What Causes Parkinson’s Disease?

by Dr. Ehsan Hadi, MD, Dignity Health

Parkinson’s Disease (PD) is the second most common neurodegenerative disorder after Alzheimer’s disease with a prevalence of 0.5-3% as the age advances. Parkinson’s Disease is a slowly progressive brain condition, which manifests with both motor and non-motor symptoms. The cause of Parkinson’s Disease still remains uncertain though appears to be complex. Several genetic factors and genes have been identified implying that there must be some genetic predisposition, which under environmental influences, lead to damage to the dopamine (brain chemical) producing deep nuclei of the brain. Dopamine helps with transmission of brain signals in order to maintain smooth control of movements and when dopamine levels drop, people start experiencing symptoms of Parkinson’s Disease. The pathological hallmark of Parkinson’s Disease is called Lewy body, which are aggregates of proteins called alpha synuclein.

There are certain factors that can increase the risk of developing Parkinson’s Disease, such as age (risk increases with age), profession (contact with chemicals), race (white), serious head injury (severe enough to lose consciousness/memory), gender (men), living situation (rural/farmland/well water use) etc.

The majority of patients are classified as idiopathic (unknown cause) PD. In a small number of cases (5-10 %), there is a family history of PD. The genes that are potentially implicated in the development of PD are called PARK genes, which can be transmitted in an autosomal dominant or recessive manner. Thus far 23 PARK genes have been identified but having these genes still does not mean one will develop PD. This suggests that additional research is required to identify additional unrecognized genes.

In 1983, several people developed PD after injecting themselves with drugs that were contaminated with MPTP (Methyl phenyl tetrahydropyridine), which when metabolized can act like a neurotoxin. This led to studies
Honor & Memorials
June – August 2019

IN HONOR OF

Robert Jenkins
Joette Maxwell
Lodi Support Group
Judy Kent

Redding Support Group
Robert and Linda Woodcook

Vacaville Support Group
Roy and Marlene Roberts

IN MEMORY OF

Dennis Bambauer
Douglas and Albertine Maclver

Randy Calvert
Roseville Parkinson’s Support Group

Alex Doig
Nancy Lane Burnett
Richard S. Burke Family

Stan Foster
Donald and Maureen Becker
Ted and Kelley Bestolarides
Richard and Diane Bruno
Douglas Eddy
Steve and Ann Ellinwood
Foster Lumber
Kay and Douglas Fritz
Margaret Guttieri
Kathryn Haynie
Bernice Holmes and Family
Joanne Joseph
Yoshikazu and Arlene Mataga
D.L. and Janice Merritt
Mokelumne River Forest Products
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Chip and Toby Smith

Henry Joseph Gomes
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Roseville Parkinson’s Support Group

Dr. David Lee Haugen
Jack and Linda Davidson
Suzanne Ricci

Joan Jantzen
Myron Jantzen

Bill “Knuckles” King
“Hurricane” and Linda Hayward

James Larry Morgan
Cox, Castle and Nicholson LLP
Mary Lloyd
Sandra Tom Morgan
Terri O’Connor

Scott Nevins
Milly Nunez

Dan Pennington
Michelle Ubrick
Charles and Marsha Wilder

Donald Routh
Yolanda Sanregret

Carol Yeates
Bill Yeates

PLEASE JOIN US AT THE
PARKINSON ASSOCIATION OF
NORTHERN CALIFORNIA’S
Annual Educational Conference
Saturday, October 26

Details on the back
The 3rd Annual Robert G. Smith Walk to Cancel Out Parkinson’s, fondly known as the ‘COP Walk’, was held April 6, 2019. The walk, organized and coordinated by the Embarcadero Lions Club and supported by regional Lions Clubs and the State Lions Organization is held in honor of ‘Bob’ Smith, with all proceeds donated to support the efforts of the Parkinson Association of Northern California (PANC). This year the PANC Community showed up in force, with teams of family, friends and fellow Parkinson Support Group members. In total, four hundred walkers attended, enjoyed, the park, the beautiful weather, the entertainment and the lunch.

AND THE BEST WAS YET TO COME!

