

A MONTHLY PUBLICATION OF

PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

M E S S A G E**P R E S I D E N T ' S**

April is a very spiritual month this year (having started March 30th), as I have acknowledged at the bottom of this message, but it also happens to be *Parkinson's Awareness Month*, or is it? I've been aware of this disease every moment of every day of every year for the past 28+ years. People with Parkinson's, their caregivers and families are aware of Parkinson's every minute of every day. Parkinson's Resource Organization is too. Being aware is one thing, outwardly demonstrating your interest and support for those dealing with Parkinson's gives all of us hope and energy. Supporting our efforts to ease the pain, the struggles and unbelievable heartbreak felt by so many is the fuel that keeps us going and fills our hearts with overwhelming gratitude. We applaud you and appreciate you as you join a walk, a run, a bike ride or whatever activity is in your neighborhood and know we are right there with you raising awareness of a world of dear people hanging on by a thread, seeking hope and help from us at PRO and you, our supporters. It begins with *Awareness* and continues with *Action*...Thank you, thank you for raising your voice and stepping up.

This month, for our outward awareness program, we are holding our **2nd Annual Mitch's Pitches Pro** fundraising event on April 8th. Information can be found on page 7. If you cannot attend, you can still support us and we'll love it.

Parkinson's Awareness begins with our announcement of being the **Winner Of CBS Local 2 And Berger Foundation Grant** on page 2; ICBII's Report on **Promising Preliminary Results From Treatment Of Alzheimer's And Lewy Body Patients With An Antibody Drug** on this page; **Protandim Nrf2: Genetically Biohack Your Gene Expression** on page 3; **What Is Rytary?** on page 4; and did you know **Impulse Control Disorders Following Deep Brain Stimulation** on page 5; **Don't Be A Stiff! Even If That's How Your Joints Feel!** on page 6, especially because of the adverse side effects we bring to you; and our Inspirational **Everyone Has A Story** on page 7.

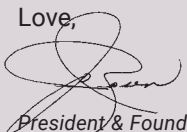
Again, Thank You all for your tax-deductible donations giving us the opportunity to help MORE people, MORE often, MORE timely, with MORE information in a MORE compassionate way. We know we are providing valuable information and support in the Parkinson's community. Keep giving, we continue to appreciate your monthly or general donations through our safe PayPal donation page at [ParkinsonsResource.org/contribute-2/](https://www.parkinsonsresource.org/contribute-2/) or by mail to our office in Palm Desert, California.

Communicate with us through Facebook at [facebook.com/parkinsonsresourceorganization/](https://www.facebook.com/parkinsonsresourceorganization/); or on Twitter at [@ParkinsonsPRO](https://twitter.com/ParkinsonsPRO); on LinkedIn at [Linkedin.com/in/jorosenpro/](https://www.linkedin.com/in/jorosenpro/); and now on Instagram at [Instagram.com/parkinsonsresourceorg/](https://www.instagram.com/parkinsonsresourceorg/)

There's no reason not to stay in touch with us now. We would love to receive your social media handles so we can be more easily in touch with you as well.

Until next month, REMEMBER Easter Sunday and Passover continued on the 1st, Passover ends on the 7th; Mitch's Pitches PRO on the 8th, Income Taxes due on the 17th, 420 Day on the 20th, Earth Day on the 22nd, and Arbor Day on the 27th. The flowers are the Daisy and Sweet Pea, and the birthstones are the Diamond and Crystal. ALWAYS remember to CELEBRATE YOU and PRAY FOR OUR TROOPS!

Love,



President & Founder

ICBII UPDATE ON THE ROAD TO THE CURE**PROMISING PRELIMINARY RESULTS FROM TREATMENT OF ALZHEIMER'S AND LEWY BODY PATIENTS WITH AN ANTIBODY DRUG**

Debilitation due to neurodegenerative Alzheimer's (AD) and Parkinson's (PD) diseases continue to escalate as the diseases progress leaving patients and physicians helpless. According to some studies, more than one billion individuals are globally afflicted with some form of brain disorders. As people are living longer, there is a substantial risk in reaching patients in 2-3 decades. These risks are disproportionately high as patients cannot be successfully cared for by the medical community causing irreparable financial losses to health insurance companies. No one is immune to neurodegeneration. And, all the technological advances of the past century have done very little to treat / or cure brain disorders.

With no cure on the horizon, a US neurologist is trying an "out of the box" approach to ameliorate the sufferings of his patients. What he found was startling.

