

PARKINSON'S SA INAUGURAL CONFERENCE 2018

Due to the overwhelming interest in, and requests from our local community, Parkinson's SA will hold our first, Annual Conference on Monday 6 August at the National Wine Centre.

This information rich program will feature national speakers from the research and support community, and will enable South Australians living with Parkinson's, caring for people living with Parkinson's, academics, and health professionals to come together to share the latest information about research and living well with the condition.

The day begins with a keynote address by Dr Cedric Bardy, of the South Australian Health & Medical Research Institute. Dr Bardy is an internationally recognised leader in the field of human neural stem cells, and an expert in electrophysiology and single cell genetics.



PHOTO: Dr Cedric Bardy's lab at SAHMRI

Guests will also be able to hear from expert panels on relevant topics including Key Elements to Living Well with Parkinson's headed by our panel of Eileen Ting, Paula-Jean Hayes and Dr James McLaughlin; and Maximising Self-Management of Parkinson's headed by the panel of Neurologist Dr Tom Kimber, Pharmacist Michael Bakker and Sue Sharrad Parkinson's Nurse Specialist.

Dr Ann Liebert of Sydney University and Australasian Research Institute will present a plenary address on Photobiomodulation therapy (PBMT or light therapy). Dr Liebert, in conjunction with Parkinson's SA, will be undertaking a proof-of-concept clinical trial to assess the use of photobiomodulation to treat Parkinson's disease. Photobiomodulation is non-thermal light (either laser or LED) and is used to treat a variety of medical conditions. Ann is investigating the mechanisms of action of photobiomodulation as well as its potential to treat neurodegenerative conditions such as Parkinson's and Alzheimer's diseases.

PHOTO: A patient trials a wearable Photobiomodulation Technology - Vielight



Parkinson's SA Conference 2018 will be held on Monday 6 August from 8:30am - 6:30pm at the National Wine Centre. Guests will enjoy morning tea, lunch and afternoon tea as well as a wine and cheese social event after the closing address.

Bookings and pre-payment are essential; please contact Parkinson's SA on 8357 8909 to register attendance and advise of any dietary requirements

\$20 for members (\$50 non-members)

Registrations must be made
by Monday July 30



OUR VISION

Enhanced quality of life for people affected by Parkinson's or another Movement Disorder

OUR MISSION

To maximise choice, independence and well-being for people affected by Parkinson's or another Movement Disorder through support, education and advocacy.

PATRON

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Governor of South Australia

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Pat Mueller

from....

OLIVIA NASSARIS, CEO

I hope everyone is keeping warm – remember that those of you with Parkinson's on a low income can take advantage of the Medical Heating and Cooling Concession rebate. For more information phone 1300 735 350 to have a form sent out to you.

The Parkinson's SA Quiz Night is always an event that our community looks forward to and this year was no exception. Everyone loves the competitiveness, connection and social atmosphere the event creates.

Congratulations to Simone for organising such a successful event and her hard-working volunteers - especially Carolyn Revell, who procures and collects the bevy of auction prizes.

This year we raised over \$14k – a fantastic outcome.



I recently had the pleasure of attending Tumby Bay Support Group's 10 year anniversary function in Port Lincoln. It was a day that reflected on the history of the group, how they have progressed over the years and the importance of leadership and support personnel for the success and longevity of a group. Disability advocate Kelly Vincent gave an inspiring speech about people with disability governing their own choices, stating that the biggest change needed is shifts in attitudes towards disability.

Registrations for our SA conference are filling fast, so please call Parkinson's SA on 8357 8909 to book your place. Whilst this conference is predominately about education and information, the event is also an opportunity to meet new friends, catch up with old ones, learn from each other and feel linked with the Parkinson's community. After the proceedings we will be having a cheese and wine social event included in the cost, to wind down and enjoy each other's company.

We welcome on staff Alice Langsford who joins Parkinson's SA as part of our Client Support team. Some of you might already know Alice through her involvement in the Burnside dance classes. She joins us with a wealth of qualifications for the position including her Bachelor of Nursing, with Stroke/Neurology experience, a Masters of Occupational Therapy, Certificate IV in Dance, and training as a Dance for Parkinson's teacher and has also done the PD Warrior Instructor Course.

Finally a save the date: Parkinson's SA will host Dr Michael Hamblin PhD, Principal Investigator at the Wellman Centre for Photomedicine at Massachusetts General Hospital, an Associate Professor of Dermatology at Harvard Medical School, and a member of the Affiliated Faculty of Harvard-MIT Division of Health Science and Technology. His research interests are now broadly in the area of phototherapy for multiple diseases. Dr Hamblin has published over 289 peer-reviewed articles, over 150 conference proceedings, book chapters and international abstracts, and he holds eight patents. He will be presenting to the Parkinson's SA community on Thursday 20 September, 10 am, location TBA – please phone Parkinson's SA to book in for this special seminar, which is free to our members, \$10 pp for non-members. Well done and thanks to all who have renewed your membership for this financial year already, helping so we can assist you.