On June 19th, 2019 several PANC Board members President Sean Tracy, Secretary Myron Jantzen and ‘Cop Walk, Liaison, Marcie Larkey, attended the Embarcadero Lions Club’s Annual Installation of Officers and received the ‘Cop Walk’ donation. The 2019 gift of $32,000 (the largest ever) was met with overwhelming thanks and gratitude. In the past three years the total support from the Lions to PANC is $81,570. We really couldn’t do all we do without them!

The support of the PANC Community along with our wonderful 2019 Sponsors made this the best year yet!

2019 ‘COP Walk’ SPONSERS
- PAN Board
- Acadia Pharmaceuticals
- Amneal Pharmaceuticals
- McGinness Communication Solutions
- Weintraub Tobin
- Embarcadero Lions
- Higgins Diggins Lions
- Auburn 49er Lions
- Camellia Lions
- Foothill Lions

Sadly, Bob Smith, beloved member of the Lions and their Past International Director, succumbed to Parkinson’s Disease on March 30, 2019, one week shy of his 3rd Annual Walk. However, the walk will continue in his memory. His courage and loving spirit will remain with us as we plan the 4th Annual Robert G. Smith Walk to Cancel Out Parkinson’s, scheduled for Saturday, April, 4th 2020.

MARK YOUR CALENDARS!
THE PARKINSON PATH

MONTHLY GIVING
Your monthly gift to the Parkinson Association generates impact every day of the year. Recurring contributions allow us to support the crucial needs of the Northern California Parkinson’s Community.

You can easily setup your monthly gift at: www.panctoday.org

LEAVING YOUR LEGACY
Including the Parkinson Association of Northern California in your estate planning leaves a lasting impact in the lives of the Northern California Parkinson’s Community.

For more information visit: www.panctoday.org

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SOS
by Dorothy Ross, Davis Support Group

The neurologist tried to warn me. When prescribing a new medicine for Parkinson’s Disease the doctor cautioned about many possible side effects, especially compulsivity toward gambling and drugs. The dire litany didn’t include Shopping Online Syndrome, but SOS was the compulsion I developed.

A neighbor alerted me to Overstock.com’s huge linen selection, I was amazed at their inventory of brand name bed linens. Instead of trudging from Macy’s to Penney’s to Sear’s, I sat at my desk in my bathrobe, sipping coffee while perusing a staggering array of blue sheets.

On that first foray into computer-assisted shopping, I was startled to have suggestions pop up on my screen, like the ad for a “greatly reduced” blue denim bedspread. My husband loves everything denim, so I bought the spread for our cabin. While I was filling out the order form, an ad appeared for a matching denim bedskirt — also on sale. I added the bedskirt. That’s how it started.

My full-immersion online shopping habit was aided and assured by my new laptop. Its backlit keys are perfect for searching the Net in the wee hours. When I can’t sleep and the house is dark and quiet, I sit in my big chair, in the blue halo of the small screen, comparison shopping with my fingers.

My computer has replaced stationery, pens and postage stamps. It has eliminated the need for Webster’s dictionary, Roget’s thesaurus, and Britannica’s encyclopedia. It has also displaced mail-order catalogues. I know my sources and my sources know me. The genie in my computerized Pandora’s box links me directly with my favorite retailers.

As our household’s designated consumer, I was happy to save time and money by ordering online. Then I stumbled across eBay’s auctions. In no time, I mastered the bidding system and began filing maximum bids and incremental bids and automatic bids. I know. That’s gambling. But the stakes were low and my mood was high.

I won’t confess my compulsive behavior when I visit the neurologist, because I wouldn’t want the doctor to change my meds or my moods.

NOTE: If excessive spending is an issue for you or for a loved one, talk with your neurologist. Your PD meds may need to be adjusted.
Donors
June – August 2019 Donations

Carlton Senior Living  Lawrence Kirby  Debbie Purvis
Embarcadero Lions Club  Joette Maxwell  Bonita Roberts
Margaret and Bernard Bowes  Kathryn McCloud  Mary Schialos
Chris and Linda Dolder  Judy Michalowski  William and Darlene Selling
John and Virginia Edlund  John Montgomery  Trisha St. Clair
Annette Hickman  Gordon and Sharon Moore  Daria Stoner
Linda Iwasa  Carryll and Bruce Mountjoy  Larry and Carol Von Kaenel
Mary Kenney  Paul Prewitt

Thank You

What Causes Parkinson’s Disease?

