



THE PARKINSONIAN

The Quarterly Magazine of Parkinsons New Zealand

Of gods, medicine and poetry

International

Parkinson's Day

The 11th of April is international Parkinson's Day. Contact your local division to find out what's happening in your area.

Inside this issue:

A word from the National Director	2
Glenn Colquhoun cont	3
Book review ,Nemidon Gels & UPBEAT update	4-5
News and Research	6-7
STEP Report	8-9
Around the country	10-11
National Raffle	12

Please do not interpret anything in this newsletter as medical advice always check with your Doctor. The appearance of any article or other material in this publication does not imply the agreement of Parkinsons NZ with the opinions expressed therein.

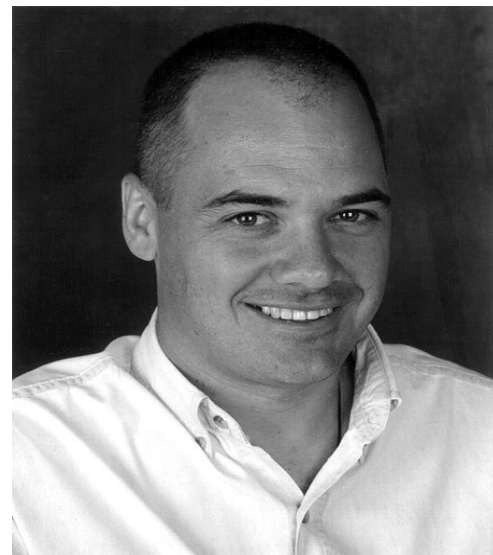
It's no secret acclaimed New Zealand poet Glenn Colquhoun is also a doctor. What's not so well known is his family's experience with Parkinson's.

Colquhoun, a practicing GP, muses on the similarities between deities and doctors in his anthology *Playing God*, for which he won the 2003 Montana Book Award for Poetry and the coveted Montana Readers Choice Award. He also spoke on the subject when interviewed recently for the *Parkinsonian*. *Playing God* contains eight 'Parkinson's disease poems'.

'I think that we all play God. Doctors are always going to be accused of that...rightly and wrongly. What we do is at the edges of life a lot of the time, and those are the domains of what we don't understand, and what we don't understand we so often call God.'

His works are relative newcomers to New Zealand's literary canon, and one thing that marks Colquhoun out among his peers is his other occupation as a small, small town GP, working among the country's poorest and unhealthiest communities in Northland.

Brought up in Papatoetoe, Auckland, after studying English at Auckland University, he went to medical school. He was raised a Seventh Day Adventist (he's lapsed, but not bitter), but Colquhoun lost his religion and his marriage while studying medicine. He took a year out and, this city bred-Pakeha boy moved to a tiny very Maori town in Northland. He wrote poetry and started learning Maori—Colquhoun now speaks good Maori.



Parkinson's 'part of family landscape'

Colquhoun has encountered Parkinson's little in his professional life.

Nonetheless, Parkinson's has been momentous in his personal and family life. His father now 64 was diagnosed with it at 38. 'Parkinson's would be one of the defining pieces of our family because it has been there for quarter of a century....just one great, huge mountain....'

Now 40 and dad to a baby girl, Coloquhoun, the second eldest child, was a young teenager when his father was diagnosed. 'My youngest sister probably doesn't have a memory of my father when he wasn't in some way affected by Parkinson's. My mum looked after him for years at home...(Glenn's dad went into full time residential care a couple of years ago)

'It's one of the things in our society we just...still don't talk about, eh, they never teach you how to deal

cont pg 2..

A word from the National Director

On April 11th New Zealand will be the first country in the world to celebrate International Parkinson's Day. Whilst the journey towards more effective treatments and even a cure is far from over what has been achieved by researchers and scientists in the last 20 years is astounding.

Celebrating our own achievements during the last 20 years was part of the reason for the creation of our new booklet 'Celebrating 20 years 1983-2003' which was printed in March. If you do not have a copy contact your division for one. It is extremely interesting to read about our growth nationally and locally.

