



July 2017

Our July meeting was an open discussion. An administrative officer was in attendance from the Parkinson's Association of Northern California.

A number of subjects were discussed during the course of the meeting. It was said that 34% of people 65 years of age are caregivers for one or both of their parents. The term "sandwich generation" is used for these people. New members asked if they should delay taking medications if possible. This is dependent on their doctor and range of symptoms. It is very much an individual's decision. Deep brain stimulation was mentioned as a surgical treatment for PD. The consensus seems to be that DBS can help with some symptoms but not alleviate all of them. A member asked about the use of medical cannabis. A few people use it in various forms to help with sleep, tremors and dyskinesia. The Parkinson's Disease Foundation feels there is not enough research data to confirm it may not be harmful to the brain. Member Deb Johnson said CBD oil is a very good substitute for cannabis and is readily available at your local pharmacy without a prescription. Cannabidiol oil is derived from the seed of hemp plants. It is a natural botanical concentrate that is high in the compound CBD. It is the second most common compound behind THC found in hemp. Unlike THC it is non-psychoactive and therefore does not cause a euphoric high. Finally members mentioned the necessity of patient participation in clinical trials. It is vital to finding new ways to fight Parkinson's.

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