



Parkinson Pathfinder

THE NEWSLETTER OF THE AMERICAN PARKINSON DISEASE ASSOCIATION
INFORMATION AND REFERRAL CENTER OF WASHINGTON

Summer 2004

Nobel Laureate William Knowles Helps Launches New PD Research Center

On Monday, May 17th, APDA was pleased to provide an opportunity for a Seattle presentation by Dr William Knowles, winner of the Nobel Prize for Chemistry in 2001. Dr. Knowles won the prize for work he did in the 1960s that led to a breakthrough in the treatment of Parkinson's disease. His technique allowed levodopa - a drug that at the time had only recently begun to be used to treat Parkinson's disease - to be produced much more efficiently and with much less waste. Dr Knowles spoke at the University of Washington's Health Sciences Center before an appreciative group of UW medical faculty, students and others interested in Parkinson's Disease and his work. In addition to his talk describing "How a Left-Handed Reaction Changed the Fight Against Parkinson's Disease", Dr Knowles responded to the technical interests of the audience, and shared a delightful look at the history of the Nobel Prize itself.

Dr Knowles' appearance and the subsequent reception also served to launch the newly organized Parkinson's Disease Research Center (PDRC) in Seattle. Envisioned as a multidisciplinary Parkinson's disease research center of excellence, the center will work to facilitate innovative research and provide training opportunities for talented young investigators and clinicians. Dr Cyrus Zabetian, UW researcher and part of the group spearheading the PDRC's development, reports that the initial focus of the center will be to create a unique repository of DNA samples and brain tissue obtained from clinically well-documented subjects. This repository will serve as a common resource for center investigators to perform cutting edge PD research in human genetics, epidemiology, proteomics, and neuropathology for many years to come. The center will also support basic scientists who are exploring the molecular mechanisms that underlie PD and other neurodegenerative disorders.

The PDRC's innovative approach will place a special emphasis on fostering crosstalk between clinicians and laboratory-based investigators and provide interdisciplinary training for researchers early in their career. As the center grows, it hopes to attract additional, outstanding investigators to the group to increase the repertoire of expertise, and form

collaborations with other PD centers across the country.

As part of its educational mission, the PDRC's plans call for providing high quality resources for both patients and clinicians in the community. In addition it aims to improve access to medical and support resources for PD patients and care providers.



WA APDA Executive Director Pat Noonan with Dr William Knowles.

It is believed that creating the PDRC as a center of excellence will provide a critical mass of investigators whose work will soon bring Seattle to the forefront of PD research.

The PDRC was conceived by a group of researchers and clinicians from the University of Washington, the VA Medical Center, and Booth Gardner Parkinson's Care Center at Evergreen hospital, as well as PD advocates and community leaders that was convened with the help of WA APDA.

In this issue:

New PD Research Center	page 1
Chapter News	page 2
Tips from PD Experts	page 3
Parkinson's Treatment News	page 3
Keep Moving!	page 4
Plane Travel with Parkinson's	page 4
Build a Benefit for Parkinson's	page 5
Donations	Page 6
Support Group Listing	page 7
Upcoming Events	page 8

Information & Referral Center
UW Dept. of Neurology
 Box 356465
 Seattle, WA 98195
 Phone: (206) 543-5369
 1-888-400-2732
 apda@u.washington.edu

For information packets, literature, or other Parkinson related issues, please contact the Information and Referral Center at the above address or visit our website at

www.waparkinsons.org.

Co Medical Directors

Phil Swanson, MD, PhD
 Ali Samii, MD

APDA Center Coordinator

Anne Guthrie

APDA WA State Chapter

Executive Director

Pat Noonan

Executive Board

Peggy Abernathy, Treasurer
 Suzanne Cameron
 Laurel Campbell Beck
 Celia Grether, Board President
 Janice Jaworski
 Kate Lanigan
 Dr. Brooks Mackey
 Peggy Newsom, Secretary
 Muriel Ramerman
 Mike Shanahan
 John Schofield
 Ann Zylstra

Board Address:

P.O. Box 75169
 Seattle, WA 98175-0169

*Please Send Donations
 To The Board Address*

National APDA

1-800-223-2732

www.apdaparkinson.org

If you have any comments or suggestions regarding this Newsletter, please contact the I & R Center at (206) 543-5369.

The material in this Newsletter is solely for the information of the reader and should not be used for treatment purposes, but rather for discussion with the patient's own physician. It does not necessarily reflect the opinion of the Seattle APDA I&R Center or that of the Washington State Board.