National office will shortly be appointing a full time Communications and Funding officer on an initial 12 month contract. I am very excited about this post which will greatly aid me in improving the work of this office.

At the end of March the Auckland Division is hosting the National Field Officers Conference. Most of our Field Officers are attending and I am looking forward to meeting with them. The annual conference is an important part of the training and development of our Field Officers from which both they and their clients will benefit greatly.

I am also looking forward to meeting delegates at the 2004 AGM. The AGM is the best possible vehicle for the Society as a whole to discuss and plan our work and where we are going. Please take advantage of this opportunity to ensure your voice is heard by knowing who your division's delegate is and voicing any opinions you may have on agenda items.

A new way you can help ensure our continued progress together is by taking part in our first National Raffle. It is our intention for this to become an annual event. Tickets are to be sold on and around International Parkinson's Day to raise funds, awareness of our organisation and just as importantly this will be an opportunity for us all to work together. Please contact your local division or national office to find out more (further details on page 12).

I hope you enjoy this edition of the Parkinsonian. You will note that for the first time we have sold advertising space. This is to help cover the cost of production as the publication is no longer sponsored. A number of other changes have been made and I would appreciate any feedback you may have.

Kind Regards
Deirdre

NATIONAL MANAGEMENT COMMITTEE 2003/2004

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Of gods cont..with that at school with parents becoming dependent on you...no one ever teaches you that.'

'My dad was a builder, you know, a very physical man, not a psychological man at all, just physical, you know, one of those real Kiwi blokes. I often saw what it meant for dad...just not being *strong* anymore, which was such a part of his life. I saw it from the blokes perspective...whereas my sisters probably saw it for what it meant to mum, if that makes sense'

Colquhoun's fondness for his father comes through in not only his Parkinson's series but through his verse booklet 'An Explanation of Poetry to my Father' (2001) in which he uses hands-on language and humour to explain poetry to his father 'a man of few words' and any-one else not yet captivated with the magic of words.

The spirit of Apollo

'I just read yesterday that Apollo was the God of poetry and well as of medicine. I think one informs the other'

Colquhoun does not claim that medicine is his vocation. However he is considered a gifted physician, an old fashioned rural GP who knows and is part of his community. 'Why should patients listen to me if I haven't listened to them'

He has learnt to be part of his particular community 'I was a proud New Zealander but I realised that I didn't know how to be with the other half of my country. I didn't know how to speak their language, or to deal with them on their own terms and I felt a huge lack because of that.'

He's not sure he really wants to be a doctor '...now that I have some opportunity to do a lot more it is like the poetry is saying to me' you can't leave medicine because that is where things happen and poetry is where you write about it. And if

you leave it, then what are you going to write'

What sort of day will it be?

Some days, when he wakes up,
It seems horizons have been bent,
Then he has to lean all day to see
if he can stand up straight.

Some days, when he wakes up,
He sees a world where all the signs say
Wet Paint. He will not touch anything
for fear that it could smudge

Some days, when he wakes up,
He is a stack of papers fallen down.
He is not sure where to turn

And some days, when he wakes up,
Things remain the way they were before.
Then he thinks he must be getting better

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Your son is two minutes away,
The ambulance is on the way,
And I'm going to stay on the line
until everyone is there".*



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Please mention that you saw this in the Parkinsonian

When I am in doubt

When I am in doubt
I talk to the surgeons.
I know they will know what to do.

They seem so sure.

Once I talked to a surgeon.
He said that when he is in doubt
He talks to priests.
Priests will know what to do.

Priests seem so sure.

Once I talked to a priest.
He said that when he is in doubt
He talks to God
God will know what to do.

God seems so sure.

Once I talked to God.
He said that when he is in doubt
He thinks of me.
He says I will know what to do

I seem so sure.

Our thanks to Glenn Colquhoun and Steele Roberts Ltd

STOP PRESS– Parkinsons NZ congratulates Glenn for winning the \$60,000 Prize in Modern Letters announce 13th March 2004.