Olivia

SUNDAY MAIL CITY TO BAY 2018

On Sunday 16 September Parkinson's SA will be taking to the streets of Adelaide in a new fundraiser in our calendar of events.

We have historically participated in A Walk In The Park in August each year. While this has been a wonderful fundraiser, we have decided that it was appropriate to jump on board with the annual Sunday Mail City to Bay Fun Run, in place of A Walk In The Park. This allows us to join in an already existing high profile event, allowing the Parkinson's brand to shine through to a larger more prominent audience, whilst still carrying on the community spirit and team morale that comes with the fun run.

In the following pages you can find the instructions on how you can set yourself up with City to Bay for 2018 and join the Parkinson's SA team. You can register on the City to Bay page and then also set up an everydayhero fundraising page.

Parkinson's SA will be participating as a team in the 3km walk. You can choose as an individual to walk or run the entire 12 kms if you wish, and if you feel unable to do the walk you can encourage friends and family to walk on your behalf.

Registering for the event is the first step, then setting up your everydayhero page will importantly enable you to receive donations towards your fundraising efforts. You can set up your everydayhero page by visiting www.city-bay.everydayhero.do

Early Bird Registrations apply until July 31 - costing \$30 for the 3km registration (\$25 concession)

Regular fee applies from 1 Aug - 3 Sept costing \$35 for the 3km registration (\$30 concession)

Late fee applies from 4 Aug - 15 Aug costing \$40 for the 3km registration (\$35 concession)

Please visit www.city-bay.org.au to register to participate in the 2018 Sunday Mail City to Bay Fun Run

Michael Wiseman Team Puck Farkinson's

Michael Wiseman is a man with a goal when it comes to his involvement with City to Bay Fun Run.

This year Michael is aiming high in his fundraising and support of Parkinson's SA, with his team 'Puck Farkinson's'.

In Michaels' own words "As blessed as I've been, life ain't always been a cakewalk".

Michael was diagnosed in 2016 with Parkinson's after experiencing symptoms for a number of years.

"For a long time I suspected there was something wrong with me – with symptoms going back to 2013, including rigid and slow movement, poor balance, depression, occasional tremors in my right hand and my calf muscles had more spasms than Terry Crews with his shirt off".

Michael has turned his diagnosis into a positive creating the 'Puck Farkinson's' campaign and running a blog online. As Michael has said in one of his blogs "I would be the biggest liar if I said that my only objective was to raise money and awareness for Parkinson's SA... (of course, I think it's a great cause!)... Between the darkness and the light, the stillness and the dancing, there's a lot of space. I'm very grateful and humble for the support given so far and I look forward to making and keeping, some very good friends.

Michael will be joining us on September 16 to join the the City to Bay, and we all looking forward to enjoying the event together and raising the profile of Parkinson's SA and our amazing community.



PHOTO: Michael Wiseman with PSA Ambassador Amelia Mulcahy



If you have any issues in registering for the City to Bay please feel free to contact us on 8357 8909 and we can help guide you through the process

How do we register for the City to Bay?

We're so glad you asked...



Step 1

You will need to first create an account. Go to this link (and share this with your friends and family to join us):

<https://my.city-bay.org.au/signup/team/NjAwMQ>

If you have previously run/walked in this event you need to log in to your account.

If you **do not** have a previously created account, follow the instructions to complete your personal details. **Select 'run solo'**.

If you are unsure, click on the bottom link to check if you are already have an account.

The screenshot shows the 'SUNDAY HILL CITY-BAY' registration page. On the left, there's a 'Log in to your account' section with fields for 'Email' and 'Password', and a 'Log in' button. On the right, there's a 'Create a new account' section with a 'Run Solo' button, and buttons for 'Family Team', 'Friends Team', and 'Organisational Team'. At the bottom, there's a link for 'If you've previously registered, an account on the City to Bay or Bay City website or have coordinated a team that you want to join, click here to log in.'.

Step 2

Complete personal details.

Select if you would like to Run, walk, are wheeling or caring.

Select distance you would like to complete -
We would like to walk from the 3km point as a unified team.

Half Marathon

6:15am - SAJC Junction Centre, Anzac Highway

12km Run

8:00am - Festival Theatre - Western Carriageway of King William Road, City.

12km Walk

8:30am - Festival Theatre - Eastern Carriageway of King William Road, City.

6km Run

8:30am (approx)
Kurralta Central Shopping Centre, Anzac Highway.