News from your Washington State APDA

Seattle Area Events Provide Public Outreach for Parkinson's Awareness Month

This past April was a busy month for Parkinson's events. Three events highlighted Washington State's acknowledgement of Parkinson's Awareness Month.

* On April 9th, Judi Baker of Parkinson's Action Network led off the **2004 Tulip Tour** from a festive parking lot in Kirkland. On a perfect spring day, the bus tour participants enjoyed rolling through back roads and small towns as they made their way to the Skagit Valley Tulip festival. Leading the way was a contingent of motorcyclists who sported Parkinson's signs. The groups joined forces in Mount Vernon for a Salmon BBQ, raffle draw and tours of the Tulip Festival attractions. Arrangements also led to PD Tulip pins being on sale at Tulip Town this year. Look for this to become an annual event...and climb aboard!

***Rockin' For a Reason**, APDA's spring benefit and "plain old-fashioned party", was bigger than ever in its second year. Filling the glassy heights of the Wintergarden in Bellevue, it featured the music of jazz pianist John Hartman, the reunited sounds of Detour Junction, and non-stop classic Rock and Roll delivered by Daryl and the Diptones. Poodle skirts, mouseketeers and sightings of such 50's celebs as Marilyn and Joe DiMaggio set the atmosphere for a fun evening. One gratifying part of the program was the "Fund an Item" event which raised \$8,000 towards the WA APDA's development of "Straight Talk about Parkinson's Disease", a DVD providing information for the people newly diagnosed with PD. Many other wonderful items were purchased through a silent auction as guests found their way to an array of foods organized by board member Suzanne Cameron. Valued volunteers are too numerous to list but their non-stop efforts were very appreciated as were the many contributions to the overflowing silent auction tables. Over 300 tickets were sold and by the end of the evening more than \$25,000 was raised to support the work of Washington State's APDA.

*A smaller and quietly beautiful event occurred on April 24th in the Agate Nursery Garden of Ann Holt on Bainbridge Island. Ms Holt and her husband invited people to stroll their magnificent grounds as part of the **Garden Conservancy Open Days** program. This cart-using couple thoughtfully provided wheeled transport to tour their accessible gardens. APDA thanks them for their hospitality and the donation they made from the proceeds.

Seattle Bands Rock For Parkinson's

APDA was delighted to learn that a local band chose to organize an evening of rock to benefit APDA and the local Parkinson's community.

On Friday May 21st, at the popular Central Saloon in the heart of Pioneer Square, the local band VisCid, was joined by Counter fist and Locate Zero, three of Seattle's hottest emerging rock bands for an evening of high volume music. Jamie Jensen, VisCid's drummer and Jeff Tillet, their manager, spearheaded the event after learning of the recent PD diagnosis of a colleague in the local music industry.

APDA's Information and Referral Center provided PD information at this unique event, joined by Board members Celia Grether and Brooks Mackey who came out to meet the organizers and take in the scene. All were quite moved by the unexpected effort of this group of people- not the typical PD advocates. Brooks remarked that "the local benefit by the band VisCid was very "hot." It was great to see the young folks being so thoughtful of our cause and generous as well. I stayed till midnight and talked to dozens of rock fans all of whom were glad to be supporting the PD foundation." VisCid says to look for additional benefits to be held in the future.

Is It Pill Time Yet? By Mitchell Levy (a.k.a. Gadget Junkie)

OK, let's see now, take these 11 pills at 7:00 AM, take these 4 pills at 11:00 AM, 2 pills at 3:00 PM, and of course need to take these 5 pills at 7:00 PM and my final dose of the day 6 pills at 10:00 PM.

Yeah, right! Like I'm going to remember when to take my pills let alone which pills to take at what times!

Well maybe some people can remember all that and have internal clocks remind them to take their pills, but I'm just not that fortunate. I figure there must be some technology that can plan my pills and remind me of when to take them.

There are catalogs and websites that have great answers for those of us that need pill boxes and alarm watches. But before you go shopping, define your needs and wants. Before you spend your money, shop around, as you can find some great deals on line and in your local neighborhood.

Let's talk about the timer or watches. There is a plethora of watches in the market place with unbelievable and wonderful capability. Watches don't just tell time anymore, they take pictures, synchronize with your computer, two ways radio, TV remote control, etc., so it important that you be clear about what functionality you need. Some basic guidelines to follow are:

1. Ability to keep perfect time (Personally I wear a watch that communicates with the atomic clock in Colorado... this eliminates my having to remember daylight savings)
2. Number of Alarms. How many times a day does

you take your medication? Do you need any additional alarms and how many?