"I would prescribe Glenn Colquhoun's poetry for whatever ails you. Wise, witty, and wonderful, these are everyday poems for everyone. Better than vitamins or medicine" Sandra Cisneros– judging panel

Making Life Easier

Book review by Lynn Pollock

Parkinson's Disease-300 Tips for Making Life Easier, by Shelley Peterman Scharz (Demos Medical Publishing Inc, New York 2002)

Forget about the spelling of Parkinsons and the odd typo, this is a practical book to be dipped into as a person with Parkinsons (PWP) comes to terms with some symptom or another. Reading from Tip 1 to Tip 300 could be overwhelming and detract from the book's positive tone.

The book is well organised under headings such as Basic Concepts, Looking Good Feeling Better, Managing Mealtime Madness and Getting Out and About. There are suggestions for conserving time and energy so that PWPs can become more independent and concentrate on doing more pleasurable things. A number of the tips are intended especially for people who care and support PWPs. Each section has a list of resources, mostly of American organisations and companies but also a number of websites and email addresses.

Available from National Office library and some division libraries

NEMIDON GELS

COMPILED FROM ARTICLES BY KEVIN MILES AND MARGARET HOLLOWAY

Sports Essentials is a New Zealand company, which has specially developed aqueous gels of a pleasant texture without the addition of oils and cream. The base gel is the first true hydrophilic base to carry active ingredients around a water molecule. This means it can carry active ingredients onto the skin extremely quickly resulting in a rapid reaction.

Nemidon Ultra hydration Gel-Traditional moisturisers can add water to the skin but can disrupt protein packing thus creating better avenues for

moisture to escape. An oily substance applied can prevent water escaping, however it may not only block pores but also increase the rate of diffusion of water- therefore once the coating is breached through sweating or washing, dehydration will actually occur even more quickly. With Nemidon Ultra hydration Gel water is initially provided to the skin to give an equilibrium water content. Once equilibrium is reached the gel acts as a moisture transfer agent. Water is drawn from the air if skin becomes dehydrated but pores remain essentially unaffected and excess water and salt pass through easily. The film created is tough but non-greasy and leaves skin feeling clean. Those with dry skin problems will notice a real difference in 3 to 10 days.

Nemidon All Black'N Blue- "I have been using products from this company for some years.....with the frequency of falls that Sandy has suffered over recent years we find Black'N Blue an essential item in the household' *Kevin Miles*

Black'N Blue's general effects are the reduction of bruising and swelling, cooling and lessening of pain and inflammation and is good for acute conditions as well as minor ailments.

Both products are suitable for people with or without Parkinson's.

Crown Dental and Medical are offering both these products at a reduced price for Parkinsonian readers until the 30th April (see coupon)

NEMIDON & CROWN DENTAL AND MEDICAL LTD proudly supports the important work of PARKINSONS NEW ZELAND.

SPECIAL OFFER



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NEMIDON ULTRAHYDRATION GEL 120grams \$9.00

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THIS OFFER EXPIRES ON 30 APRIL 2004



Update from UPBEAT-Tekapo weekend 5th-7th March by Dianne Oliver

Godley Resort Lake Tekapo...Right in the heart of the McKenzie Country, was a perfect place for Parkinson's South Canterbury to host a weekend for UPBEAT...

Friday 5th March was a picture perfect night, as the sun was setting on the lake for those who arrived to enjoy a restful and relaxed evening..

Saturday morning started with a very informative and enjoyable session about the history of the McKenzie Country...This gave us all an insight into some of the hurdles some people have to face when being hit head on with the isolation of such a small town ... which is trying to maintain its values and beauty (even when the tourists are flooding in)..

Tai Chi ...How it helps balance.This certainly was a challenge ...having to concentrate and work the Mind and Body, together proved to make it the topic of interesting conversation over the lunch and free time we had available. Maybe a siesta was well earned or just sitting and admiring the beauty of the picturesque lake Tekapo and this amazing piece of South Island .

Introduction to Brain Gym ...was the next on the list of things to achieve ... PACE ...Positive...Active...Clear...Energetic ...by using the methods of Hook ups...Cross Crawl...Brain Buttons...and Water.. Brain Gym helps activate the brain and body work together, this certainly complemented the previous Tai Chi session.