He treated Alzheimer and Lewy Body (LB) patients with his antibody drug and found out that this drug significantly improved the cognition of his patients, even though the drug has very little permeability across the blood-brain barrier (BBB) into the central nervous system (CNS).

The neurologist has contacted ICB International, Inc., to transform his drug into a BBB permeable SMART Molecule (SM). This physician believes that his patients could potentially lead symptom-free lives if his drug could reach the brain at a higher dose than what is being administered now.

So, why is there a delay in developing SMART Molecules for this neurologist's drug?

The answer: 1) the cost of developing the drug; 2) Approval from the

Our Wellness Villagers

ACUPUNCTURE

- Dr. David Shirazi

AROMA THERAPY

- Renee Gauthier

ASSISTIVE TECHNOLOGY

- California Phones

BRAIN OPTIMIZATION

- Brain Optimizers

CARE FACILITIES

- Atria Hacienda

CHIROPRACTIC

- Dr. Curtis Buddingh

CLINICAL TRIALS

- Parexel International
- Asclepes

DEEP BRAIN STIMULATION

- Dr. Michel Lévesque

DENTAL HYGIENISTS-MOBILE

- Betty Anna Gidlof

DENTISTS

CMD/TMJ DENTISTS

- (CA) Dr. George Altuzarra
- (CA) Dr. Maryam Bakhtiyari
- (CA) Dr. Dwight Jennings
- (CA) Dr. Steven Olmos
- (CA) Dr. David Shirazi
- (CT) Dr. Patricia A. Richard
- (IL) Drs. Ed and Lynn Lipskis
- (KY) Dr. William H. Funk
- (PA) Dr. Stephen D. Smith
- (TX) Dr. Risto Hurme
- (VA) Dr. Brendan C. Stack
- (VA) Jeffrey L. Brown

SLEEP MEDICINE DENTISTS

- (CA) Dr. Maryam Bakhtiyari
- (CA) Dr. Steven Olmos
- (CA) Dr. David Shirazi
- (IL) Drs. Ed and Lynn Lipskis
- (TX) Dr. Risto Hurme
- (VA) Dr. Brendan C. Stack
- (VA) Jeffrey L. Brown

ELDER LAW ATTORNEYS

- (CA) Zoran K. Basich
- (CA) William R. Remery
- (NY) Ronald A. Fatoullah

ESTATE PLANNING- LEGAL

- (CA) William R. Remery
- (NY) Ronald A. Fatoullah

ESTATE PLANNING – FINANCIAL PLANNING

- Cypress Wealth Services

FELDENKRAIS METHOD® PRACTITIONERS

- LeAnn Brightwell, CM

FINANCIAL ASSISTANCE

- The Assistance Fund, Inc

HEALTHY PRODUCTS

- Healthy Chocolate
- Wild Blue-Green Algae
- Nerium Age Defying Formula
- Protandim Nrf2

HOSPICE CARE

- Family Hospice (local)
- Gentiva Hospice (regional)
- Vitas Healthcare (nationwide)

INCONTINENCE SUPPLIES

- Geewhiz

IN HOME CARE PROFESSIONALS

- Cambrian Homecare
- Senior Helpers of the Desert
- A&A Homecare

LEGAL-ATTORNEY-LAWYERS

- (CA) Zoran K. Basich
- (CA) William R. Remery, Esq.
- (NY) Ronald A. Fatoullah

LSVT LOUD PROGRAM

- Easy Speech Communication Center

LSVT BIG PROGRAM

- New Beginning Physical Therapy
- Rosi Physiotherapy

MASSAGE & BODYWORK

- Mot'us Floatation & Wellness Center



MEDICAL MARIJUANA

- PSA Organica

MEDICAL SUPPLIES

- Access Medical, Inc, dba In & Out Mobility
- In & Out Mobility

MEDICINE

- US World Meds

NEUROSCIENCE

- Desert Psychology & Neuroscience Center

NURSING HOME ATTORNEYS

- (CA) Zoran K. Basich

NUTRITION- WELLNESS CONSULTANTS

- Wayne Myers



PHARMACIES

- Cornerstone



PHYSICAL THERAPISTS- TRAINING SPECIALISTS

- Arroyo Physical Health
- New Beginning Physical Therapy
- Innergy Therapy Systems
- Rosi Physiotherapy
- Rehab Specialists