6km Walk

9:15am (approx)
Kurralta Central Shopping Centre, Anzac Highway.

3km Run

10:00am (approx)
SAJC Junction Centre, Anzac Highway.

3km Walk

10:00am (approx)
SAJC Junction Centre, Anzac Highway.

3km Dog Walk

10:10am (approx)
SAJC Junction Centre, Anzac Highway.

The screenshot shows the 'Individual Registration' form for 'Sunday Hill City-Bay 2018'. It includes fields for 'First Name', 'Last Name', 'Email', 'Phone', 'Address Line 1', 'Address Line 2', 'Suburb', 'State', and 'Postcode'. There are also checkboxes for 'Male' and 'Female'. Below these, there are icons and buttons for 'Run', 'Walk', 'Wheel', and 'Carer'. At the bottom, there's a section for 'How will you receive your race number?' with options for 'Post (\$10)' and 'Collect from Expo (\$0)'. There's also a link for 'If you have a student concession card, click here and complete.'

Select if you want your race number posted (\$10) or if you wish to collect from Expo (\$0)

If you have a student concession card, click here and complete.

PLEASE NOTE: If you used the link in step 1, you will see Parkinson's SA here automatically. If you do not see Parkinson's SA, please select from the drop down menu.

Read and agree to Terms and conditions here then click 'Register' button to go to confirmation page.

Step 3

Confirm details.

Super
Early bird
registration
by 31st May
\$45

Receive a FREE t-shirt to wear on the day - it's our **THANK YOU** for your support.

Step 4

Complete payment details.

Westpac are a major sponsor - If you are a Westpac customer you will **receive a further 10% off your registration fee!**

Amount will vary if you pay using a Westpac Account. \$40.50 is the Westpac Discount amount if paid before 31st May with a Westpac account.

After you have selected to 'Confirm and pay' This pop up window will appear. Do not close or refresh the page while your payment has been processed.

Step 5

Congratulations! You have registered.

Step 6

Look out for your email confirmation and link to your account.

IN THIS TOGETHER
parkinson's
SOUTH AUSTRALIA

PARTY for Parkinson's

Our community heroes have been partying proudly in recent months, especially in our regional areas of SA.

Since her Parkinson's diagnosis several years ago, and in spite of her own difficulties, Liz Wingard has sought to be proactive in the community in raising awareness and much needed funds to go towards research and support for people with Parkinson's and their carers.

With World Parkinson's Day (11th April) and a birthday approaching, a fundraising lunch was a natural progression for her to heighten mindfulness in her community. With a continuously restocked trading table, raffle, Parkinson's awareness competitions, and loads of finger food; family, friends and the community came and went all day long bearing donations of all descriptions Liz was overwhelmed with community generosity.

On behalf of the Kingston Lion's Club, Treasurer Allan Emery presented Liz with a cheque for \$500 from proceeds of the Easter Maria Creek Duck Race. Liz then proudly handed over an amazing total of \$3,200 to Parkinson's SA from her exceptional efforts.



PHOTO: Liz Wingard, Kingston receives cheque from Allan Emery, Kingston Lion's Club

In Gawler, two locals Suzanne and Carol have been brought together through sharing their health problems whilst at their Gawler craft morning; and have helped raise money for Parkinson's and MS Society.

Suzanne already with MS, recognised her movement/coordination had changed, now has a Parkinson's diagnosis; whilst her friend Carol who was experiencing mild hand tremors, slower body movements- particularly walking, had also just been diagnosed with Parkinson's. Different symptoms, same disease - they were both shocked!

This then snowballed into raising greater awareness of these conditions, through their organised morning tea, held at the local Uniting Church. This awareness and fundraising event was widely advertised through the Bunyip, friends and social media including Tony Piccolo MP; resulting in 70+ people attending.



PHOTO: Suzanne Young & Carol Davis, Gawler

Generosity from the Gawler community, especially small business, with donations towards their silent auction, and trading table stocked with friends' homemade goodies produced an amazing result of \$969.30 for each charity (MS Society & Parkinson's SA).

Congratulations to Carol Davis and Suzanne Young for your efforts in bringing hope and support to the Gawler Community.