Professor Tim Anderson (neurologist) came to talk to us all about his role as Chair of Neurology... The Proposed Van Der Veen Movement Disorder Clinic, that will specialise in Parkinson's Disease, will be in the centre of the South ..Christchurch ...this is certainly something that will be a move in the right direction for Research and People who live with Parkinson's, along with carers, their families, and all involved. Hopefully this clinic will be available through a referral from specialist or GP...in the future...

The afternoon ended with a very interesting talk on Mass Personal Alarms...Growing old is mandatory....Growing up is optional. These alarms could save your life ...or lift you up ...

Although the day was extremely full of new and exciting ways to keep our minds and bodies working healthily and well...there was still room for a bit of stars in your eyes???

Mt John observatory was the place to be ... not a cloud in the sky, it seemed that star gazing was the end to a great day...

Parkinson's South Canterbury Field Officer Margaret Bates certainly made this UPBEAT weekend a truly memorable and valued experience and couldn't have picked a more perfect place. It was full of informative ways to keep active and healthy, for those living with a progressive illness ...and for their carers...

Understanding, Parkinson's, Belief in Education, Attitude, Treatment

UPBEAT is a special interest group within Parkinsons NZ for younger people with Parkinsons– to find out more or to subscribe to the UPBEAT quarterly magazine please contact

Kevin Miles/Sandy Wright

06 3681844

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NEWS AND RESEARCH

Anti psychotic drug may help Dyskinesia

According to a study in the February 10 issue of the scientific journal *Neurology* low-dose clozapine is effective in treating Dyskinesia.

Researchers in Clermont-Ferrand, France, have confirmed preliminary work which shows that the anti-psychotic drug, clozapine can help reduce the involuntary, jerky movements that can develop after long-term use of the Parkinson's drug levodopa.

A group of 50 patients took part in the double-blind study where they performed self-evaluation of their motor performance fluctuations every two weeks, noting duration and intensity of dyskinesia in a diary.

'Our study supports previous preliminary findings that low dose clozapine can reduce dyskinesia by around 50 percent in some patients' said Franck Durif, MD at the Hopital Gabriel Montpied.

Levodopa induced Dyskinesia (LIDs) are thought to result from increased transmission of dopamine in the brain. Clozapine may be able to mitigate the transmission of toxically high levels of levodopa and thereby reduce its potency and lessen the severity and duration of LIDs, according to the study.

Rotigotine Patch

Dec 2003(archives of Neurology/Reuters Health) A skin patch containing the drug rotigotine (a dopamine D2 receptor agonist) safely improves the movement problems that occur with Parkinson's according to a report in the Archives of Neurology.

The patch releases a steady dose of the drug, which helps avoid the fluctuating symptoms that can occur with pills, Dr. Karen Blindeauer, Medical College of Wisconsin, and colleagues note.

By using a transdermal patch instead of conventional oral medication, doctors hope to get better control of Parkinson's symptoms while avoiding side effects. Taken orally the level of Parkinson's drugs can vary substantially from hour to hour,

depending on how often the drugs are taken and how quickly they are cleared from the body.

By using a patch patients can obtain a 'steady state' of a drug says Dr Blindauer. 'That's important because if drug levels are too high, it can cause involuntary twitching or jerking; and if levels are too low, symptoms can worsen'.

In addition she hopes that applying a patch once a day will help patients more closely comply with their medication regime as it is easier than having to take medication many times during the day.

Other advantages included ease of administration to those with swallowing difficulties, lack of effect on food intake or gastric emptying and increased compliance. Continuous delivery of the drug over 24 hours could also lower the risk of motor fluctuation, or help in smoothing out fluctuations in people with advanced Parkinson's.

242 people with early unmedicated Parkinson's were treated with a patch containing one of four rotigotine doses or with an inactive placebo. Patches were applied to the abdomen daily.

As the dose of the patch increased, movement problems improved and the patients were able to function better. The responses were similar to those seen with Marapex(pramipexole) and Requip (ropinirole).

Two rotigotine-treated patients experienced sudden loss of consciousness or onset of sleep while driving. Patients treated with the drug were also more likely to report nausea, vomiting, fatigue and somnolence than those in the placebo groups.