PHYSICIANS AND SURGEONS

- Dr. Michel Lévesque

RESIDENTIAL CARE FACILITIES

- A & A Home Care

SENIOR HOUSING

- Atria Hacienda

SPEECH THERAPY

- Easy Speech Communication Center

TRANSPORTATION

- LA Car Service

VISION

- Riverside Institute of Vision Rehabilitation
Drs. Kohtz & Spurling

WATSU

- Kim L. Hartz, LMT, WABA

Parkinson's Resource Organization (PRO), through its WELLNESS VILLAGE (ParkinsonsResource.org/wellness-village) has begun its campaign to populate all categories of professionals that provide services or products to people with Parkinson's or their caregivers. If you refer a professional into the WELLNESS VILLAGE that has helped you or your family gain "quality of life," alleviate symptoms, helped you through the Parkinson's Journey in some fashion and therefore wants to and can help others, and if that professional becomes a subscriber, we will thank you with 100 Parkinson's Resource Organization 47¢ postage stamps.

WINNER OF CBS LOCAL 2 AND BERGER FOUNDATION GRANT

DESIGNATING PRO "CHARITY OF THE MONTH" – APRIL

After receiving 124 applications, the CBS Local 2 Advisory Board has selected Parkinson's Resource Organization as one of the twelve recipients of a 2018 Coachella Valley Spotlight Award. PRO was informed on November 27, 2017, that the organization's month to receive a \$25,000 grant and be featured on CBS Local 2 media platforms will be April 2018.

If you are in the Coachella Valley watch us on CBS Local 2 TV April 4 - LIVE In-studio to discuss event on April 8, as well as the programs offered by PRO; join us April 11 at the Check Presentation at Mot'us Floatation and Wellness Center. This story should air that same night; and on April 23 the Feature Story. The story is scheduled to air on 4/23.

We are so honored and humbled to have been chosen and recognized for the countless and selfless hours that go into "working so that no one is isolated because of Parkinson's disease.

PROTANDIM Nrf2: GENETICALLY BIOHACK YOUR GENE EXPRESSION

Dr. Kimberly Hubenette

What if you could increase your Glutathione, L-dopamine naturally?? Pre and diagnosed PD patients are given L-Dopamine as a treatment to slow down progression, however, long-term side effects are devastating.

Scientists have identified a toxic cascade that leads to neuronal degeneration in patients with Parkinson's and figured out how to interrupt it with an antioxidant, study published Sept. 7, 2017 in the Journal of Science.

Intervening with Nrf2 activators, early in the disease process may break the degenerative cycle and improve neuron function in PD, the study showed. Evidence suggests that oxidative stress plays an important role in the path and start of sporadic Parkinson's disease. The scientists also discovered that mouse models of PD didn't have the same abnormalities they found in human PD neurons, revealing the importance of studying human neurons to develop new therapies.

PD is the second most common neurodegenerative disorder, primarily caused by the death of dopamine-containing neurons in the substantia nigra, a region of the brain involved in motor control. While people naturally lose dopamine neurons as they age, patients with PD lose a much larger number of these neurons and the remaining cells are no longer able to compensate. Traditionally L dopamine is given to patients with Pre and Parkinson's Disease thinking that this will help, however, long-term we now know it hinders natural production and decreases Serotonin levels, which regulates our mood.

WHAT MORE ARE YOU CAPABLE OF? - Let's find out. Any biohacker knows that to truly take control of your body's output, you need to first control what is input - beginning with what nutrients it receives. This is why Nutrigenomics are a fundamental part of the biohacker's arsenal. And why they are our passion.

BIOHACK YOUR HEALTHSPAN - Biohacking is a fairly new practice that could lead to major changes in our life. You could call it citizen or do-it-yourself biology. It takes place in small labs—mostly non-university—where all sorts of people get together to explore biology.

When Big Pharma told an entire industry to zig, LifeVantage zagged. It's using a groundbreaking new science called Nutrigenomics to help people biohack a healthier life. By studying the effects of nutrients and natural compounds on our genes, it's creating scientifically-backed products that support cognitive health and promote healthy aging on the cellular level.

LifeVantage Nutrigenomic products support the body's natural cellular function by targeting the main biochemical effects of aging, issues like oxidative stress, natural mitochondrial deterioration and more. By awakening your body's ability to rejuvenate itself on a massive scale—whether by up-regulating your genes' ability to produce their own antioxidants, your cells' ability to produce mitochondria, or your guts' ability to regulate bacteria—It's helping you stay on top of the aging process while delivering the mental clarity and overall well-being you need every day to get the absolute most out of life.

OXIDATIVELY SPEAKING - One of the main biochemical effects of aging is oxidative stress, which causes your cells to start wearing down. Protandim effectively reverses the process. In fact, in a recent study, the National Institute of Aging found that in male mice Protandim Nrf2 was the only supplement scientifically proven to increase lifespan by 7%.

