

# *Parkinson's Patients Support Groups, Inc.*

P. O. Box 60188, Sunnyvale, CA 94088 408.542.5610 [www.ppsg.org](http://www.ppsg.org)

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## **FDA Approves Newly Revised Prescribing Information for AZILECT® Reducing Medication and Food Restrictions**

December 14, 2009, Business Wire  
(Forwarded by Robin Riddle, APDA Regional Director at Stanford University)

**Teva** Pharmaceutical Industries, Ltd. (NASDAQ: TEVA) today announced the U.S. Food and Drug Administration (FDA) approved the newly revised prescribing information for AZILECT® (rasagiline tablets) reducing medication and food restrictions. This update was based on clinical data that confirmed the mechanism of action of AZILECT® as a selective MAO-B (monoamine oxidase-B) inhibitor at the recommended doses of 1 mg and 0.5 mg.

The newly approved prescribing information reflects reduced concerns regarding the use of AZILECT® together with certain medications, including many over-the-counter cough/cold medications. In addition, patients taking AZILECT® no longer need to follow a general dietary restriction of ordinary levels of tyramine, an amino acid found in certain foods and beverages, such as air-dried and fermented meats, aged cheeses and most soybean products. However, due to potential mild increased sensitivity in some patients, ingestion of very high levels of tyramine (e.g., >150 mg) should be avoided by patients taking MAO inhibitors .

“The FDA’s decision to modify the AZILECT® prescribing information emphasizes the benefit to patients of AZILECT® MAO-B selectivity at recommended doses,” said Daniel Kremens, M.D., Assistant Professor of Neurology and Co-Director of the Parkinson’s Disease and Movement Disorders Division at Jefferson Medical College of

Thomas Jefferson University in Philadelphia. “This is good news for patients and physicians as it reconfirms the safety and convenience of AZILECT®.”

“We are pleased with this important change in the prescribing information of AZILECT® as it removes a barrier for some physicians, and some patients, living with Parkinson’s disease,” said Jon Congleton, VP and General Manager, U.S., Teva Neuroscience. “Physicians can now better focus on what is really most important, which is helping patients receive a proven efficacious and safe treatment, at diagnosis early in Parkinson’s disease, and throughout the course of the disease.”

### **About the Tyramine Study**

The tyramine study, submitted to the FDA as the basis for the change in the prescribing information, supported the selectivity of AZILECT® for inhibition of MAO-B at approved doses, 1 mg and 0.5 mg. Non selective MAO inhibitors may interfere with the breakdown and elimination of tyramine in the body, which can induce hypertensive reactions.

The tyramine study was a double-blind, placebo-controlled, randomized, dose-ranging study of rasagiline using a positive control (phenelzine), a known non-selective MAO inhibitor, and a comparator drug (selegiline). This study was part of a Phase IV commitment to the FDA at the time of AZILECT® approval. The study results were based on Tyramine Sensitivity Factor (TSF), which measures the ratio of tyramine pressor dose before (baseline) and after MAO inhibitor administration. In the study, 179 healthy male and female volunteers, aged 40 to 70 years, received escalating doses of oral tyramine from 25 mg up to 800 mg

administered under fasting conditions. TSF was calculated as the tyramine dose associated with three consecutive increases from baseline in systolic blood pressure (SBP) 30 mm Hg over 10 minutes (tyramine pressor dose) in period one divided by the dose associated with the same change in SBP in period three.

Geometric mean TSFs of all doses of rasagiline were substantially lower than the TSF for phenelzine. TSFs of various doses of rasagiline were comparable to those of selegiline and placebo.

### **About AZILECT®**

AZILECT® (rasagiline tablets) is indicated for the treatment of the signs and symptoms of Parkinson's disease (PD) as initial therapy alone and to be added to levodopa later in the disease.

AZILECT® is now available in 39 countries, including the U.S., Canada, Israel, Mexico and all of the European Union countries, where it is marketed by Teva in collaboration with Lundbeck A/S as part of a long-term strategic alliance.

### **About Parkinson's disease**

Parkinson's disease is an age-related degenerative disorder of the brain. Symptoms can include: tremor, stiffness, slowness of movement, and impaired balance. An estimated five million people worldwide suffer from the disease, with an average age of onset of about 60 years.