If you'd like to help Parkinson's SA by doing a little 'fun'draising of your own, consider hosting a Party For Parkinson's at home or at work

Contact Simone Ridge-Cooke at Parkinson's SA for further details
8357 8909 or simone@parkinsonssa.org.au

NEW INITIATIVES in regional support

GAWLER A new group has commenced in Gawler for people with Parkinson's and their family members. A combined support and education group is now meeting for people with MS and Parkinson's. These conditions share similar challenges around balance, movement, fatigue, depression, anxiety and motivation. The group is being facilitated by Helen Hoppmann on the **second Monday of the month from 10.00 am – 12.30 pm at the Women's Clinic, Gawler Health Service. Contact Helen on 0403 295 348.**

KINGSCOTE Greg Davis a person living with Parkinson's on Kangaroo Island contacted Parkinson's SA a couple of years ago, inviting staff to visit the Island to raise awareness of Parkinson's in the community and among health professionals. The 'Pop Up Parkinson's' regional program funded through the Department of Communities and Social Inclusion made this possible. Greg's assistance in promoting the regional visit to KI in May contributed significantly to a good response to local seminars and the establishment of a new Parkinson's support and education group in Kingscote, starting on July 11. It will meet on the **second Wednesday of the month from 10.00 am – 11.30 am in the Meeting Room at the Cook Centre and will be facilitated by Kerri Welden on 0409 696 069.**

KINGSTON AND ROBE Liz Wingard's tireless fundraising efforts over 2 years have resulted in the funding of local seminars, raised community awareness and support, and the formation of a local group for people living with Parkinson's in the Kingston and Robe area. Liz facilitates the monthly group in different venues. **For more information contact Liz on 0466 723 263.**

TUMBY BAY 10 years on...

This year Tumby Bay Parkinson's group celebrates 10 years of providing information and support to people with Parkinson's across the Eyre Peninsula as well as raising awareness of local health professionals and community.

Oakley Dyer, diagnosed with Parkinson's in 2006, established the group in 2008 after he moved to Tumby Bay. Oakley and his wife Betsy gathered people from near and far, providing an interesting and informative program along with wonderful hospitality.

In recent years this dedication has been carried on under the inspiring leadership of Tash Clark, a younger person with Parkinson's, who has been very active in organising local fundraising and awareness raising events.



PHOTO: Annette Davey, Oakley Dyer, Natasha Clark, Olivia Nassaris & Kelly Vincent at Tumby Bays 10th Birthday event

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Parkinson's and Dysphagia

Dysphagia, the medical term for swallowing difficulties, occurs frequently in people with Parkinson's disease. Research suggests that anywhere from 40% to 95% of people with Parkinson's have dysphagia.

Some of the signs of dysphagia include coughing when eating and drinking, choking on foods and liquids, unexplained weight loss, loss of appetite, and repeated chest infections.

Dysphagia in people with Parkinson's can result in serious health complications including dehydration, malnutrition, and aspiration pneumonia.

Early identification of swallowing difficulties is crucial for minimising the impact that dysphagia has on health and quality of life. Many people with Parkinson's may be unaware of their swallowing difficulties and therefore it is critical to monitor weight and provide treatment for signs of dysphagia, even with those who do not report any swallowing difficulties.

Common methods for managing dysphagia in people with Parkinson's include feeding modifications, compensatory strategies and therapeutic techniques. The potential for aspiration is minimised by swallowing techniques and diet modification.

It has been found that thicker consistencies of foods and liquids yield a safer swallow in those with Parkinson's. Adaptive utensils may also be helpful for promoting and extending independent eating and drinking.

A recent study found that as many as 60% of people with Parkinson's are at increased risk of malnutrition, thus there is higher possibility they could develop malnutrition if they don't make changes to meet their nutritional needs.



Flavour Creations

Food & Drink Solutions for Dysphagia & Nutrition Management

Flavour Creations provides texture-modified food and thickened drink products that not only facilitate a safer swallow for people with dysphagia, but also offer maximum nutritional density, flavour and choice. The benefit to people with Parkinson's disease is two-fold, in that they can safely enjoy food and drinks while also improving their nutritional intake and hydration levels.

The Flavour Creations pre-thickened ready-to-drink (RTD) range is available in three viscosity levels and 24 different flavours. The RTDs are packaged in the innovative Dysphagia Cup, which was designed to allow the contents to be sipped without tilting the head—a necessary postural adjustment for people with dysphagia.

The Dysphagia Cup Holder may further assist people with Parkinson's in holding and drinking from the RTD range. Specially designed to fit the Dysphagia Cup and easy to hold with large easy-grip handles, the Dysphagia Cup Holder allows for complete autonomy for all users, including people with arthritis and neurodegenerative diseases.

AdVital is a nutritionally complete powdered supplement that may be beneficial to people with Parkinson's, when trying to meet their nutritional requirements. Just one serve of AdVital contains 15g protein, 153 kcal, and 28 vitamins and minerals. Designed for food fortification and with a true neutral flavour, AdVital can be used to fortify favourite and familiar foods and drinks without altering taste or aroma.

Smooth and creamy Flavour Creations Ice Cream remains at an Extremely Thick (Level 900) viscosity when thawed and is therefore suitable for people with dysphagia. It is energy dense, providing 3kcal per gram, which may assist in weight gain and weight maintenance in people with Parkinson's.