The authors conclude that further studies are warranted to investigate this potential.

Manufacturers Schwartz Pharma have announced that they will file for worldwide marketing approval in late 2004.

Stalevo Launched in EU and USA

(NPF March 2003) The new combination drug Stalevo has been approved by both the European Medicines Evaluation Agency and the US Food and Drug Administration.

Indicated for patients with signs and symptoms of end-of-dose "wearing off", Stalevo is a combination drug made up of carbidopa, entacapone and levodopa.

Carbidopa reduces the side effects of levodopa and entacapone extends its benefits, giving improved ability to perform everyday tasks, as well as a reduction in symptoms. It will also simplify treatment for many by providing three medications in one tablet.

"Levodopa is the most effective drug for treating the symptoms of Parkinson's disease" said C. Warren Olanow, MD, Professor of Neurology at the New York's Mount Sinai School of Medicine. "With Stalevo, we can enhance the effect of levodopa and more effectively treat problems such as end-of-dose 'wearing off' that complicate the long-term use of regular levodopa and limit its utility. Stalevo thus represents an important advance in our ability to treat Parkinson's disease patients."

*Because taking your medication
shouldn't cause a headache.*



Taking multiple medication can be confusing - having to remember which pills to take and when. But with Medico Pak, you know you're taking exactly the right medication, at the right time. Your local pharmacist can arrange to supply your regular medication in a Medico Pak. It's easy to organise, and even easier to use. Medico Pak takes the headache out of managing your medication... and lets you get back into the swing of things.

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A recent Harris Interactive survey found that 55% of Parkinson's disease patients on an older form of levodopa cited "wearing off" of their medication the biggest treatment challenge they face (n=300). In addition, 92% of physicians surveyed said that the re-emergence of symptoms due to "wearing off" was a significant concern about levodopa (n=456)

The effectiveness of Stalevo was established in three 24-week multicentre, randomised, double blind placebo-controlled trials with patients experiencing "wearing off". The combination increased "on" time and reduced "off" time. It also improved motor function and daily activities such as patients' ability to walk and dress.

The most common side effects of Stalevo are dopaminergic in nature (e.g. dyskinesia, nausea). These side effects may be manageable with alteration in the drug dosing schedule.

There is currently no indication of when or if Stalevo will be available in New Zealand

STEP REPORT

Support Through Education Programme

PARKINSON'S AND THE EYES

The most commonly reported eye problems by people with Parkinson's are blurred vision, double vision, excessive watering of the eyes and dry eyes. As with many other aspects of Parkinson's these problems may be exacerbated by fatigue.

Whilst some eye and vision problems may be related to the Parkinson's itself others may be caused by medications.

Blurred vision/Difficulty focusing

Blurred vision can be caused by difficulty moving the eyes but can also be a side effect of anti-Parkinson's drugs, particularly anticholinergics. The problem can often occur when anticholinergics are first taken and it may improve with time. It can also occur when the drugs have been taken for a long time or when an adjustment has been made to dosage. If blurred vision persists or worsens consult your doctor.

If you already wear glasses, a slight modification to these may improve blurred vision. This is probably only appropriate for people who are settled on a drug regime which is likely to be relatively long-term.

Double vision

Double vision in Parkinson's is often caused by problems in moving the eyes and, in particular, by problems of tracking. 'Tracking' refers to the eyes moving in alignment from side to side, for example moving across a page when reading. Impaired co-ordination and fatigue of the muscles that move the eyeballs can mean that the eyeballs do not move together in alignment. This can cause double vision.

The problem of double vision is usually improved by anti-Parkinson's medication. Resting the eyes when double vision occurs is wise and should provide relief.

There can be other causes of double vision that are unrelated to Parkinson's. If the problem persists, consult an ophthalmologist (doctor who specialises in the care of the eyes)

Dry eyes

People with Parkinson's often find that they blink less frequently. Blinking helps to cleanse the eyes by removing dust and impurities. If the rate of blinking is reduced these impurities can build up making the eyes dry or sore. Artificial tears, available from pharmacies can help as can avoiding dry, hot and smoky atmospheres. On rare occasions dry eyes can lead to conjunctivitis. The treatment to this is usually antibiotics from the doctor.