### **About Teva**

Teva Pharmaceutical Industries Ltd. (NASDAQ: TEVA), headquartered in Israel, is among the top 20 pharmaceutical companies in the world and is the leading generic pharmaceutical company. The company develops, manufactures and markets generic and innovative pharmaceuticals and active pharmaceutical ingredients. Over 80 percent of Teva's sales are in North America and Western Europe .

## **The Dangers of Requip®**

Curt Chadwick, PhD, Los Gatos, CA

**A**fter only a few weeks on Requip® I developed a side effect that could have been fatal for me and others as well, "sudden sleep." This side effect caused me to lose consciousness for a few seconds *with no warning* at least twice. The first time that it happened I regained consciousness in the middle of a four-lane expressway, against the light, with the road full of traffic! My doctor thought that the cause might be fatigue due to lack of sleep caused by the RLS for which they had prescribed Requip®, I thought so too.

However, about two weeks later it happened again while I was riding my mountain bike on a fire road. This time I went down a thirty-foot embankment. I realized that I had suddenly lost consciousness, having no remembrance of anything between riding fully awake on the fire road and bouncing along halfway down the embankment. I cleared a two-foot-diameter downed tree trunk while unconscious. I experienced no sleepiness or warning of any kind beforehand. Miraculously I survived with minor injuries. After this happened, my wife and I obtained a list of all the side effects associated with each drug I was taking at the time. The description of the Requip® side effect, "sudden sleep," made us realize that that was what I had. I stopped the Requip® and the problem has not recurred.

I am lucky I survived Requip® and I'm very thankful that I didn't injure or kill myself or anybody else while taking it. Careful monitoring of the patient is not sufficient to prevent a possible serious accident. The patient has no awareness of an episode of "sudden sleep" unless something serious happens while he is unconscious. If it happened while the patient was driving on a straight road he would probably be unaware of it. According to the drug's maker, sudden sleep can even occur after the patient has been on Requip® for a year with no noticeable side effects up to that time.

I believe that the only way to guarantee safety of the patient and the public in general is to ban Requip® or disallow the operation of dangerous machinery such as bikes and motor vehicles while taking it.

To read another article that Curt wrote on the same topic, please log on to [www.ppsg.org](http://www.ppsg.org), and look for April/May 2008 newsletter issue.

## New in the Neighborhood

**Y**ou have a new resource in your neighborhood! Allow me to introduce myself. My name is Donna Gow, and I am one of your local representatives for Medtronic Neuromodulation and DBS (Deep Brain Stimulation Surgery) therapy. As the patient educator for DBS therapy, I would like to get around to meeting each and every one of you.

Although I have many roles and responsibilities, my main focus is on education and outreach. The first component of that is working with physicians (neurologists, movement disorder specialists, and neurosurgeons) on education and training programs for PD or ET (as well as Dystonia and OCD) & DBS therapy.

The other hat I wear is as a patient educator. Of those of you living with Parkinson's disease (PD) or Essential Tremor (ET), or knowing and/or caring for someone who is, I am another resource for you. How so? One way is that I provide one-on-one or group information sessions to discuss the basics of DBS therapy—the history, the procedure, common questions and concerns, in conjunction with your neurologist who is discussing DBS as a treatment option. Another service we can provide is presenting at local area support groups or bringing in a neurologist/neurosurgeon to discuss DBS therapy in greater detail. On another level, I also work on putting together larger patient and physician symposiums on topics that deal with Parkinson's disease. (One example was the collaboration between Medtronic, the Parkinson's Institute and the Davis Phinney Foundation when we hosted the symposium in San Jose this year.) In addition, Medtronic has so many great patient tools and resources available: patient diaries, informational videos, and a patient ambassador program where you can speak to an implanted patient, various websites (listed below), and much more. If you need any of these resources, you can ask your physician, get on the website, or contact me for them.

One final note: If you have any suggestions on events you would like to see developed, please send me an e-mail. Also, if I can be of any assistance for

you, your families, your area support groups or your physicians, please feel free to contact me.

As a patient advocate for PD and ET, it will be my pleasure to team-up with all of you!

*Graciously,  
Donna Gow  
Medtronic Neuromodulation: DBS therapy*

*Northern California  
Email: [donna.gow@medtronic.com](mailto:donna.gow@medtronic.com)  
Phone# (415) 370-3555*

Check out these resources-- Medtronic's websites:  
[www.activadbs.com](http://www.activadbs.com)

## UCSF Research Studies on Parkinson's Disease with Cognitive Complaints

The UCSF Memory and Aging Center is currently conducting several research studies regarding Parkinson's Disease. We are looking for volunteers ages 55 - 85 who have a diagnosis of Parkinson's Disease and have mild to moderate memory and/or thinking problems to participate in these studies. All studies involve in-person visits where patients will receive neurological examinations, cognitive testing, and MRIs of the brain. A caregiver must be available to answer questions about the patient's thinking abilities and daily functioning. Some studies may also involve treatment. There is no cost to participate and parking fees are reimbursed.

