



April 2017

President Harry Butler announced that Denio's Auction and Market will hold a Non-Profit Day on Sunday April 30 at their Roseville location. This is an opportunity for a variety of worthwhile entities to share their cause and how they are working to make life better for all of us. The groups will be there between 10am and 3pm including our Parkinson's group.

Our guest was Dr. Erika Byrd from Sutter Roseville. She is a Neurologist/ Movement Disorder Specialist who trained with the staff at the University of California San Francisco. Dr. Byrd answered questions regarding PD from members. The importance of exercise was stressed. She said she felt it was necessary to be active 150 minutes a week. The questions ranged from what are the side effects of Sinemet (Carbidopa-Levodopa) which can be dizziness, mild nausea, blurred vision and sleep problems among many others. Azilect which recently became available as a generic was mentioned. Did she feel it was effective in lengthening the "on" time of Sinemet ? She asked the group their opinion which was divided. Impulse control can be a problem for patients taking Mirapex or Requip. This can show itself with gambling, excessive shopping and being hypersexual. The doctor confirmed it is hard to replace Requip type meds and be as successful. Amantidine is a drug that was developed as an antiviral in the 1960's and was coincidentally discovered as a treatment for PD. Dr. Byrd said Amantidine is sometimes tried as a replacement for Requip etc. I think Dr. Byrd was impressed with the knowledge that the group showed with the questions asked.

Shelly Butler
Secretary RPSG