As you age, your cells can't produce enough antioxidants to fight oxidative stress. And antioxidant supplements and "superfruit" juices just don't work - even if you like spending a lot of extra money. Protandim Nrf2 Synergizer helps your cells produce their own antioxidants, so you can neutralize free radicals, feel younger, and live healthier.

By helping them repair and rejuvenate themselves, Protandim Nrf2 Synergizer works with your cells—the building blocks of life—to build an impressive résumé of healthy benefits.

BENEFITS:

- All Natural, Non-GMO, Vegetarian Herbal 6 patents, BSG certified
- Reducing oxidative stress by 40% in just 30 days*

cont. on page 6

BOARD OF DIRECTORS

GOVERNING BOARD

JO ROSEN

President & Founder

WILLIAM R. REMERY, ESQ.

ELDER LAW, PRO Secretary/Treasurer

KAYA KOUVONEN

Transportation

ADVISORY BOARD

JACOB CHODAKIEWITZ, MD

PATRICIA DUNAY

DAVID M. SWOPE, MD

DR. ANA LORENZ

CLAUDE VALENTI, OD, FCOVD

DANA BERNSTEIN

Advertising Director

SUE DUBRIN

HONORARY BOARD MEMBERS

GREG A. GERHARDT, PHD

MICHEL LÉVESQUE, MD

STEPHEN MACHT

Actor/Director

TRINI LOPEZ

Int'l Singer/Songwriter

EMERITUS

MARIA ELIAS

DEBBIE STEIN

ROGER RIGNACK, MBA

GONE, BUT NOT FORGOTTEN

ALAN ROSEN, FAIA

ELINA OSTERN

JERRY BERNSTEIN

JACK HISS, MD

PHILIP GUSTLIN, ESQ.

DR S. JEROME TAMKIN

KENNETH SLADE

SHIRLEY KREIMAN

LEONARD RUDOLPH

CAROLE ROBERTS-WILSON, MS-SLP

FOUNDING MEMBERS

JO ROSEN, Founder

ARNIE KRONENBERGER (deceased)

CATHERINE BUCKINGHAM

JENNIFER REINKE

DARLENE FOGEL

CHUCK KOCH

ALAN ROSEN, FAIA (deceased)

WAYNE FRIEDLANDER

PAUL ROSEN

ELAINE VACCA

Special Thanks

...TO OUR "SPECIAL" BOOSTERS:

LYNN HAWKS, ONLINE MEDIA PROS

GARY LOPEZ ~ G~ARIES VISIONS

THE DESERT COMPUTER DOCTOR,

ROBIN BROWN

SUE DUBRIN

FRANK & MARY BUYTKUS

IRENE MOTTA

WALT & PAT BENSON

JON & MARTHA HANSON

RON BUCKLES

JOHN & JUDITH GUNDERSEN

EVA MYERS

JOHN PERL

RICHARD CORDES, CPA, JD, LLM

MASSI ABADI, MFT

IRENE SOMERS

MICHELLE WALDNER

DAVID ALLAUN

BRENDA WALLACE

JEREMY SIMON

LYNN JOHNSON

ELYSE DELFRANCIA

BILL LEWIS

PAUL HIETTER

WHAT IS RYTARY?

From Everyday Health - EverydayHealth.com/drugs/rytary

Carbidopa and levodopa is a combination medicine used to treat symptoms of Parkinson's disease, such as muscle stiffness, tremors, spasms, and poor muscle control. Parkinson's disease may be caused by low levels of a chemical called dopamine (DOE pa meen) in the brain.

Levodopa is converted to dopamine in the brain. Carbidopa helps prevent the breakdown of levodopa before it can reach the brain and take effect.

Carbidopa and levodopa is also used to treat Parkinson symptoms caused by carbon monoxide poisoning or manganese intoxication.

Carbidopa and levodopa may also be used for purposes not listed in this medication guide.

You should not use carbidopa and levodopa if you have narrow-angle glaucoma.

Do not use carbidopa and levodopa if you have used an MAO inhibitor in the past 14 days. A dangerous drug interaction could occur. MAO inhibitors include isocarboxazid, linezolid, methylene blue injection, phenelzine, rasagiline, selegiline, tranylcypromine, and others.

You should not use carbidopa and levodopa if you are allergic to it, or if you have: narrow-angle glaucoma.