If you would like more information about the study, please contact Reva Wilhelm by phone at (415) 476-2906 or email [rwilhelm@memory.ucsf.edu](mailto:rwilhelm@memory.ucsf.edu).

### Disclaimer

This document is published to promote a greater awareness of the problems caused by Parkinson's disease. Neither the Parkinson's Patients Support Groups, Inc., its members and employees, nor the individuals involved in its production make any warranty, express or implied, assume any liability or responsibility for accuracy, completeness, or usefulness of any information or represent that it will not infringe privately owned rights. Mention of any product, material, or service shall not, nor is it intended to imply approval, disapproval, or fitness for any particular use.

## A New Year: Motivating a New Me

Winston Churchill's quote resonates with me as a caregiver and for many of my clients, the care receivers: "We make a living by what we get, but we make a life by what we give." The request to speak to the Parkinson's Support Group in Sunnyvale about motivation for ourselves and those we are caring for sent me on a personal and professional journey of reflection.

As a Geriatric Care Manager, I offer assessments and care plans to link older adults to services in order to assist them to remain in their homes as long as possible. What have I learned about motivating my clients? What have I learned about motivating my mother to hire a caregiver when she was caring for her mother and then my father when ill with dementia? I can't MAKE anyone do something they don't want to do or are not ready to do. I've learned that to motivate others is a gift...to motivate ourselves is a necessity.

A client's family, doctor, and social worker wanted her to attend a day care center. The more they urged her, the more she dug in her heels and refused to go. Experiencing health issues that limit and hinder abilities to do activities previously enjoyed, contributes to feelings of loss and being out of control. Saying 'yes' or 'no' gives us a sense of control.

What are major influences shown to motivate one to do activities? Research shows three top influences: fun, mental stimulation and social reasons. These factors contributed to higher "well-being" scores. However, lower scores for "well-being" were rated if activities were done for physical reasons and for obligation. The amount of activity had a positive influence on well-being, and social activities (close interaction) improve one's well-being.

My students at SJSU interview older adults and they verify that those more involved in social activities and giving to others report higher contentment with life. No wonder we want to help motivate our loved ones. We want the best for those we care about. Motivating someone has to come from the place of warmth, respect and regard. The gift of kindness leads to encouragement. Encouragement and support may be the best medicine. A woman

wanted to bring her husband home from the nursing home but due to a severe clutter issue, his wheel chair did not fit through the pathways in their home. The nursing home would not release him until the wheel chair fit. After my assessment and offer of resources, she said, "You are the first person not shaking and pointing a finger at me and telling me what to do." She allowed me to help her bring him home. The decision was ultimately hers to say 'yes' or 'no' to my offer of help. The Mayo Clinic recommends tips to be the best we can be. We hear about the standard ones of keeping active (even if only fifteen minutes a day), healthy eating and adequate sleep. A few points need clarification in order to use them as motivation for ourselves:

--Limit sources of stress, and begin to simplify, schedule, and prioritize tasks and activities.

-- Organize important papers and items as this helps to avoid frustration when you need to find things.

--Take a break during the day if needed. Even five minutes with eyes closed, soft music playing and deep breathing helps to motivate us to begin our tasks again.

-- Pay attention to stress signals and slow down: headaches? More irritable? Heart racing?

--Stay connected to people feeding your soul. It requires giving and learning to accept and receive.

--Improve listening skills by staying focused and listening carefully

--Admit when wrong and let go of need to win the argument. Compromise in finding a solution.

The New Year usually brings thoughts of losing weight and other resolutions. Staying motivated is a challenge. However, as caregivers and care receivers, relationships are keys to our well-being. Let's use this time to reassess what we want to be different and what we can do to motivate ourselves. Do we have enough fun, mental stimulation, and socialization? Motivate yourselves, say 'yes'!