Visit flavourcreations.com.au to see the entire dysphagia and nutrition product range

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Dysphagia Ready-to-Drink Range

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Dysphagia Cup Holder

- Enables independence & restores dignity
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AdVital

- Nutritionally complete
- Neutral flavour
- 28 vitamins & minerals
- High in protein, energy and calcium
- 23 serves in every can



3kcal Ice Cream

- Three delicious flavours
- Remains at a level 900/ extremely thick (Texture C) when thawed
- 3 kcal for an energy boosting treat



For more information about all Flavour Creations products visit flavourcreations.com.au or contact Customer Service on **07 3373 3000**

King William Road LIFE STYLE

Parkinson's SA is very excited to announce that we are the charity partner for "The Mercedes-Benz Unley Long Lunch" to be held in October 2018 as part of Adelaide Fashion Festival. Keep your eyes peeled for more information to follow in coming months.

Parkinson's SA thank King William Road for the opportunity to be the charity partner.



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what's news in PARKINSON'S RESEARCH

Game-changer for Parkinson's disease outcomes



A unique gaming system called 'OrbIT' will play a lead role in the fight to improve life for individuals living with Parkinson's disease, thanks to funding from the Estate of the late Olga Mabel Woolger.

In a three-year \$90,000 study, Flinders University Rehabilitation Engineer, Mr David Hobbs and University of Adelaide neuroscientist Dr Lyndsey Collins-Praino will partner with Parkinson's South Australia to trial OrbIT as a cognitive training device to improve outcomes and delay dementia onset for people with Parkinson's disease.

The OrbIT gaming system is an accessible, fun, stand-alone computer gaming system that features a novel and easy to use controller. OrbIT engages the player in a targeted, cognitively challenging activity (playing specially designed computer games), while the unique design of the controller facilitates intuitive control without the need for grip and fine motor control. This is particularly important for individuals living with Parkinson's disease, who may often struggle to use traditional gaming controllers.

"Cognitive decline is one of the most significant predictors of quality of life both for individuals living with Parkinson's disease and their caregivers, and currently there are no effective treatments for it," says Dr Collins-Praino. "We hope that the OrbIT system may be able to help individuals maintain, or even improve, their cognitive function by allowing us to target the areas that are most vulnerable in Parkinson's disease."

While many people think of Parkinson's disease as a motor disease, it can also be associated with a variety of non-motor impairments, including declines in cognitive function and memory. Within 20 years of diagnosis over 80% of individuals living with Parkinson's disease go on to develop dementia.

"We believe the OrbIT gaming system, which was originally developed for children with cerebral palsy and has also been trialled with people undergoing stroke rehabilitation, has huge potential in other health areas because of the way it was designed," said Mr Hobbs, the lead developer of OrbIT.

"We are really excited to partner with Parkinson's SA and to uncover new applications for this technology to improve the lives of many people with this condition."

The funding will enable the gaming system to be trialled through Parkinson's SA's new Brain x Body Fitness Studio, a studio designed to encourage neuroplasticity. The trial will include both short-term and long-term follow up with individuals, in order to evaluate any lasting benefits of game play.

Chief Executive Officer of Parkinson's SA, Olivia Nassaris said this project is a true example of collaboration. "Parkinson's South Australia is expanding our research portfolio in partnership with the talented minds from our South Australian universities," Ms Nassaris says.

"David Hobbs at Flinders University at Tonsley created something for one purpose, and Dr Lyndsey Collins-Praino at the University of Adelaide saw the potential for use and positive impact in another area. "Together with Parkinson's SA and the generosity of the Estate of the late Olga Mabel Woolger, we have a project that potentially can improve the wellbeing of people living with Parkinson's," said Ms Nassaris.

Lyn Paunovic trialled the OrbIT system in the office last week. Lyn noting the potential of the tool in helping keep the brain active and enjoyed the challenge. In Lyn's words "You really need to focus on what you're doing with the OrbIT. Your brain kicks in and starts working harder. It took me away from thinking about my symptoms for a moment. As I played my tremor stopped and focused on other things. Concentration and coordination came into 'play'. Lyn looks forward to hearing about the trials in the Brain x Body Fitness Studio.



PHOTO: Tolley & Lyn Paunovic with Dr Lyndsey Collins-Praino, Mr David Hobbs and Olivia Nassaris

Testing tears could lead to cheap and effective Parkinson's disease screening

Parkinson's patients' tears had more than five times the level of abnormal molecule which forms nerve damaging clumps.

A few shed tears could open up a cheap way to screen patients for Parkinson's disease, allowing earlier diagnosis and, potentially, treatment that can delay the disease.

Researchers analysing the tears of Parkinson's patients and non-affected adults found that patients with the disease had five times the level of alpha-synuclein, the protein molecule that forms toxic clumps and causes nerve damage, than the healthy patients.