I have a very good friend whose name is Kerri Kuska. Her heart is as big as all out doors. Through her Facebook account she even topped what I already knew of her. Apparently you can send a request to your Facebook friends suggesting how to honor your upcoming birthday. She did so last year by asking her many friends to donate on her behalf to PANC during the two-week period before her birth date. Well, she happens to have over 1,000 Facebook Friends. Last year’s contributions came to $1,220. and this year even more at $1,510. So, whether your cause is Parkinson’s Disease or something else, an easy way to help and be a good friend is through Facebook. Kerri even had another of her friends join in with her own birthday request for Parkinson’s. Wow, what a friend!

An important milestone was the recognition of Braak hypothesis introduced in 2003. Post mortem studies have revealed a specific pattern of the spread of PD pathology in the brain. Recognition of PD pathology at multiple sites outside the brain has raised a lot of interest in the possibility of the origin of PD pathology from outside the brain, such as the colon.

In the last two decades we have seen extraordinary advancement in the understanding of PD, it is very hopeful to see ongoing extensive research to further garner insight into the cause of PD, which in turn would help develop improved treatment strategies.
Regional Support Groups

Butte County
Chico — 1st Wednesday, 1:30 p.m.
Sycamore Glen Ret. Community
1199 Diablo Ave., Chico, CA 95973
Terry Donnelly 650-743-6871
tmdonnelly68@gmail.com
Bob Murray 530-321-6157
ordferry@yahoo.com

Oroville — 1st Thursday, 1:30–3 p.m.
Trinity Presbyterian Church
2350 Foothill Blvd., Oroville, CA 95966
Carol Rawlins 530-282-0499

El Dorado County
El Dorado Hills — 2nd Tuesday, 12 p.m.
Rolling Hills Church Multipurpose Bldg,
West End of Complex, Rm 8
800 White Rock Rd., El Dorado Hills, CA, 95762
Donna Rixmann 916-712-9642
donna@yogapeace.net
Larry Alver 916-933-2465
Idalver@sbcglobal.net

El Dorado Hills/Folsom Caregiver Luncheon* — 3rd Thursday, 11:30 a.m.–1 p.m.
Round Table Pizza,
2793 East Bidwell St., Folsom, CA 95630
Larry Alver 916-933-2465
Idalver@sbcglobal.net

Elk Grove — 3rd Wednesday, 10 a.m.
Senior Center of Elk Grove
8230 Civic Center Dr., Elk Grove, CA 95757
Myron Jantzen 916-686-4555
mpjantzen@aol.com

Folsom — 4th Monday, 10 a.m.
Folsom Senior and Arts Center
48 Natoma Street, Folsom, CA 95630
Donna Rixman 916-712-9642
donna@yogapeace.net
Cathy Johnson 916-791-2426

Gold River Lewy Body Dementia Caregiver/Care Partner Meeting (Collaborative Group) — 2nd Thursday, 10 a.m.
Eskaton Lodge Gold River
11390 Coloma Rd., Gold River, CA 95670
Denise Davis 800-272-3900
denise.davis@alz.org

Natomas Area — 2nd Thursday, 10–11:30 a.m.
Adventure Christian Church
1500 N Market Blvd., Sacramento, CA 95834
Irene Duggan 916-710-6912
parkinsons1018@gmail.com

Northeast Area — 4th Thursday, 1 p.m.
St. Marks Unified Methodist Church,
Room E-24
2391 St. Marks Way, Sacramento, CA 95864
Sean Tracy 916-482-7014
sstfam@winfirst.com

Lake County
Lake County — 2nd Monday, 2–3:30 p.m.
United Christian Parish
745 N. Brush St., Lakeport, CA 95453
Phil Myers 707-263-4624
philip.e.myers@att.net