To make sure carbidopa and levodopa is safe for you, tell your doctor if you have:

- *Heart disease, high blood pressure, history of heart attack;*
- *liver or kidney disease;*
- *an endocrine (hormonal) disorder;*
- *asthma, chronic obstructive pulmonary disease (COPD), or other breathing disorder;*
- *a stomach or intestinal ulcer;*
- *open-angle glaucoma; or*
- *a history of depression, mental illness, or psychosis.*

People with Parkinson's disease may have a higher risk of skin cancer (melanoma). Talk to your doctor about this risk and what skin symptoms to watch for.

It is not known whether this medicine will harm an unborn baby. Tell your doctor if you are pregnant or plan to become pregnant.

Carbidopa and levodopa can pass into breast milk and may harm a nursing baby. Tell your doctor if you are breast-feeding a baby.

The carbidopa and levodopa disintegrating tablet may contain phenylalanine. Talk to your doctor before using this form of carbidopa and levodopa if you have phenylketonuria (PKU).

RYTARY SIDE EFFECTS

Get emergency medical help if you have signs of an allergic reaction: hives; difficult breathing; swelling of your face, lips, tongue, or throat.

Call your doctor at once if you have:

- *uncontrolled muscle movements in your face (chewing, lip smacking, frowning, tongue movement, blinking or eye movement);*
- *worsening of tremors (uncontrolled shaking);*
- *severe or ongoing vomiting or diarrhea;*
- *confusion, hallucinations, unusual changes in mood or behavior;*
- *depression or suicidal thoughts; or*
- *severe nervous system reaction--very stiff (rigid) muscles, high fever, sweating, confusion, fast or uneven heartbeats, tremors, feeling like you might pass out.*

Some people taking carbidopa and levodopa have fallen asleep during normal daytime activities such as working, talking, eating, or driving. Tell your doctor if you have any problems with daytime sleepiness or drowsiness.

You may have increased sexual urges, unusual urges to gamble, or other intense urges while taking this medicine. Talk with your doctor if this occurs.

"LIKE" US ON FACEBOOK
AND FOLLOW US ON TWITTER!



Facebook.com/
ParkinsonsResourceOrganization



twitter.com/ParkinsonsPro

cont. on page 7

IMPULSE CONTROL DISORDERS FOLLOWING DEEP BRAIN STIMULATION OF THE SUBTHALAMIC NUCLEUS IN PARKINSON'S DISEASE: CLINICAL ASPECTS

Polyvios Demetriades,¹ Hugh Rickards,¹ and Andrea Eugenio Cavanna^{1,2,3}
¹University of Birmingham Medical School, Birmingham B152TT, UK ²Department of Neuropsychiatry, University of Birmingham and BSMHFT, Barberry Building, 25 Vincent Drive, Birmingham B152FG, UK ³Sobell Department of Motor Neuroscience and Movement Disorders, Institute of Neurology, UCL, London WC1N 3BG, UK Received 14 October 2010; Accepted 7 January 2011 Academic Editor: Antonio Strafella Copyright © 2011 Polyvios Demetriades et al. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Parkinson's disease (PD) is increasingly recognized as a neurodegenerative condition characterized by motor dysfunction and both physiological and psychological disturbances [1]. Although PD has been classically associated with psychiatric comorbidities such as dementia [2] and psychosis [3], recent studies have shown that patients with PD can develop a variety of behavioral problems associated with impulse dyscontrol, including pathological gambling, hypersexuality, punding (repetitive purposeless motor acts not distressing to the patient), and compulsive shopping and eating [4]. These pathological behaviors are currently classified as impulse control disorders (ICDs) and exert negative consequences in terms of the patients' health-related quality of life, mainly because of the interference with their social functioning [5]. The aetiopathogenesis of ICDs in patients with PD is not completely understood, but previous studies showed that dopamine replacement therapy can lead to the development of ICDs due to overstimulation of the mesolimbic dopaminergic system [6] which modulates behavioral responses to reward, motivation, and reinforcement. A recent large cross-sectional study has shown that up to 13.6% of patients with treated idiopathic PD may suffer from ICDs [7], with hypersexuality, pathological gambling, and compulsive shopping being the most common ones. Levodopa use, younger age of onset of PD, and unmarried status were associated with the development of ICDs. Other predictive factors included being male, history of alcohol abuse, and novelty seeking or impulsive personality traits [8]. Finally, it has been consistently found that patients using dopamine agonists are more likely to develop ICDs (6.3%) than those using L-dopa (0.6%) [9].