3. Method of Alarm. Is a beeping alarm all you need? If you have hearing issues, you might also have as a requirement that you need a vibrating alarm.
4. Other functionality. This includes such things such as a stopwatch, timer, time recorder, display, backlight, power source (motion, battery, solar), styling (dress or casual), multiple time zones, camera, etc.

After identifying your needs and wants, I recommend that you look through catalogs or use your favorite search engine on your computer to identify the timepiece that would meet your requirements. Now comes the hard part, as with any purchase - finding the best price, delivery and service.

A few recommended sources for purchasing reminder watches and timers:

- **E-pill Medication Reminders:** <http://www.epill.com> or 1-800-549-0095
- **Sears Easy Living Catalog** (800) 326-1750
- **Fred Meyer, Penny's, Target**, as well as many larger jewelers stock a variety of watches with reminder settings.
- **Comfort House** www.comforthouse.com or (800) 359-7701
- Check "**Sue's online resources**" on WA APDA's website at <http://www.waparkinsons.org/Links.asp>

FDA Approves of APOKYN™ NDA: A Novel Treatment in Parkinson's Disease

On April 22, 2004 Mylan Laboratories, Inc announced that its branded-drug subsidiary, Bertek Pharmaceuticals Inc., received notice from the Food and Drug Administration (FDA) that APOKYN™ (apomorphine hydrochloride injection) has been approved as the first and only therapy in the United States for the acute, intermittent treatment of hypomobility, "off" episodes associated with advanced Parkinson's disease

The FDA approval clears the way for Bertek to market APOKYN. The product will be available by July 2004 and distributed through a limited specialty pharmacy network. APOKYN has orphan drug status, a federal designation to indicate the drug's exclusive use in treating a condition affecting fewer than 200,000 people in the United States

As Parkinson's disease progresses, patients begin to experience immobilizing "off" episodes despite treatment with drugs used to increase or replace dopamine. APOKYN is not used to prevent "off" episodes and it does not replace other Parkinson's disease medications, but rather treats an existing "off" episode when it occurs. As an acute, rescue treatment,

APOKYN helps patients experiencing a debilitating "off" episode to walk, talk or move around easier. The intensity,

duration and frequency of "off" episodes vary for each sufferer. Patients with Parkinson's disease lose motor control during "off" episodes, making routine tasks such as walking and even speaking extremely difficult. Patients with Parkinson's or their caregivers administer the medication via injection under the skin.

As with all medications, there are precautions and contraindications for its use. Discuss these with your neurologist.



Some of the great food enjoyed at Rockin' for a Reason"

Keep Moving!

Exercise and healthful living with PD

“StEP into Movement and Flexibility”, an easy-to-follow 30-minute exercise video specially created for people with Parkinson’s, is now available as part of a new and free-of-charge information kit for people with PD, their families and caregivers. Key members of the national American Parkinson Disease Association including directors Dr Paul Maestrone and Joel Gerstel worked together with Novartis Pharmaceuticals Corporation to help identify critical information about living with Parkinson’s Disease. The end result is the “Managing Parkinson’s Disease” kit, which, in addition to the exercise video, contains extensive information about PD including:

- “Living with Parkinson’s Disease”, an overview that includes treatment options to help people better manage their symptoms.
 - “Coping with Parkinson’s Disease” a brochure for those who care for people with PD
 - “Taking Control”, a guide created to help people with Parkinson’s disease understand signs and symptoms associated with “wearing off”
 - A glossary of key terms to help people living with PD better communicate with other members of their healthcare teams.
- “Managing Parkinson’s Disease” is a Stalevo Educational Program (StEP) kit developed in cooperation with the National Parkinson Foundation, the APDA and the Parkinson Alliance, with full sponsorship provided by Novartis Pharmaceuticals Corporation.

To order your StEP Kit, call 1-866-783-7548 or go to www.stepkit.net.

In Memory of Mary Jane Skelton

Mary Jane Skelton, mother of APDA volunteer and former long-term Executive Board Member Sue Skelton, passed away last month. Mrs. Skelton’s challenges with Parkinson’s Disease inspired her daughter to become active in many activities of the Washington Chapter, most notably as co-chair of several successful annual Walkathons for a Cure. Mrs. Skelton was a longtime resident of Pasco, Washington. The Washington Chapter extends their heartfelt condolences to Sue and her extended family.