"We believe our research is the first to show that tears may be a reliable, inexpensive and non-invasive biological marker of Parkinson's disease," said the study's author, Dr Mark Lew, from the Keck School of Medicine at the University of Southern California.

"And because the Parkinson's disease process can begin years or decades before symptoms appear, a biological marker like this could be useful in diagnosing, or even treating, the disease earlier."

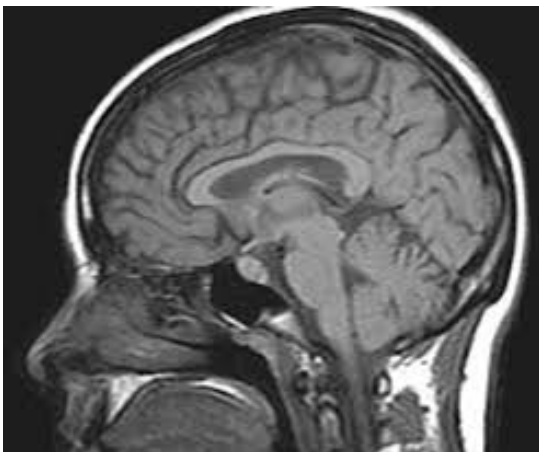


PHOTO: an example MRI brain scan

The findings from an early human trial were presented at a conference of the American Academy of Neurology today.

Because Parkinson's affects nerve signals around the body and not just in the brain, Dr Lew's team predicted that the abnormal protein molecules linked with it's progression would be found outside the brain as well.

The researchers recruited 55 people with Parkinson's, and 27 people from a similar mix of ages and genders without the disease, and compared tear samples for differing levels of the protein.

They found levels of alpha-synuclein in a healthy, non-clumped form were lower in Parkinson's patients' tears.

However, they had significantly higher levels of the unhealthy form of the molecule, oligomeric alpha-synuclein – 1.45 nanograms per milligram of tear proteins, compared to 0.27 nanograms in healthy patients.

These abnormal protein clumps interfere with nerve signals and are a key factor in the nerve damage that marks out the progression of Parkinson's disease.

"Knowing that something as simple as tears could help neurologists differentiate between people who have Parkinson's disease and those who don't in a non-invasive manner is exciting," said Dr Lew.

Detecting Parkinson's disease from bodily secretions isn't entirely new.

Manchester academics are studying retired nurse Joy Milne's peculiar ability to smell Parkinson's and identify sufferers with remarkable accuracy.

source: <https://www.independent.co.uk/news/health/parkinsons-disease-tears-test-screening-crying-protein-neurology-a8223491.html>

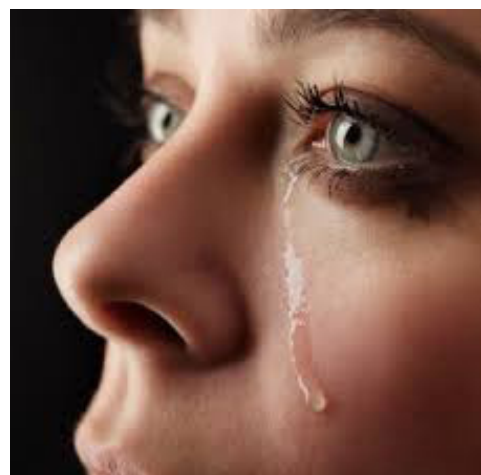


PHOTO: shed tears could help screen patients for Parkinson's

a wrap up of.. QUIZ NIGHT 2018

The Parkinson's SA community held it's Annual Quiz Night on June 30. The winter evenings' gloom was left at the door as a fabulous group of 320 trivia tragics set themselves up for first place boasting rights, or the shame of the dreaded wooden spoon for last place.

The evening was a great success, as always. Raising a remarkable \$14,000. The Parkinson's community sure know how to put together a party and have a truckload of fun.

Our Silent Auction this year included some sensational prizes from our very generous local South Australian Businesses, including the opportunity to learn to dive - thanks to The Dive Shack; and a football signed by the Adelaide Crows Captain and Coach - thanks to the Adelaide Football Club. All the prizes were successfully auctioned on the night - with many happy guests taking home some special items, all while helping raise much needed funds for the continued services of Parkinson's SA.

We humbly thank our team of wonderful volunteers including Carolyn Revell who tirelessly walks the streets every year alongside her brother Lyndon Radbone collecting donations for our Annual Quiz Night, Carolyn continuing the dream team name solo this year after Lyndon's sad passing earlier in 2018. This year we were also lucky enough to have Kevin & Meghan McKeever write our questions and also volunteer to be our judging panel on the night - a truly invaluable team who we wholeheartedly thank for their contribution.

