



PDU-12 (03.20.2021)



***PDU*Update No. 12**

JFK's Parkinson's Newsletter

Deep Brain Stimulation (DBS) Support Group – Monday, March 22nd

The HMH JFK Parkinson's Patient Advocacy Program (PPAP) will hold bi-monthly DBS Support Group Meetings on the 4th Monday of odd months. The first DBS Support Group will be held on **Monday, March 22nd at 4:05 pm.**

Topic: ***The Basics of Deep Brain Stimulation – The Parkinson's Pacemaker***

Speaker: **Anton Svetlanov, D.O.**, is a board-certified neurologist and Movement Disorder Specialist, who specializes in Parkinson's and Movement Disorders at HMH JFK's NJ Neuroscience Institute.

Join Zoom Meeting at <https://us02web.zoom.us/j/2128260907>

Are you a candidate for DBS?

Dyskinesia: Are you starting to experience involuntary movements of the jaw, lips, and/or tongue? Rapid blinking and waving of the arms and hands, and in severe cases, symptoms of hip or waist swaying and difficulty breathing may also appear.

People with Parkinson's disease experience decreasing dopamine levels in the brain. Levodopa temporarily restores these dopamine levels. However, dopamine levels remain unsteady and rise and fall. The fluctuation of dopamine and the continued loss of dopamine-producing brain cells makes it difficult to maintain normal levels, possibly contributing to dyskinesia.

Dystonia: Are you experiencing twisting and jerking muscle spasms in your fingers, legs or toes? These involuntary movements cause abnormal body postures and painful contortions.

The exact cause of dystonia remains unknown, but research suggests the problem arises from a malfunction in the brain's basal ganglia. The types of dystonia and severity of the condition vary from mild to severe. Some individuals experience only localized dystonia in one muscle, while others have little control over their whole body.

Learn if you are a candidate for DBS and the sections of the brain that are targeted for DBS. Learn about the potential outcomes of DBS surgery and expected side effects of the procedure as well as adjustments to the stimulator that can be made to deal with side effects. DBS also a treatment for **Essential Tremor, Obsessive-compulsive disorder, Epilepsy and other PD symptoms**. Don't miss this one if you're thinking about DBS surgery or if you have had DBS!

In Other Parkinson's News.....

The next ParkinSINGS virtual concert will air on April 7, 2021 at 6:00 pm

Mark your calendar, share with friends, and click the following link to register for this incredibly fun and inspiring event:

<https://events.hackensackmeridianhealth.org/parkinsings>

Note: Those of you who are coming to the Count Basie Theatre for rehearsal this Wednesday will be receiving an IWNQ

(I Will Never Quit) wrist band and/or key ring, in keeping with our "Attitude!"

Introducing our own Hugh M. – Hugh Never Quits!

Check out this short, inspirational video about Parkinson's, featuring our very own Hugh M.

<https://www.youtube.com/watch?v=wNCMJ08UJqk&t=1s>

Article About Exercise by Dr. Roger Rossi, D.O.

How Exercise Affects People with Parkinson's Disease

<https://www.hackensackmeridianhealth.org/HealthU/2021/02/05/how-exercise-impacts-parkinsons-disease/>

To Learn More About JFK's Comprehensive Parkinson's Disease Program, click on:

<https://www.jfkmc.org/services/the-neuroscience-institute/movement-disorders/parkinsons-disease>

We're now on Facebook!

For topics, details, photos, and updates, go to **Facebook**; Public Groups, Parkinson's Support Group at HMH JFK University Medical Center

New Mentor-Mentee Program

Learn all about our new program for Newly Diagnosed PwPs in **PDU No. 13**

Get the Latest Parkinson's News from JFK University Medical Center

PDUpdates will be e-mailed directly to you. All you need to do is send me your name and your e-mail address indicating you would like to receive your own copy when it is published. As noted below, your information will remain confidential.

Stay Safe and *Keep Moving!*

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