

JUNE 2008

HAPS 2008 Annual Educational Symposium generously underwritten by TEVA Neuroscience

Houston Area Parkinson Society presented its sixteenth annual Educational Symposium on Saturday, April 26th at the United Way of Greater Houston. This well-attended event was generously underwritten by Teva Neuroscience with breakfast provided by Home Instead Senior Care. Additional support was provided by Advanced Neuromodulation Systems, Valeant Pharmaceuticals International and Vernalis Pharmaceuticals.

Mention of the symposium in a local television news story on Parkinson's that aired two days before the event boosted participation to capacity.

HAPS Board and staff members greeted a crowd of over two hundred and fifty people who browsed the community resource exhibits and filled the auditorium to hear local medical experts speak about the latest advances in the research and treatment of Parkinson's disease.



HAPS Board President Ellin Grossman welcomed participants and introduced Dr. Joohi Jimenez-Shahed, Clinical Associate with the Parkinson's Disease and Movement Disorder Clinic of Baylor College of Medicine, who presented information on current drug treatments, gene therapy, surgical approaches and other clinical trials.

Dr. Teresa Kaldis, Medical Director of The Methodist Hospital Rehabilitation Unit, presented an introduction to neuro-rehabilitation for Parkinson's patients and covered various therapeutic approaches including nutrition, medication, exercise, occupational, physical and speech therapies and alternative treatments.



Symposium participants browse the community resource tables.



HAPS Board President, Dr. Ellin Grossman, welcomes speaker Dr. Teresa Kaldis.

HAPS 2008 Annual Educational Symposium

The event's keynote speaker was HAPS Vice-President, Nina Proler Brown, whose inspiring presentation on "HOPE" was filled with anecdotes and accounts of her personal approach to living with Parkinson's for twenty-three years by staying informed, being physically, mentally and socially active and by maintaining a positive attitude. (See page 6.)



Keynote speaker, Nina Brown with her husband, HAPS Board member, Joe Brown accepts tulips from HAPS.

Dr. Mya Schiess, Professor in the Department of Neurology and Director of UT MOVE Movement Disorders and Neurodegenerative Diseases Clinic at the University of Texas Medical School presented an update on various areas of research that focus on the diagnosis, progression and treatment of Parkinson's disease.



Dr. Mya Schiess, presenter, is pictured with UT MOVE fellow Dr. Irene Oh.

Dr. Michele York, Assistant Professor of Baylor College of Medicine's Department of Neurology and the VA's Parkinson's Disease Research, Education, and Clinical Center, gave an enlightening talk on maintaining your brain and provided a variety of techniques for preventing and slowing the progression of cognitive changes. Among those she included were mental stimulation through education, exercise, art, dance, memory rehab and compensatory strategies.

On Saturday, April 4, 2009, HAPS will team up with the Parkinson's Disease Foundation to present the annual symposium in conjunction with a live webcast. Stay tuned for more information about this exciting event.



HAPS social workers Kathleen Crist and Celeste Guerrero greet speaker Dr. Joohee Jimenez-Shahed.



Dr. Michele York, speaker, makes time for questions after her presentation.



HAPS Board members John Strom and Ruth "Binky" Stephenson prepare to help with registration.



HAPS Board members Dr. Terry Satterwhite, Anne Martin and Dan Lauck discuss the day's events.



Ask the Doctor



Dr. Mya Schiess

Professor in the Department of Neurology and Director of UT MOVE Movement Disorders and Neurodegenerative Diseases Clinic at the University of Texas Medical School

Q: “My neurologist said that I should avoid some food and beverages that are high in tyramine if I am taking Azilect. Does this mean that I have to eliminate these foods and beverages from my diet? How much is ‘too much’ tyramine? What is the relative risk of a ‘cheese reaction’ happening on the FDA recommended doses of Azilect?”

A: In May of 2006, Azilect (rasagiline) was approved by an FDA panel for initial monotherapy in early Parkinson’s disease and for add-on therapy to standard levodopa in moderately affected patients with motor fluctuations. The product insert recommends avoidance of food and beverages high in tyramine, which include dried or fermented meats, pickled herring, sauerkraut, aged cheese, red wine and beer on tap.