What you can do about: Plane Travel with Parkinson’s

Are you planning on some plane travel- to visit family members, to see new sights, or to return to favorite haunts one more time? In this day of heightened security and scaled back airline service, plane trips can produce challenges to the most agile traveler. For those with mobility or coordination impairments it can be an exhausting and exasperating part of an otherwise pleasurable experience. Below are some tips offered by the Cedars Sinai Medical Center’s APDA Information and Referral Center and Coordinator Linda O’Connor, LCSW.

As summer approaches you may be considering a little vacation that involves air travel. A change of scenery can lift the spirits and provide a new perspective on life. However, if not planned for it can also bring stress and frustration. The following are some suggestions to help in making your trip easier and safer:

- Take an aisle seat so you can get up and move every couple of hours.
- Allow yourself extra time for check-in, especially now with heightened security.
- If you have trouble getting your ID out, try wearing it on a lanyard around your neck.
- Make sure your pockets are empty so you aren’t fumbling through them at the security checkpoint.
- Wear slip-on or Velcro fastened shoes that can easily be removed if needed at the security checkpoint.
- Request early boarding. Call the airport ahead of time and request a wheelchair if needed.
- Carry a bottle of water with you so you can take your medication at the correct time.
- Pack at least two days ration of your medication in a carry-on in case your luggage gets lost.
- Always carry a list of all your medications, your doctor’s phone numbers and family contact numbers.

Most importantly, have a safe and enjoyable trip!

Resources for travel planning:

There are many organizations and agencies that assist people with physical limitations travel comfortably and safely. These offer both group tours and advice for the individual traveler. Some are:

Accessible Journeys, Inc, 1-800-846-4537 or www.disabilitytravel.com

Access-able Travel Source, PO Box 1796, Wheat Ridge, CO 80034-1796 or www.access-able.com

Elderhostel, (800) 426-8056 or www.elderhostel.org

Nautilus Tours and Cruises (818) 591-3159 or www.nautilustours.com

Wunago (for people with disabilities who ‘want to go’ places) www.wunago.com

Announcing "Build a Benefit for Parkinson's" Campaign 2004!

After nineteen years, a change is afoot for Washington State's annual "Walkathon for a Cure". The Chapter's planning committee has chosen to try a new approach to raising funds for PD research this year- and it's happening as close as your own backyard!

During the months of July, August and September your APDA chapter is asking Washington state's PD advocates to host an event in your own home or community and request donations from your neighbors and guests. The campaign's combined funds will be sent to APDA's national office to help fund research underway at PD Centers of Excellence around the country. This year some of those funds will support research being conducted locally in Washington state as well.

The APDA Build a Benefit Campaign is based on the rousing success of parties held by several individuals in conjunction with the fall Walkathons the past few years. Your event can be as big or as small as you wish and whatever type you want to organize. The possibilities are endless: a garage and bake sale; a 4th of July picnic at a local park; a pizza party; a bowling party (one's being planned in Pasco already!); a day at the pool or beach; or perhaps an elegant end of the summer Labor Day cocktail party. Consider inviting a group to organize as a team- maybe your PD Support group, church or granddaughter's scout troop. In addition to raising

funds, our goal is to spread awareness about PD further around the state. Just as the Walkathon does for people able to attend, these scattered events will also serve as opportunities for the PD community to come together for comradarie and some good fun.

WAAPDA will provide registered Event Hosts with a Build a Benefit Planning Kit brimming with hints from successful event organizers. The kit will help you plan from beginning to end with such things as invitation designs, how to organize different types of events, as well as tips for getting support from local businesses. Also available will be Parkinson's Disease literature to have on hand and a variety of APDA party favors.

Interested ? If you'd like to be part of Build a Benefit for PD as a host, a team member or an event volunteer, return the form included in this mailing or contact the APDA Information and Referral Center by phone at (206) 543-5369 or toll at free 1-888-400-2732 or via apda@u.washington.edu. Information will soon be posted on our website at www.waparkinsons.org.

Get ready, get set, build your idea! This year ALL of Washington State is invited to help APDA "Ease the Burden and Find the Cure" for Parkinson's.



An Invitation to an English Cream Tea Party!