Most of all thank you to our wonderful Parkinson's community who once again came along en masse and made sure the night was a huge success and fundraiser for Parkinson's SA.



LEFT: Silent Auction item donated by Flowers by Alice

RIGHT: Quiz Night all set up ready for competition



a day of pamper... CARER'S DAY 2018

On Thursday 21 June, 30 family carers experienced a day of self care and relaxation at the Fullarton Park Community Centre.

They enjoyed massages, manicures courtesy of Medi Pedi Unley, creative activities and conversation with others caring for a relative.

Ann Buchan, a neurophysiotherapist guided the group through some practical strategies for safely assisting a relative with their mobility.

The feedback highlighted the importance of family carers taking 'time out' from their caring responsibilities and pampering themselves.

"A real treat! I came home relaxed and happy."
"We actually felt very special, spoilt and appreciated."
"It was lovely to meet other carers and share experiences."



PHOTO: Carers enjoy a pamper at the Fullarton Park Community Centre

IN MEMORIAM



Parkinson's SA acknowledges the donations which have been given by families and friends in memory of the following people. The thoughtfulness of these families in arranging for donations to be given to Parkinson's SA is greatly appreciated.

Liz Blinco

Eric Koch

Robert (Bob) Clinch

Trix Hogan

David Thomas

Christopher (Chris) Heading

Arline Marie Trinne

Janet Adele Lowe

Peter Jennings

Raymond Scheiner

Lyndon Radbone

Leonie Girvan

Patricia Saunders

Annie Kemp

John Ramsey

Danka Sladic

Haydn John Twining

Elaine Bishop

Barbara Anderson

Jean Mann

Lindsay Cremin

John Huggett

Alan Mahoney

Colin Brand

"Parkinson's SA has offered us so much support throughout our journey.

We believe it's only fitting that we give back to the organisation in our Will."

Ros and Phil Cassidy

Have you thought about your legacy?

Legacy gifts offer the perfect opportunity to reflect on what/who has been important in your life, or mirror what you'd like to actively see supported in the future.

Leaving a legacy gift to Parkinson's SA is a simple way to continue caring, and ensures your passion for Parkinson's SA will continue to support those with Parkinson's far in to the future.

Would you like to leave a legacy gift to Parkinson's SA?