At the recommended therapeutic doses of 0.5 to 1 mg of Azilect daily, the medication acts as a selective inhibitor of the enzyme monoamine oxidase (MAO) type B and typically causes no adverse effects. In the three pivotal trials leading to the approval of Azilect, patients enrolled in these trials ate foods without tyramine restrictions while taking Azilect at 0.5 to 1 mg daily. Additionally, a summary of post-marketing studies, as of July of 2007, on 33,000 patients worldwide showed no reports of an increase in blood pressure (tyramine reaction) at the recommended doses. It is important to know that foods high in tyramine can be eaten in moderation.

There is an avoidance of foods high in tyramine in the product insert of Azilect because at doses of Azilect at 2 mg daily or higher, the medication loses its selectivity for MAO type B and also inhibits MAO type A. MAO type A inhibition is associated with tyramine potentiation, which can lead to the “cheese effect” of severe elevation of blood pressure and heart rate.

How much is too much? 36.1 mg of tyramine is considered high content for **one** meal, which means large portions of high-tyramine foods would need to be consumed. For instance, a 3.5 oz. portion of Gorgonzola cheese contains 7 mg of tyramine, to reach 36.1 mg of tyramine a person would have to consume over a pound of Gorgonzola cheese at **one** meal to reach high-tyramine content.

To date, six tyramine challenge studies have documented no increase in blood pressure for any patient on recommended doses (0.5 to 1 mg) of Azilect and occurred only in patients taking more than the recommended dose (more than 1mg).

As a cautionary note, Azilect should not be combined with other MAO inhibitors (such as Zelapar, Eldepryl or generic Selegiline), but can be combined with levodopa, COMT inhibitors and dopamine agonists.



If you have been diagnosed or someone you know has been diagnosed with Parkinson's disease within the last TWO years, don't miss

HAPS Newly Diagnosed Educational Program

Presentation by Dr. Stanley Fisher
The Methodist Neurological Institute



MARK
THIS
DATE

Saturday June 21, 2008

For more information, please contact
Celeste Guerrero, LMSW 713-313-1621

FIRST-DEGREE RELATIVES OF PARKINSON'S DISEASE PATIENT ARE NEEDED FOR A NEW STUDY



Baylor College of Medicine, in conjunction with Houston VA Medical Center, is seeking first-degree relatives of people with Parkinson's disease to evaluate tests that might be useful in early diagnosis or screening.

Requirements for first-degree relatives (parents, siblings, or children) must be at least fifty years old, no diagnosis of Parkinson's disease, no serious trauma or surgery to nose.

Initial screening with a smell test will be done by mail. Participants may be asked to see a neurologist near their homes annually.

Parkinson's disease patients who have interested relatives for this study may contact Farah Atassi at (713) 798-4773 or Diane Davis at (713) 794-8410.

CONTRIBUTIONS

Your donation is much appreciated. Your thoughtfulness helps HAPS continue to provide much needed services to people with Parkinson's and their families.

IN HONOR OF

In honor of George A. Bourgeois, III

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In memory of Allyne Weiss

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Heidi and Pat Kile

Sandra and Marshall Streit and families

Students and Faculty of the Professional French

Masters Program at the University of Wisconsin

- Your donation is tax deductible -



Judy Everett of Greater Houston Community Foundation, Origami Artist Marguerite Belkin and longtime HAPS friend Eileen Ong enjoy the HAPS Origami Jewelry Trunk Show fundraising event held May 3rd at The Path of Tea in Eileen's honor.



HAPS Medical Advisory Committee member Dr. Robert Grossman and his wife Ellin, HAPS Board president, attend the Epilepsy Foundation gala where Dr. Grossman was honored for his work in neurosurgery and the treatment of seizure disorders, brain tumors, Parkinson's disease and related movement disorders.

IF YOU ARE GOING TO DOUBT SOMETHING, DOUBT YOUR LIMITS.

... Don Ward

HAPS HAPPENINGS

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HAPS HAPPENINGS is published monthly by **Houston Area Parkinson Society** Editor: **Nina P. Brown**

HAPS does not provide diagnosis or treatment. Always seek the advice of your physician or pharmacist with any questions you may have regarding a medical condition or drug interactions.