Sacramento County
Arden/Arcade — 3rd Thursday, 10 a.m.
Arden Christian Church
4300 Las Cruces Way, Carmichael, CA 95608
Keith Tronson 916-395-2771
keithtronson@sbcglobal.net
Jim Morris 916-359-4859
jimor1940@gmail.com

Carmichael/Sacramento Area Young Onset Support Group — 1st Wednesday, 6:30 p.m.
Carmichael Presbyterian Church
5645 Marconi Ave., Carmichael, CA 95608
Mary Beth Arjil 530-409-4118
marjil@sbcglobal.net
Tony Wong 916-730-6303
acwong60@gmail.com

Carmichael/Eskaton Support Group — 2nd Thursday, 10:00 a.m.–11:30 a.m.
3939 Walnut Ave., Carmichael, CA 95608
Ron von Rajcs 916-715-3920
evc.psg@yahoo.com

El Dorado Hills/Folsom Caregiver Luncheon* — 3rd Thursday, 11:30 a.m.–1 p.m.
Round Table Pizza,
2793 East Bidwell St., Folsom, CA 95630
Larry Alver 916-933-2465
Idalver@sbcglobal.net

Nevada County
Grass Valley — 2nd Friday, 1:30 p.m.
Atria Grass Valley
150 Sutton Way, Grass Valley, CA 95945
Nancy Lockwood 530-272-7950
nmlockwood@aol.com

Truckee — 3rd Friday, 1 p.m.
Tahoe Yoga and Wellness Center
10710 Donner Pass Rd Truckee
Ellen Roumasset 650-759-3666
dr.eroumasset@gmail.com

Placer County
Auburn Caregivers Luncheon* — 2nd Tuesday, 11:30 a.m.
Awful Annie’s Cafe
13460 Lincoln Way, Auburn, CA 95603
Karen Hancock 530-885-0950
karen@hancockonline.net

Lincoln — 3rd Wednesday, 10 a.m.
Granite Springs Church
11170 E. Joiner Pkwy., Lincoln, CA 95648
Gary High gwhigh@wavecable.com

Roseville — 1st Tuesday, 1:30–3 p.m.
Maidu Community Center
1550 Maidu Dr., Roseville, CA 95661
Harry Butler 916-837-3366
hapbutler@comcast.net
Website: rosevillepsg.weebly.com

West Roseville — 4th Tuesdays, 11:00–12:00 p.m.
St. John’s Episcopal Church
2351 Pleasant Grove Blvd.
Roseville, CA 95671
Ellen Roumasset 530-759-3666
dr.eroumasset@gmail.com

Regional Support Groups
For additional information, visit www.panctoday.org
Don't see a support group in your area?  
Let us help you start one! 

Contact us at 916-357-6641 or panc@panctoday.org

**Post DBS Patients**
See class schedule, location and contact information at www.panctoday.org

**Sacramento Caregivers Lunch Bunch** (Collaborative Group) — 3rd Tuesday, 11 a.m.-1 p.m.
Ettores
2376 Fair Oaks Blvd., Sacramento, CA 95825
Anne Spaller 916-728-9333
aspaller@deloro.org

**Sacramento Men’s Group**
Suspended pending further notice.

**South Area** — 2nd Thursday, 1 p.m.
Asian Community Center
7334 Park City Dr., Sacramento, CA 95831
David Teraoku 916-685-4162

**San Joaquin County**

**Lodi** — 1st Monday, 10 a.m.
Grace Point Church
801 S. Lower Sacramento Rd.
Lodi, CA 95242
Ron and Maureen Olsen 209-745-1011
molsen@softcom.net
Robbin and Pat Bray 209-269-1080
braywaves@gmail.com

**Lodi Caregivers Group** —
3rd Monday, 10 a.m.-12 p.m.
Grace Point Church
801 S. Lower Sacramento Rd.
Lodi, CA 95242
Call for directions/information
Jean Whitted 209-368-2809
bjwhitted@hotmail.com

**Stockton** — 2nd Thursday, 1:30 p.m.
O’Connor Woods
West Hall 3400 Wagner Heights Rd.
Stockton, CA 95209
Mary Ann Behrens 209-477-6496
mbehrens64@gmail.com