In some patients, dopaminergic medication becomes less effective in treating motor symptoms. Deep brain stimulation (DBS) is an effective neurosurgical procedure that can reduce motor symptoms in patients with treatment-refractory PD (especially patients who developed levodopa-induced dyskinesia), thus allowing decrease in their medication [10]. Consequently, DBS might have an indirect beneficial role in patients suffering from ICDs. However, DBS may also have detrimental effect on patients' behaviours. The most effective target of DBS in PD is arguably the subthalamic nucleus (STN), which plays a part in the fronto-striato-thalamic-cortical loops mediating motor, cognitive, and emotional functions [11], thus suggesting that DBS may affect patients' behavior, in addition to motor performance. Both case reports and clinical studies associating DBS with the postoperative development of ICDs have provided support to this hypothesis.

As the popularity of DBS increases and this neurosurgical procedure is offered to patients suffering from other treatment-resistant movement disorders commonly associated with ICDs, such as Tourette syndrome [12], there is a need of more conclusive results on its role in the development of ICDs. This literature review assesses the current evidence on the clinical implications of ICDs in patients with PD who underwent DBS of the subthalamic nucleus.

2. Literature Search Methodology

We performed a literature search across the databases Medline, EMBASE, and PsycInfo to identify original studies and case reports which examined the behavioral effects of DBS in patients with PD, with focus on ICDs, as defined

cont. on page 6

PARKINSON'S RESOURCE ORGANIZATION

VOLUNTEERS

LYNN HAWKS

Web Design & Marketing

GARY LOPEZ

Graphic Artist

AMBASSADORS

SOPHIE BESHOFF

CHERYL EPSTEIN

CHARLENE & BOB SINGER

GROUP FACILITATORS

PEGGY SEXTON

BARBARA ENGLISH

SUE DUBRIN

KAY GRAY

MARTHA HANSON

JOHN MASON

VOLUNTEERS/OFFICE SUPPORT

EVA MYERS

JOHN PERL

IRENE SOMERS

GAY BAYLESS

MICHELE WALDNER

JEREMY SIMON

DAVID ALLAN

PAUL HIETTER

BILL LEWIS

WE DO NOT INTEND
 THE PRO NEWSLETTER
 AS LEGAL OR MEDICAL ADVICE
 NOR TO ENDORSE ANY
 PRODUCT OR SERVICE.
 WE INTEND IT TO SERVE AS
 AN INFORMATION GUIDE.

RYTARY – cont. from page 4

You may notice that your sweat, urine, or saliva appears dark in color, such as red, brown, or black. This is not a harmful side effect, but it may cause staining of your clothes or bed sheets. Common side effects may include:

- jerky or twisting muscle movements;
- muscle contractions; or
- nausea.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

PROTANDIM NRF2 – cont. from page 3

- Significantly reducing cellular stress through Nrf2 activation*
- Producing enzymes capable of neutralizing more than 1,000,000 free radicals per second. (Compared to the free radical scavenging capacity of 2g of Vitamin C).
- Regulates over 400 survival genes*
- Helps the body repair and rejuvenate its own cells*
- Helps the body detoxify genes, keeping the master blueprint of the cell's function intact*

CELL-POWERED LONGEVITY – LifeVantage didn't stop there. The second biochemical effect of aging is mitochondrial decline. Basically, your cells lose power. The sister product, using Nrf1 pathway was discovered and introduced. Protandim Nrf1 helps increase mitochondria and ATP powerhouse energy within our cells. You need that power so that your organs can work efficiently, you can think clearly, and your body can act when it is called upon. When your cells have the power to do their thing, you feel better and you live longer. Protandim Nrf1 increases the quality of sleep as well as boosts mitochondrial production so you can keep that cellular energy for as long as possible. Allowing you to keep doing your thing, whatever that thing is.

RECLAIM YOUR YOUTH – With Protandim Nrf1 and Nrf2 Dual Synergizers, you can take on aging with the only supplements that help your cells produce their own antioxidants. Feel younger. Live healthier. That's the power of Protandim Nrf2 Synergizer.

Please note that these (*) statements have not been evaluated by the Food and Drug Administration. Protandim Nrf2 and Nrf1 activators are not intended to diagnose, treat, cure or prevent disease.

For more information go to Dr. Kimberly Hubenette at ParkinsonsResource.org/spotlight/dr-kimberly-hubenette/

IMPULSE CONTROL DISORDER – cont. from page 5

in Chapter 5 of the ICD-10 classification system [5]. We used the search terms "Parkinson," "deep brain stimulation", "impulse control disorder", "impulsivity", "hypersexuality", "pathological gambling", "punding", "compulsive shopping", "compulsive eating", and "addiction", and we limited our search to papers published in English language.