Contact Olivia Nassaris
on 08 8357 8909



SUPPORT & EDUCATION GROUPS

Adelaide Hills

Contact: Pat Jennings
0408 808 310

Brighton

Contact: Julie O'Brien
0413 618 084

Brighton Carers Group

Contact: Lorraine Flanagan
0414 424 838

Burnside

Contact: Anne Heard
8357 8909

Elizabeth

Contact: Northern Carers Network
8284 0388

Gawler

Contact: Helen Hoppmann
0403 295 348

Kingscote

Contact: Kerri Welden
0409 696 069

Kingston and Robe

Contact: Liz Wingard
0466 723 263

Lower North

Contact: Lynn Stewart
8842 1118

Mount Gambier

Contact: Wendy Merrett
8724 1251

Murray Bridge

Contact: Caroline Tenny
8531 2989

North Eastern

Contact: Anne Heard
8357 8909

Onkaparinga

Contact: Lyn Paunovic
8384 8357

Paradise Resthaven

Carers' Group
Contact: Sharyn Atkins
8337 4371

Riverland

Contact: Glenys Badger
8588 2883

Salisbury

Contact: Anne Heard
8357 8909

Southern Fleurieu

Contact: Caroline Tenny
8554 1801

Tumby Bay

Contact: Natasha Clark
0438 269 502

Upper South East

Contact: Karen Burford
or Sue Benneke
8762 8160

Western

Contact: Tracy Leaney
0413 596 080

Whyalla

Contact: Peter & Yvonne Atkinson
0488 915 740

Yorke Peninsula / Southern YP / Northern YP

Contact: Sue Poole
8821 2444

EXERCISE GROUPS

Adelaide Hills Health Service

Contact: Simone Krohn
8393 1833

Blackwood Recreation Centre

Contact: Karyn Powell
8296 4500 or 0419 840 484

Christie Downs

Contact: Robert Lloyd
8386 2761

Elizabeth Northern Resthaven

Contact: Rosalind Wren
8252 6811

Glenelg

Contact: Lucrecia Sergi
0416 366 570

Glynde

Contact: Ruth Brunt
0434 477 724

Goolwa

Contact: Stuart Thompson
8528 7650

Greenacres North Eastern ECH

Contact: Michelle Keane
1300 275 324

Henley Beach Seaside ECH

Contact: Emma Hodge
1300 275 324

Hope Valley

Contact: Ruth Brunt
0434 477 724

Largs Bay Southern Cross Care

Contact: Courtney Brook
8242 2985

Marion Resthaven Southern

Contact: Michelle Eeles
8296 4042

Murray Bridge Resthaven

Contact: Caroline Tenny
8531 2989

Northfield Hampstead Rehabilitation Centre

Contact: Bob Barnard
8222 1811

Paradise Resthaven Eastern

Contact: Joanna Thomas
8337 4371

Payneham & Reynella Life Care Active

Contact: Shannon Peake
8168 7600

Rostrevor ACH Group

Contact: Sarah McMullen-Roach
1300 224 477

Unley Pd Proud

Contact: Ann Buchan
8373 2132

Victor Harbor

Contact: Caroline Crawford
or Chelsea Hastings 1300 275 324

SPECIALISED GROUPS

Brushlines Art Group

Contact: Anne Heard
8357 8909

Dance! WITH Parkinson's

Contact: Paula Jean Hayes
8357 8909 (multiple locations)

Deep Brain Stimulation Group

Contact: Dianne Biddle
0428 828 089

Dystonia Lunch Group

Contact: Jacqueline Jeremy
sadystonia@gmail.com

Focus on Family Carers' Group

Contact: Anne Heard
8357 8909

Parkinson's Pedallers' Cycling Group

Contact: Mike Hannan
8278 6069

Parkinson's Plus Lunch Group (PSP, MSA, CBD)

Contact: Anne Heard
8357 8909 (RSVP essential)

Photography Group

Contact: Beth Manoel
8264 4194

20's - 50's Group

Contact: Anne Heard
8357 8909

Women with Parkinson's

Contact: Paula Jean Hayes
8357 8909

valid: 1st June 2018 - 31st May 2019

If you are a couple please complete this application in the name of the person with the condition. The one membership fee will cover both the carer/family member and the person with Parkinson's or another movement disorder

Member Details

Last Name: First Name:

Preferred Name: Date of Birth:

Address:

Suburb: State: Postcode:

Phone (Mobile): Phone (Home):

Email:

I am a... (please tick relevant box)

Person with: ☐ Parkinson's disease ☐ PSP ☐ Essential Tremor ☐ Dystonia ☐ MSA ☐ CBD ☐ Other

Year of Diagnosis

Or...

- ☐ Carer
- ☐ Supporter
- ☐ Health Professional Membership (please specify)
- ☐ Organisation Membership (please specify)

Send my Parkinson's SA In Touch Newsletter by: ☐ Post or ☐ Email (remember email saves money & trees)

I AM MAKING A PAYMENT FOR THE FOLLOWING

Annual Subscription (including GST):

Optional ADDITIONAL donation:

TOTAL:

*Optional ONGOING MONTHLY donation:

*requires payment via credit card - monthly amount will be deducted from credit card provided

PAYMENT DETAILS: CASH ☐ CHEQUE ☐ VISA ☐ MASTERCARD ☐

CREDIT CARD NUMBER:

EXPIRY DATE: __ __ / __ __

CCV:

Please tick if you **DO** require a receipt: ☐

In accordance with Parkinson's SA Privacy Policy, any details you supply will remain secure and confidential.
A: PO Box 466 UNLEY SA 5061 P: (08) 8357 8909 W: www.parkinsonssa.org.au E: info@parkinsonssa.org.au



PERSPECTIVES *REFLECTIONS*

Parkinson's SA Art Exhibition

Showcasing the art, photography and creative writing of people living with Parkinson's or another movement disorder.

August 31 to September 26 2018
Living Choice - Fullarton Park Retirement Village
123 Fisher Street, FULLARTON



CALL TO ARTISTS



Do you experience Parkinson's or another movement disorder?
Do you find creative expression in Art, Photography or Writing?

Parkinson's SA would welcome your contribution to this years PERSPECTIVES Exhibition.

To register your interest please contact Anne at Parkinson's SA on 8357 8909



Volunteers Needed



We are looking for volunteers with Parkinson's Disease to participate in a research study investigating the effects of levodopa on stomach emptying and blood pressure.

- Do you have Parkinson's Disease managed by short-acting dopamine medication, *without* deep brain stimulation? (Please consult with your Doctor or Pharmacist if unsure)
- Are you aged between 50 – 80 years, in general good health and interested in taking part in a research project?

Please contact Professor Karen Jones' Research Team for more information:

Phone: 8313 7808 or 8313 7804 or 0451 735 247

Email: researchdiabetes@adelaide.edu.au

Volunteers will be asked to attend one screening visit and two half-day study visits at the Adelaide Health and Medical Sciences Building, North Terrace. Study participation is voluntary, however, an honorarium of \$20/hour will be given for time spent in our department.

This study has been approved by the Central Adelaide Local Health Network Human Research Ethics Committee.