To augment the smaller events we hope will be blossoming all over the state, we plan to announce several events that will be open to anyone who wishes to participate. For people in the Seattle area, one such event will be held at the home of Chapter President Celia Grether. She will host an "Open House and English Cream Tea" at their Medina home on Sunday September 19 from 2-5 pm. Please call for your invitation ticket if you wish to attend and details will be sent by 9/1. Contact Celia at (425) 467-0472 or celiagrether@hotmail.com Information about this and other "open" events will be available through the APDA office and the Chapter website.

Count me in for Build a Benefit for Parkinson's Campaign 2004 !



_____ I would like to host an event.
Approximate date _____ Approximate # attending _____
Type of event _____
Place to be held: _____ Private home _____ other (i.e. community facility, business) _____
Location (what town or part of city) _____

_____ I prefer to join a team and assist an event host as a volunteer
My preferred event location is _____

Name _____
Phone number (day) _____ (eve) _____
Email address _____
Home Address _____

Please return to:
WA APDA
University of Washington
Box 356465
Seattle, Washington
98195-6465
or by fax to (206) 685-8100

Washington State Parkinson Support Groups

Eastern Washington

*Okanogin

Valley Care Nursing Home
Contact Sandra Johnson
509.826.0491

Meets 3rd Thursday, 1pm

Wenatchee

Wenatchee Senior Center
Contact Dawn Kelly
509.884.6602

Meets 3rd Monday, 1:30pm

Richland

Richland Lutheran Church
Contact: Neurological Center
509.943.8455

Meets 3rd Thursday, 1:15

Spokane

Riverview Retirement Center
Contact Carol Lewis
509.466.0188

Meets 1st Monday, 7pm

Spokane Parkinson's Educational Group

St Luke's Rehab Institute
Contact Spokane Parkinson's Regional Center
509.473.6740

3rd Monday, 2-4 pm

Walla Walla

Congregational Church
Contact Darlene Lambert
509.382.4012

Meets 4th Saturday, 6pm
509.473.6740

3rd Monday, 2-4 pm

Yakima

Hearing and Speech Center
Contact Ruth or Blanche
509.576-9392

Meets 4th Saturday, 2pm

Western Washington

Puyallup

United Methodist Church
Contact Jennifer Wrye
253.752.7112

General Support Group
Meets 3rd Thursday, 1:30pm

Caregivers Support Group
Meets 2nd Thursday, 1pm

South Sound Young Onset - Tacoma

Group Health Specialty Center
Contact Eileen Walsh, 253.627.7748
ewalshop@juno.com