**Vivian I. Silva, MSW/Geriatric Care Manager: Sunnyvale Senior Center / 408-730-7732**

## Music Therapy and Parkinson's

When people hear the term “music therapy” for the first time, they are all too likely to imagine something good, but also something less than what music therapy can be. Everyone can think of a time when hearing music changed their mood or made them forget their pains and troubles. For this reason alone, musician volunteers have been present in hospitals in the United States for over 200 years. However, present-day music therapy can do much more than just provide an emotional uplift. Some of the challenges faced by persons with Parkinson's disease can be addressed by using music in therapeutic exercises directed by a neurologic music therapist.

Why would music-based therapy help? Studies conducted at research centers throughout the world, aided by recent advances in imaging and scanning technologies, show that music directly stimulates the brain and it can affect all brain-based behaviors, including moving, thinking, and feeling. Music used to be classified as a “right-brained” activity, basically an emotional response. We now know that just listening to music involves virtually every region of your brain, especially if it inspires you to tap your foot. Neurologic music therapy (NMT) is based on brain research and uses standardized, therapeutic techniques to obtain predictable results for certain neurologic disorders, including Parkinson's disease.

Many primary and secondary symptoms associated with Parkinson's can be moderated through NMT. The rhythmic aspect of well-chosen music provides a regulating stimulus (rhythmic pulse) that compensates for the loss of motor control that affects walking, speech, and all other activities of daily living. Clinical research performed at the Center for Biomedical Research in Music at Colorado State University showed that the improvements in walking can be immediate and lasting, even after NMT therapy stops. The vocal and breathing exercise gained through singing helps maintain speech volume, articulation, pacing, and pitch variation. Simple, directed music playing with percussion and toned instruments can improve and help maintain fine motor skills.

Specific cognitive NMT exercises provide opportunities to practice memory and executive functioning skills, using the structure and syntax of

music as a template or outline to organize thinking. Studies also suggest that planned music experiences can reduce depression and anxiety by directly reducing the high levels of stress hormones associated with these conditions and promoting neurotransmitters and hormones associated with positive mood and a sense of well-being. You or a loved one may already be receiving therapy for Parkinson's disease, and music therapy can enhance and speed the beneficial effects of physical, occupational or speech therapies. Practice is what makes therapy truly effective and music therapy can provide modes of practice that help reduce the boredom or frustration that can accompany long-term rehabilitation and maintenance efforts. Neurologic music therapy sessions can be done one-on-one or in a group setting. Group sessions provide the additional benefit of providing a positive social experience that reduces the social isolation often experienced by those living with a progressive disorder like Parkinson's disease.

You can find board-certified music therapists in hospitals, out-patient clinics, and through in-home service providers. The American Music Therapy Association ([www.musictherapy.org](http://www.musictherapy.org)) maintains a roster of certified music therapists and through their web site they will assist you in finding someone in your area. The web site for the Center for Biomedical Research in Music ([www.colostate.edu/depts/cbrm](http://www.colostate.edu/depts/cbrm)) has a link to a registry of members that lists all neurologic music therapists. You can find information on the scientific studies referred to in this article, and many more, at:

[www.MusicMindMusicTherapy.com](http://www.MusicMindMusicTherapy.com) through the “More Information” link.

Cathy Rivera, MS, MM, MT-BC  
Fellow, Unkefer Academy of Neurologic Music Therapy  
[www.MusicMindMusicTherapy.com](http://www.MusicMindMusicTherapy.com)  
831-915-7260

**Biographical Info: Cathy Rivera** received bachelor and master's degrees in science at the University of California, Davis. She completed a master's degree in music therapy at Colorado State University. Since 2001 she has worked as a research assistant or as a staff therapist at rehabilitation and music therapy clinics she presently works with clients through a private practice in Monterey County, California.

The following table lists several useful DVD's or web sites available either through PPSG or several other listed sources. This table is prepared by Curt Chadwick.