DON'T BE A STIFF! EVEN IF THAT'S HOW YOUR JOINTS FEEL!

Dr. Samantha Peters, DPT

Ever get that pain first thing in the morning? You know, that achy stiffness in your joints. It comes back later after you've sat for a while. You hear creaking, cracking or crunching when you move.

We have all been there, some of us more often than others. I'm sure your Physician told you that you have Arthritis, maybe even took x rays to confirm it. So that's it right? You are just getting older, you have arthritis and this pain is just going to be there until you can't take it anymore and get a joint replacement. WRONG! Physical Therapy is an effective treatment for Osteoarthritis!

Is osteoarthritis different than regular arthritis? Arthritis means inflammation of the joint.

Osteoarthritis is the most common form of arthritis, the "osteo" part of this words refers to the bones of the joints having irritation as well. Weight bearing joints are the most susceptible to damage with the spine, knees and hips being the most common.

Ever hear the phrase that your arthritis is "bone on bone"? In order to make a joint in the body, you need two bones to meet. There is also a rubbery substance that covers bones called cartilage. Its job is to reduce friction when the bones come close to each other during movement. There is also an oily fluid in the joint called synovial fluid which add lubrication to ease movements. When these protective additions start to wear down there is more friction than "normal" between the bones and this is what causes pain. So, to stop the pain, you should stop the movements that cause pain right? WRONG!

Movement is the single best treatment for Osteoarthritis! Remember that pain you get in the morning? Doesn't it go away after about 30 minutes of waking up and moving around? Then you sit down and read the paper in the morning, then getting up again is painful and you hear a crack, right? But you start moving and walking around and the pain starts to ease. Moving is what our bodies were made for! Doctors of Physical Therapy are experts at examining joints and movement patterns of the body. A Physical Therapist will correct faulty movement patterns, which are the cause extra friction and pain. Often simple adjustments in your daily routine will greatly reduce pain.

So, don't schedule that joint replacement just yet! Give Physical Therapy a try first!

For more information on DON'T BE STIFF, visit Rosi Physiotherapy where they do not use experimental treatments. Their Doctors practice safe and effective interventions to heal pain. Find them under Physical Therapy in the Wellness Village. Member since Jun 16, 2017.

ROAD TO THE CURE – cont. from page 1

neurologist's hospital to conduct trials when the drug is ready to use in humans in about 15-18 months.

Several of the neurologist's patients have volunteered to help with the development cost of the SMART Molecule. This drug under consideration is not only good for Alzheimer's and Lewy Body disease, it should have clinical benefits for all patients whose disease is caused by the aggregated proteins in the brain such as Parkinson's patients, Multiple System Atrophy (MSA), Progressive Supranuclear Palsy (PSP), and many other patients.

Inspirational

EVERYONE HAS A STORY IN LIFE

A 24 year-old boy seeing out from the train's window shouted, "Dad, look the trees are going behind!"

Dad smiled and a young couple sitting nearby looked at the 24 year-old's childish behavior with pity. Suddenly he again exclaimed,

"Dad, look the clouds are running with us!"

The couple couldn't resist and said to the old man,

"Why don't you take your son to a good doctor?"

The old man smiled and said, "I did and we are just coming from the hospital. My son was blind from birth. He just got his eyes today."

Every single person on the planet has a story.

Don't judge people before you truly know them.

The truth might surprise you.



2nd Annual
**MITCH'S
PITCHES
PRO**

**APRIL 8, 2018
6:30 PM**

HOSTED BY
Mitch's
ON EL PASEO
PRIME SEAFOOD

Tickets are now available for Parkinson's Resource Organization's 2nd Annual **MITCH'S PITCHES PRO** event April 8th, 2018 hosted by **Mitch's on El Paseo Prime Seafood**, 73-951 El Paseo, Palm Desert, CA 92260. Beginning at **6:30 pm**, the event kicks off with **cocktails** and **Specialty Auction**, at **7:00 pm**, we're seated for a **wine-paired, gourmet, three-course dinner** with **live music** and an up-and-coming songstress, **Hanna Johnson**.

WE ARE SO GRATEFUL TO OUR SUPPORTERS - to date: Family Hospice Care, Bob & Sharon Keith, Mitch's on El Paseo Prime Seafood, Pacific Western Bank, CBS Local 2, KMIR TV 6/13, Janet Zappala, Sunny 103.1 Radio, G-Aires Visions, In and Out Mobility, Mot'us Floatation & Wellness Center, Dr. and Mrs. David Perkins, Bill & Maribeth King, Suzan & Jerry Cagen, Travis & Suzy Keeler. All proceeds benefit Parkinson's Resource Organization, a 501(c)(3) tax-exempt charity.