Difficulty moving the eyes

This may be noticed as a difficulty in beginning a movement of the eyes or an inability to move the eyes quickly. It may be more evident when looking at a fast moving object such as in motor-racing or watching tennis. Sometimes the smooth movement of the eyes is impaired and instead they move in a slow and jerky way. The inability to move the eyes quickly can have implications for activities such as driving.

Difficulties in moving the eyes are usually improved by Parkinson's medications. Advice should be sought from your doctor.

Sensitivity to contrast

Some people with Parkinson's find that they have difficulty seeing in low light levels. They may also be unable to clearly make out the shape of images, such as a light coloured object on a light background. This may also affect the ease with which fine print can be read. This problem may improve with the treatment of levodopa.

Colour vision

Some people with Parkinson's may have difficulty in discriminating between small difference in colour. This problem may be worse for shades of blue or blue/green. As with contrast vision, colour vision may improve with anti-Parkinson's drug treatment.

Visuo-spatial orientation

Some people with Parkinson's seem to have difficulty in judging the space around them. They may not be able to accurately assess the distance between objects and might experience problems in negotiating their own route when walking past objects or through a narrow space. Problems of this type seem to be worse in people whose Parkinson's affects the left side of their body.

Some people are helped by reaching out to touch the sides of doorways or other objects. It is possible that an occupational therapist could help with advice about organising space and carrying out everyday activities.

It should be remembered that problems with visuo-spatial orientation can affect driving as well as walking.

People with Parkinson's can experience a range of problems with their eyes and eyesight. Whilst these problems are sometimes related to the Parkinson's or the drugs used to treat it, it is important to remember that many difficulties with eyesight will be due to other factors. Whatever the cause of the problem, it is important to seek professional advice. Adapted from a PDS UK information sheet

SWEATING

Parkinson's and Parkinson's drugs can cause the sweat glands to react in a different way, which can lead to too much or too little perspiration, or to an extremely dry skin.

Wearing thin clothes in hot weather and avoiding too much sport or activity on a hot day can help with this. If you perspire a lot take regular lukewarm showers, wear cotton clothes and drink plenty of water.

Night sweats can be a common problem too. It's best to make sure the bedroom is well ventilated. Lightweight cotton sheets are better than satin sheets if you experience night sweats. If they are very severe, some people find it helpful to sleep in a separate bed from their partner.

It is advisable to see your doctor as certain medications and dosage level can effect perspiration and it may be possible to adjust the dose. This however, needs to be weighed up against any loss of benefit from the medication

DID YOU KNOW...

Special Benefit

A Special Benefit is a discretionary benefit, administered by Work and Income (formerly WINZ), that provides assistance to people whose financial circumstances are causing financial hardship.

You don't have to be receiving a benefit to qualify for this. However you usually have to pass a cash asset test. You also have to have an ongoing substantial deficit between income and outgoings, have expenses which are essential and reasonably unavoidable, and have no other means of financial assistance. There is no set maximum amount for this benefit, which is classed as non-taxable allowance. Neither is there any time limit on how long a special benefit may be paid, as long as the payment continues to be justified.

Carer support

This is an allowance, administered by the Ministry of Health, which is paid to an alternative caregiver as requested by the family-carer of a person with a disability. It is allocated in 'days' which families use for relief/respite care. A Needs Assessment is required as part of the application process and the results of the determine you likely success of gaining the allowance.

Housekeeper rebate

If you pay tax on wages or salary and you pay for a housekeeper because you or your partner are unable physically to do housework, you can claim a tax rebate on payments. Its maximum value is \$310.00 for payments of \$940.00 or more a year, (you get less if total housekeeper payments are less than this). You must name the housekeeper on the tax rebate claim forms. Contact Inland Revenue for more details and a claim form.

