's Kennedy School in Portland, Ore., this concert is family friendly. Tickets available at the door or in advance by calling (503) 494-9054.

Saturday, May 2, 2009: Strike Out PD Bowl to benefit PCO and PRO. Located at the Sunset Lanes in Beaverton, Ore. from 10:45 a.m. to 1:30 p.m. Lunch is included. For more information call Roger or Karen Anderson at (503) 579-9615.

Parkinson's Resources of Oregon

Saturday & Sunday, April 3 & 4, 2009: Educate, Inspire, Empower: A Conference on Parkinson's Disease for People with Parkinson's, Caregivers and Professionals. Held at the Valley River Inn in Eugene, Ore. For more information call (503) 594-0901 or (800) 426-6806.

Movement Classes

Weekly class held in a variety of locations providing instruction in the technique created by John Argue (The Art of Moving) for people with Parkinson's. For more information call Holly at (503) 413-7717.

Spokane Education Event

Friday, April 10, 2009: Parkinson's Disease: Treatment and Research for Patients and Caregivers - Presented by Jay Nutt, M.D., Co-Director of the Parkinson's Disease Research Education and Clinical Center at the Portland VA Medical Center. This event is located at Spokane VA Medical Center, 4815 North Assembly St. Room C223, Spokane, Wash. 99205. Event takes place from 10 am to 11 am. For more information or to register please call (503) 721-1091.

Portland Patient Education Talks

All talks listed will be held in the Portland VA Medical Center Auditorium from 10 a.m. to 11 a.m. Please arrive early for parking. To register call (503) 721-1091.

Friday, May 8, 2009: Genetics - Cyrus P. Zabetian, M.D. who is a Neurologist for the Geriatric Research, Education, and Clinical Center at the VA Puget Sound Health Care System.

St. Charles Medical Center - Bend, Ore.

Friday, April 3, 2009: Parkinson's, Lewy Body Dementia and Everything In Between - Dr. Eric Ahlskog, a Neurologist at the Mayo Clinic. 1:30 p.m. to 3:15 p.m. at St. Charles in Bend, Ore. The event is free and open to the public. Call the St. Charles Education Department at (541) 760-6390 for more information.

Parkinson's Exercise Class: Next session April 13 through May 18. \$35 for a six week session. Located at St. Charles Bend, Training Room E, Bend, Ore. For more information call Terry Shelby at (541) 706-6390.

To receive the Parkinsonian by e-mail please forward a request to nwpadrecc@va.gov. Call 503-721-1091 to be removed from our mailing list



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