Yes, I/we will attend, please reserve!

Quantity ___ at \$125.00 \$ _____

Additional tax deductible donation \$ _____

Total \$ _____

I/we are sorry we cannot attend, but please accept my/our tax-deductible donation of \$ _____

I/we would like to become a sponsor:

GOLD PACKAGE (VIP Leader Sponsor):\$5,000

- Your business name and/or logo listed on all email blasts
- Your business name and/or logo listed in the Program Book.
- Table of 8
- Bottle of Dom Perignon Champagne at your table
- Acknowledgement from the podium and the opportunity to speak

SILVER PACKAGE (Entertainment Sponsor): \$ 2,500

- Your business name and/or logo listed on all email blasts
- Your business name and/or logo listed in the Program Book
- Table of 8

BRONZE PACKAGE (Wine sponsorship):\$ 1,500

- Your business name and/or logo listed in the Program Book
- Reservations for 4 in a prominent location

INDIVIDUAL PACKAGE (a la carte):\$750

- Your business name and/or logo listed in the Program Book
- Reservations for 2

PROGRAM UNDERWRITER\$250

- Name Listed in Program as a PRO Sponsor & Supporter

Check (enclosed) Visa MasterCard

American Express Discover Card

Card # _____

Exp ___ / ___ CVA _____

Name on card _____

PRO CALENDAR FOR APRIL 2018

The current support group meeting locations are listed below.

For any information regarding any of these meetings, please contact the PRO Office at 877-775-4111.

1	2 PALM DESERT Caregiver Only 10:00 am PRO Office 74-090 El Paseo Suite 104	3	4 LONG BEACH Speaker Meeting 6:30 pm Cambrian Home Care "Training Center" 5199 Pacific Coast Hwy	5	6	7
8	9 PALM DESERT Round Table For Everyone 6:30 pm Atria Hacienda 44-600 Monterey Ave	10	11 GLENORA Caregiver Only 6:30 pm Kindred Rehab at Foothill 401 W Ada Ave	12 NEWPORT BEACH Caregiver Only 6:30 pm Oasis Senior Center 801 Narcissus Corona Del Mar	13	14
15	16 PALM DESERT Caregiver Only 10:00 am PRO Office 74-090 El Paseo Suite 104	17	18 ENCINO Caregiver Only 7:00 pm Rehab Specialists 5359 Balboa Blvd	19 SANTA MONICA Speaker Meeting 6:30 pm Rehab Specialists 2730 Wilshire Blvd Ste 533	20	21
22	23 PALM DESERT Speaker Meeting 6:30 pm Atria Hacienda 44-600 Monterey Ave	24 MANHATTAN BEACH Speaker Meeting 6:30 pm American Martyrs Parish House 659 15th Street	25	26 SHERMAN OAKS Support Group Meeting 1:00pm East Valley Adult Center 5060 Van Nuys Blvd	27	28
29	30					

CAREGIVER MEETING: (For caregivers only) Come share the ups and downs of living with someone with Parkinson's. Together there are ways of finding solutions that, when alone, might never be considered. No need to continue with your frustrations because you are not alone. Give yourself a break.

EDUCATIONAL MEETING: We invite the community, especially the Person with Parkinson's and their family or friends, to attend. Educational meetings usually feature guest speakers who are professionals servicing the Parkinson's Community. Educational meetings are packed with a wealth of amazing information so bring your pencil and notepad!

"ROSEN ROUND TABLE" MEETING: Join a loving circle of like-minded individuals including local professionals. Learn what works for others, share what works for you. Find out what doesn't work for certain individuals. Share emotional trials and tribulations. Realize that you are not alone and that others can relate to and learn from your story.

NEWSWORTHY NOTES

April 2018 / Issue No. 305 / Published Monthly

PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

74-478 Highway 111, No 102 • Palm Desert, CA 92260-4112

760-773-5628 • 310-476-7030 • 877-775-4111 • 760-773-9803

eMail: info@ParkinsonsResource.org • web: ParkinsonsResource.org

501(C)(3)#95-4304276

We do not intend the PRO Newsletter as legal or medical advice, nor to endorse any product or service; we intend it to serve as an information guide.

"THE BEST AND MOST BEAUTIFUL THINGS IN THE WORLD CANNOT BE SEEN OR EVEN TOUCHED, THEY MUST BE FELT WITH THE HEART."

— HELEN KELLER