Source: In Touch Magazine & MSD website

News, Fundraising and Events from around the country

Southern Athlete

In November 2003, Margarett Sutton of Invercargill took part, for the sixth time in the fabulous Kepler Challenge mountain run in Fiordland. A fantastic achievement for anyone but even more so for Margarett who was diagnosed with Parkinson's in 2002 at the age of 69.

Margarett completed the gruelling 67 kilometre run in just 11 hours 57 minutes. It took her around the beautiful shores of Lake Te Anau, steadily climbing to continue over undulating mountain tops providing spectacular views at 1400 metres before descending to Rainbow Reach and the final stages along the mighty Waiu River.

Margarett is grateful for the support of her husband Philip and running friends. Neurologist Andrew Macfie provided advice during training. Sildenafil was increased by half a tablet daily but Margarett has now resumed her regular dose.

The Parkinson's group at Southland MS Society is

very proud of Margarett's achievements. 'Although she is very modest and unassuming, her determination and positive attitude are a great inspiration to us all'-Julie Jones, Field Officer

Otago broadens the mind

Well done Otago Division who have decided to donate \$500.00 worth of Parkinson's related books to Oamaru Library. A valuable resource for the whole community

Result for research

Congratulations to the Marlborough Parkinson's group whose fantastic fundraising work has resulted in a cheque for \$5000 being sent to Professor Richard Faull for research.

Northland's night out

The Northland division will be holding its annual charity dinner on the 3rd May at Flames International Restaurant in Onerahi. The guest speaker is Dame Thea Muldoon, entertainment will be provided and an art auction will be held. Tickets are \$120.00 and are available from Leonie Robertson 09 4361196.

Advancing us all in Auckland

By the time you read this Auckland division will have hosted the 2004 National Field Officer Conference 29th-30th March. Partially combined with Auckland's own health professional seminar the programme is set to benefit us all by developing our Field Officers knowledge and expertise.

Access all areas in Kapiti-Horowhenua

The Kapiti-Horowhenua division will be holding a seminar 'Access to Disability services for physically impaired people and their caregivers with particular reference to Parkinson's' on Thursday 15th July at the Paraparaumu Community Centre between 9.30am and 4.00pm. There will be a number of speakers including Hon Ruth Dyson, Minister of Disability Services. Call Morris Sands 04 9050385 for further details.

Essential Tremor Support Group

Robyn Harris has started a support group for people with essential tremor. To find out more contact Robyn on 04 938 5525 or email robynharris@xtra.co.nz

Hassle Free Bra

For many reasons bras can become a hassle for many women. They are often tight and uncomfortable, have scratchy wires, and straps that continually slip off the shoulders. Reaching around the back to hook up, and positioning those fiddly little hooks can be difficult.

However there is a solution.

The Fastener Free Bra offers you a new level of comfort. A favourable combination of soft feeling material and easy wear design without use of hooks and wires, makes this an appealing bra.

Feel the softness and comfort of the poly-cotton lycra blend material against your skin. Getting the bra on and off is made easy; it stretches over the head or can be pulled up over the hips. The lycra provides the shape and support, with the cotton allowing the skin to breathe.

A clever solution to the hassles of many bra designs.

The Fastener Free Bra is available direct from DesignO. Call Joan on 0800 170 015 for a brochure



**No Hooks
& No Wires**

Farewell to Hardy

Hardy Benton, OBE, 1914-2003

Amongst many other things Hardy was a Taranaki rugby representative and selector, Kiwi Dairy Co-operative Company chair, businessman, respected member of the community and Chair of Parkinsonism Society Taranaki.

Hardy said of his time as chairperson (1985-1990)

‘ I explained that I’d just retired from everything but Joyce said ‘there’s nothing to it, just chair a few meetings, we don’t want to disband.’ This sucker fell for it, but I’ve never had any regrets. They are such a wonderful group and I always felt proud to be their chairperson. They have taught me the true meaning of courage and comradeship. Does it take adversity to bring us together? I often wonder. After mixing with our members I became intolerant hearing healthy people whinge over trivialities’

Our sympathies to his wife Beryl and sons Rodger and Alan— his humour, good sense and compassion will be sorely missed.