DVD or Web Site Title	DVD #	Length (min)	Content	Source	Cost
The Parkinsons Institute Outreach Symposium, May 18, 2006	1 of 2	110	Speakers: Dr. J. Tetrud, Dr. J. Henderson, Dr. M. Brandabur, Dr. C. Tanner, Dr. Langston	10 copies available, First-come, first-serve. Send requests to <a href="mailto:requests@ppsg.org">requests@ppsg.org</a> or send letter to PPSG, P.O. Box 60188, Sunnyvale, CA 94088 Enclose shipping address.	free
	2 of 2	83	*Basic Research Updates *Question and Answer Session *Keynote Speaker: Dr. R. Pheiffer		
<a href="#">2009 Symposium Videos</a>	On Web		The Parkinsons Institute Outreach Symposium 2009. Watch all the main hall presentations online. Speakers shown but not their PowerPoint slides. See PI Web site	<a href="http://www.parkinsonsinstitute.org/">http://www.parkinsonsinstitute.org/</a>	NA
Exercise Ideas for People Living with Parkinson's Disease	Single	17	Featuring Bill Hillman. Introduction by Dr. Robert Hauser. From TEVA Neuroscience, Charisma Productions (www.charismaproduct.com)	10 copies available, First-come, first-serve. Send requests to <a href="mailto:requests@ppsg.org">requests@ppsg.org</a> or send letter to PPSG, P.O. Box 60188, Sunnyvale, CA 94088 Enclose shipping address.	free
An Exercise Video for People with Parkinson's	Single	31	Based on Tai Chi, From NOVARTIS Pharmaceuticals	10 copies available, First-come, first-serve. Send requests to <a href="mailto:requests@ppsg.org">requests@ppsg.org</a> or send letter to PPSG, P.O. Box 60188, Sunnyvale, CA 94088 Enclose shipping address.	free
Dr. Thomas Graboys talk at TPI 10/28/2008	Single	71	Recorded at Parkinson's Institute on 10/28/2009, poor technical quality valuable insights into PD. *Dr. Graboys discusses his own experience with PD *Overview of PD research	Send requests to <a href="mailto:requests@ppsg.org">requests@ppsg.org</a> or send letter to PPSG, P.O. Box 60188, Sunnyvale, CA 94088 Enclose shipping address.	free
My Father, My Brother & Me	Single	60	The experience with Parkinson's of PBS correspondent Dave Iverson, his father and brother. The nature of the disease and treatment. The status of research.	Public Broadcasting System Website: <a href="http://PBS.org/dvd">PBS.org/dvd</a> Search on keyword: Parkinson's. Also watch it on Web at <a href="http://www.parkinsonsinstitute.org/">http://www.parkinsonsinstitute.org/</a> Scan down middle column to PBS Frontline	\$24.99
Diagnosis Parkinson's disease: You are not alone	Single	25	Information and encouragement for newly diagnosed persons. Pamphlet included.	Parkinson's Disease Foundation, <a href="https://support.pdf.org/SSLPage.aspx?pid=268">https://support.pdf.org/SSLPage.aspx?pid=268</a>	free
Motivating Moves for People with Parkinson's	Single	85	Seated Exercises "How To Do Motivating Moves" (45 minutes) "The Exercise Class" (36 minutes) "Practical Tips for Daily Living" (4 minutes)	Parkinson's Disease Foundation, <a href="http://www.motivatingmoves.com">www.motivatingmoves.com</a> or contact the Parkinson Foundation of the Heartland by calling (913) 341-8828, emailing <a href="mailto:info@parkinsonheartland.org">info@parkinsonheartland.org</a> or visiting <a href="http://www.parkinsonheartland.org">www.parkinsonheartland.org</a>	\$19.95
SHAKEN: Journey into the Mind of a Parkinson's Patient	Single	29	<i>Shaken</i> brilliantly captures the challenges associated with Parkinson's disease, and its treatment especially with Deep Brain Surgery..	<a href="http://www.lilafilms.com/shakendvd.htm">www.lilafilms.com/shakendvd.htm</a>	\$14.99

This newsletter was assembled by the Morgan Center. Thank you!





## Dining Out: Senior Nutrition Program



**D**ining Out locations are community centers throughout Santa Clara County where seniors, 60 years of age and over, can enjoy a nutritious meal, group activities, and good company. It's a place to socialize with other seniors who are dancing, taking classes, playing games, and eating right together.

These community centers and meal sites are noted for their ethnically diverse and delicious meals. Each center specializes in a cuisine, including, Chinese, Continental, Vegetarian Indian, Japanese, Korean, Mexican, Portuguese, and ethnically diverse cuisine. These lunches are cooked on site or are catered by local restaurants and food service vendors.

Annually, the Senior Nutrition Program provides over 1,000,000 hot lunches and home delivered meals. The menus provide healthy choices and are approved by a registered dietitian. But the best thing about Dining Out is the people. So why eat alone?