**Tracy/Parkinson Support Group of Tracy** —
2nd and 4th Mondays, 10 a.m.-12 p.m.
St. Paul’s Lutheran Church
1635 Chester Ave., Tracy, CA 95376
Kathy Clark 209-879-3108
classieladyat63@yahoo.com

**Shasta County**

**Redding** — 2nd Friday, 1:00 p.m. Social Time; 1:30-3 p.m. Meeting; 3-3:30 p.m., Shasta Shout – speech therapy
First United Methodist Church
1825 East Street, Redding, CA 95360
Kim Hawkins 530-945-7628
kim.reddingpsg@gmail.com

**Sierra County**

**Loyalton** — 1st Friday, 1:30 p.m.
Golden West Restaurant
Main Street, Hwy 49, Loyalton, CA 96118
Betty Ferguson 530-993-4002
fergi45@gmail.com

**Solano County**

**Benicia** — 2nd Saturday, 10:30 a.m.–12 p.m.
201 Raymond Dr., Benicia, CA 94510
Brad Miller 707-515-9216
bradfordmiller807@gmail.com

**Vacaville Parkinson’s Support Group** —
4th Wednesday, 1:30-3 p.m.
The McBride Senior Center
91 Town Square Place, Vacaville, CA 95688
Brenda DeMartini 707-330-1551
brendaldemartini@gmail.com

**Sonoma County**

**Sonoma County** — 1st Saturday, 1 p.m., Feb/Mar/Apr/May/June/Oct/Nov
2nd Saturday, 1 p.m., Aug/Dec
NO meetings in Jan/Jul/Sept.
Christ Church United Methodist
1717 Yulupa Ave., Santa Rosa, CA 95405
Nancy Wilson nbwilson.41@gmail.com
Marc Alexander 707-431-8767
malexander109@comcast.net

**Stanislaus County**

**Modesto** — 3rd Wednesday, 1:30-3:30 p.m.
Jan.-Nov. (No meeting in July)
Trinity United Presbyterian Church
1600 Carver Rd., Modesto, CA 95350
Paul Vantress 209-526-6184
modestoparkinsons@gmail.com

**Sutter County**

**Yuba City** — 2nd Monday, 1 p.m.
Sutter Medical Foundation
969 Plumas St., Suite 208
Yuba City, CA 95991
Janice Herbert 530-673-3064
tricountyparkinsons@gmail.com

**Yolo County**

**Davis** — 3rd Thursday, 1:30 p.m.
Davis Senior Center
646 A Street, Davis, CA 95616
Sue Curry 530-304-9927
smcurry@sbcglobal.net

**Davis Care Partners Group** —
2nd Wednesday, 1:30 p.m.
Davis Senior Center
646 A Street, Davis, CA 95616
Karen Eagan 530-564-4323
kareneagan747@gmail.com

**Woodland** — 4th Tuesday, 1 p.m.
(No meeting Jul/Aug)
Woodland Comm. and Senior Center
2001 East Street, Woodland, CA 95776
Bernadette Murray 530-661-1950
bemurray2008@gmail.com

**PANC Advisory Support Group Facilitators and attendees** should be aware that not all medications, treatments or theories about Parkinson’s disease are ‘right’ for every person. If presentations or discussions within your Group raise issues in your mind regarding your personal condition or treatment plan, you are advised to bring those questions to your treating physician for further exploration prior to making any changes in your medications or routines.

* Caregiver / Care Partner meeting.
PARKINSON ASSOCIATION OF NORTHERN CALIFORNIA
1024 Iron Point Road #1036
Folsom, CA 95630

Get The Parkinson Path delivered straight to your email inbox by contacting Sharon@panctoday.org

PARKINSON ASSOCIATION OF NORTHERN CALIFORNIA’S
Annual Educational Conference
Saturday, October 26, 2019
Registration & Exhibits
Open 8:30 a.m.
Conference
9:30 a.m. – 2:30 p.m.
McClellan Conference Center
5411 Luce Avenue
Sacramento, CA 95652

Deadline to register: October 18, 2019. Register at www.panctoday.org