PSNZ Library update

National Office has a library from which all members are welcome to borrow. Loans are for four weeks. If you would like to borrow any books from the Library please telephone, fax or e-mail National Office. Many divisions also have lending libraries.

[Selection of titles available from the National Office Library.](#)

Parkinson’s Disease & The Art of Moving by John Argue

When Parkinson’s Strikes Early—Voices, Choices, Resources and Treatment by Barbara Blake & Linda Herman

* **Answers to Frequently Asked Questions in Parkinson’s Disease** (A Resource Book for Patients and Families) by David L Cram

Understanding Parkinson’s Disease—A Self Help Guide by David L Cram

Lucky Man—A Memoir by Michael J Fox

Parkinson’s Disease—Home Medical Guide by David R Goldmann

Caring for the Parkinson Patient (A Practical Guide) (2nd Edition) by J Thomas Hutton & Raye Lynne Dippel

Parkinson’s Disease—A Self Help Guide by Marian Jahanshahi & C David Marsden

Parkinson’s Disease, The Way Forward, An Integrated Approach by Dr Geoffrey Leader & Lucille Leader

** **100 Questions and Answers About Parkinson’s Disease** by Abraham Lieberman

Shaking Up Parkinson Disease: Fighting Like a Tiger, Thinking Like a Fox by Abraham Lieber-

** **What Your Doctor May Not Tell You About Parkinson’s Disease—A Holistic Program for Optimal Wellness** by Jill Marjama-Lyons & Mary J Shomon

** **h.o.p.e.—Four Keys to a Better Quality of Life for Parkinson’s People.** A Guide for the Newly Diagnosed by Hal Newsom

Parkinson’s at Your Fingertips by Dr Marie Oxtoby & Prof Adrian Williams & Robert Iansek
Parkinson’s Disease—300 Tips for Making Life Easier by Shelley Peterman Schwarz

Parkinson’s Disease—A Complete guide for Patients and Families by William J Weiner, Lisa M Shulman & Anthony E Lang

Riding the Storm. A book about loss and grief for older people.

** New titles added in March 2004

TIP-Getting in and out of your Car

A tip to assist getting in and out of your car is the use of a plastic supermarket bag, satin pillow slip (or similar) placed on the car seat to aid swiveling in and out. The two slippery surfaces of the bag sliding against each other alleviates the drag of clothes on upholstery. It can also work on dining chairs, it is portable, and costs nothing! (It works! I have used it many times to assist people with disability problems getting in and out of our car - Tricia)



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Parkinsons NZ relies on grants and donations to continue its work. Call 0900 FOR PD (0900 367 73) to make a \$20 donation through your phone bill.

Or

Call National Office to discuss other ways of supporting us including volunteering, donating services, regular giving, bequests and sales.

Parkinsons NZ would like to thank the following supporters for donating prizes for the National Raffle

Auckland Parkinsonism Society (inc), BP, Briscoes, Dick Smith Electronics, Ezibuy, Fairfax Magazines, Hertz Rental Cars, Living Nature, Postie Plus, Progressive Foods, Sounds, Spotlight, Time Magazine, Watties, Weekend Gardener Magazine

NATIONAL RAFFLE

Now is the time to order your raffle tickets either for your own purchase or to sell. Our first National Raffle– a great opportunity for Parkinson’s groups in all parts of the country to be working together to raise funds and awareness on and around International Parkinsons day.

All profits will be used for services for people with Parkinson’s-60% of profits can be kept by the division selling them for the provision of local services and 40% will be used by National Office. Please contact your division or National Office to order now.

It is intended that the National Raffle become an annual event– help us get off to a good start!

1st Prize:		\$2 per ticket
Travel Pack	\$1020	
Includes \$500 air fares, \$160 Hertz weekend rental car, \$100 BP petrol vouchers \$200 spending money and AA ‘100 Years Motoring History’		
2nd Prize:		
Gift Basket	\$450	
Includes groceries, supermarket and Ezibuy gift vouchers, beauty products and a Weekend Gardener magazine subscription		
3rd Prize:	\$320	
Time Magazine subscription, coffee set and CDs		
4th-9th Prizes	Totalling \$610.00	
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