Any person over the age of 60 is eligible for these lunches. A donation of \$2.50 is suggested for each person to help offset the cost of the meal. Some sites require reservations and registration is required at all sites. Please contact the individual site for requirements. Most sites are open daily (Monday-Friday). Please call ahead for each location's hours of operation. Transportation is available to some sites. For a location near you, call **408-975-4860**, or log on to [www.sccgov.org/portal/site/snp](http://www.sccgov.org/portal/site/snp)

### Dining In: Meals on Wheels

Dining In is a way for seniors, 60 years of age and older, to enjoy meals delivered right to their home. The Meals on Wheels program is available to homebound seniors, regardless of income, who are ill, disabled, or otherwise unable to obtain food or prepare meals for themselves. Weekly deliveries of frozen lunch/ dinner entrees and breakfasts supplemented with milk, bread, fresh fruit, juice, and other grocery items help seniors remain healthy and maintain their independence. The meals delivered meet two-thirds of the Recommended Dietary Allowance for an adult and are planned by a Registered Dietitian. All meals contain lower salt and fat content, and can be heated anytime in

the microwave or conventional oven, so your meals are ready when you are. No microwave? No problem. Microwaves are available on loan.

### Weekly Delivery Includes:

- Seven breakfasts
- Seven frozen meals (lunch or dinner)
- Half gallon low fat milk.
- A loaf of bread
- Assorted grocery items

### Register Today:

These meals are made available through the support of the Santa Clara County Social Services Agency, the Council on Aging Silicon Valley, and participant donations. Suggested donations are encouraged. To join Dining In: Meals on Wheels, please call Senior Nutrition Program at **408-975-4860**. For more information, call the Council on Aging Silicon Valley at **408-350-3246**

### PPSG Board Meetings


You are welcome to drop by our board meetings and share ideas with us! We meet on the **3rd Monday** of the month between **1:00 and 3:00 PM** at the Parkinson's Institute, at 675 Almanor Avenue, Sunnyvale, CA 94085. To confirm meeting dates and time, please call us at **408.542.5610**. If you are planning to attend, please call Charmaine Eng at 408.723.8116 (dial \*82 before the number).

Visit our PPSG website: [www.ppsg.org](http://www.ppsg.org) for:

- [What's New](#)
- [Articles](#)
- [About Parkinson's](#)
- [Support Groups](#)
- [Exercise Classes](#)
- [Events](#)
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Phyllis Ng  
Steven Russell  
Le Sotir

 **The Parkinson Network of Mt. Diablo** is organizing a Parkinson's support group for those currently in their twenties, thirties and forties. Please call or email the names below to help be part of creating this new group.

Ronnie Wanetick – Private Medical Clients  
Home Ph: 925-933-6357  
Email: [lhwanetick@aol.com](mailto:lhwanetick@aol.com)

Sandy Mitchell – Kaiser Permanente Clients  
Home Ph: 925 687 3976  
Email: [sandral.mitchell@gmail.com](mailto:sandral.mitchell@gmail.com)



Parkinson's Patients Support Groups, Inc.  
P.O. Box 60188  
Sunnyvale, CA 94088  
408.542-5610  
**ADDRESS SERVICE REQUESTED**

**Upcoming and Current Events:**

**Tuesdays - pdDance** - poetry in motion at The Parkinson's Institute  
**First and Third Thursdays at noon** - Singing - Choir at The Parkinson's Institute  
**Second and Forth Thursdays at noon** - LSVT Graduate Class – The Parkinson's Institute  
**Saturday, January 23, 2010** from 9:00 am - 4:00 pm – Family Caregiver Alliance - Caregiver Training  
**Wednesday January 27, 2009 and February 3, 2010** from 10am to 1pm:  
**January 29, 2010 Friday 9:00 AM - 12:00 PM** Medtronic Active Senior Health Fair at The Parkinson's Institute and Clinical Center  
**February 23, 2010 Tuesday** at 10:00 AM - 11:00 AM - - **WEBINAR**  
PD Expert Briefing: Nutrition and Parkinson's Disease  
**February 25, 2010 Tuesday at 1:30 pm - 3:30 pm** "Newly Diagnosed" at The Parkinson's Institute  
**March 12-13 Young Onset Parkinson Conference in Sacramento - Registration NOW OPEN**  
**Saturday May 1, 2010 \*\*\*\*\* 7<sup>th</sup> Annual Sunnyvale Parkinson's Walk**  
Registration 9:00 AM - 4.2 mile walk 9:30 am - 1.8 Mile Walk 10:00 am  
**Please log on to [www.ppsg.org](http://www.ppsg.org) for more details.**

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