Meets 2nd Wednesday, 7pm

Tacoma

Tacoma Lutheran Home
Contact Sharon Jung
253.284.4488

Meets 3rd Friday, 11:30 am

Anacortes

Island Hospital
Contact Pat Grady
360.299.3150

Meets 2nd Friday, 2pm

Bainbridge Island

Winslow Manor Apts
Contact Ivy Stevens
206.842.1918

Meets 4th Wednesday, 10:30am

Bellingham

Parkway Chateau
Contact Debra Ivanovich
360.724.3382

Meets 2nd Monday, 2pm

Bellingham Young Onset

Fourth Corner Community Church
Contact Susie Morrow
360.384.4634

yopdwc@hotmail.com

Meets 2nd and 4th Wednesday, 7 pm

Burlington

Homeplace Care Center
Contact Nancy Gentry
360.755.1493

Meets 2nd Tuesday, 2pm

Mill Creek

Merril Gardens
Contact: Bob Detmer
425-316-3958

Meets 2nd Tuesday, 7pm

*North Whidbey Island

Oak Harbor Senior Center
Contact J.C. King
360.675.7695

Meets 1st Tuesday, 1:30pm

Vashon Island

General Group
Contact Robin Stover, 206.463.5173

Young Onset Group

Contact Kate Lanigan, 206.463.3140

Port Angeles/Sequim

Sequim Library
Contact Ralph Oldroyd
360.681-0901 / rko99ers@worldnet.att.net

Meets 3rd Wednesday, 1pm

Bremerton

Green Mountain Rehab. Center
Contact Deb Carpenter
360.373.9119

Meets 1st Tuesday, 1:30pm

Chehalis

Dayspring Baptist Church
Contact Parkinson's Resources/Oregon
800.426.6806

Meets 2nd Tuesday, 2 pm

*Shelton

Alpine Way Retirement Apts
Contact Melissa Barry, 360.426.2600 x16

Meets 4th Tuesday, 1:30pm

Longview

Canterbury Park, Broadway and 7th
Contact Don Taylor
360.636.1375

Meets 3rd Wednesday, 1:30 pm

Olympia

Evergreen Nursing and Rehab Ctr
Parkinson's Education Society
of Puget Sound

360-491-9700

Meets 3rd Tuesday, 11:30

Vancouver

SW Washington Medical Center
Contact Jane Hiebert
360. 0 574-9168

Meets 3rd Saturday, 2pm

*Everett / Providence General Medical Center

Contact: Hazel Forbes
425.776.1535

Meets 4th Saturday, 2pm

Everett Caregiver Group
Providence General Hospital
Contact: Bill Coy

425-338-3136

Meets 2nd Monday 2-4pm

Greater Seattle Area

*Bothell

North Bellevue Senior Center
Contact Suzie Favaro
425.486.4564

Meets 2nd Tuesday, 9:30am

Bellevue/Eastside

North Shore Senior Center
Contact Carin Mack, 206.230.0166

Meets 4th Tuesday, 2pm

*Federal Way

Federal Way Library
Contact Rosemary O'Dell, 253.839-1970

Meets 3rd Monday, 2pm

Edmonds

South County Senior Center
Contact: Merrie Kay Sharar
425.774.5555

Meets 4th Tuesday, 3pm

Young Onset-Seattle

Meets in members homes

Contact Suzanne Cameron, 206.286.8149

Meets 2nd Tuesday, 7pm

Young Onset

Parkinson's Eastside Network

Evergreen Medical Center, Kirkland
Contact Mitch Levy res06h12@gte.net
Anne Guthrie 206.543-5369

Meets 3rd Wednesday, 7 pm

North Seattle/Shoreline

Shoreline Senior Center
Contact Scott Tieson
206. 365-1536

Meets 3rd Tuesday, 3pm

Mercer Island

Mercer View Community Center
Contact Carin Mack, 206.230.0166

Meets 1st and 3rd Tuesdays, 2-3:30 pm

*West Seattle

Admiral Congregational Church
Contact Anne Guthrie 206.543-5369

Meets 3rd Thursday, 1:30 pm

Adult Children of Parents with PD

Contact Anne Guthrie, 206.543-5369

*Seattle Caregivers Group

University Congregational Church
Contact Carin Mack, 206.230.0166

Meets 2nd Tuesday, 1 pm

Caregivers - Eastside

Now combined with Seattle Group (see above)

Seattle First Hill

VM Medical Center
Contact Laurel Beck
206.625.7373 ext.64553

Meets 1st Tuesday 1:30pm

Seattle VA Puget Sound

Restricted to Veterans
Contact Lois Osborn, 253.835.3144 or
Romay Franks, 206.277.4560

Meets monthly

***Denotes APDA Affiliation**

Check it Out: Parkinson's Updates and Upcoming Events

"Searching for a Cure for Parkinson's Disease" will be the topic addressed by Anthony D. Mosley, MD, MS at a seminar being hosted by the Young Onset Parkinson's Eastside Network on Wednesday, July 21st at 7pm. All are invited to this special gathering of the monthly support group. Techniques currently being explored as possible curative techniques such as cell replacement, gene therapy and other innovative approaches currently being studied will be discussed. The evening seminar will take place in the auditorium of Evergreen Hospital and Medical Center, 12040 NE 128th Street in Kirkland. For directions call Evergreen at 425-899-3000.

The East Shore Art Gallery in Bellevue seeks artists for "Beyond Disability". This juried show, scheduled to run September 12- October 10, 2004, will feature works of art, all media, made by people who have mental and/or physical disabilities or similar life challenges. Persons with PD are especially urged to submit their works for consideration. Mitch Levy, an artist with PD, is organizing the exhibit. Contact him at res06h12@gte.net or (425) 823-9410 for details and submission of art.

APDA's 20th Annual Parkinson's Symposium will be held in Seattle on Saturday, October 23rd. Watch for details about this full day event in the next Pathfinder and on the WA WPDA website www.waparkinsons.org

Thinking about your future with Parkinson's? So are we. We're conducting a study to better control the side effects of Parkinson's disease (PD) treatment

We are looking for men and woman 30 to 70 years old who have been diagnosed with PD. This clinical study is testing the effectiveness of a new form of a marketed drug (Requip) in increasing the time to onset of dyskinesias in patients who have been taking levodopa (Sinamet) for less than 2 years. All office visits, medical evaluations, and study medications directly connected with the study will be provided at no cost to patients.

To learn more please contact:

Booth Gardner Parkinson's Care Center, 425-899-3123

University of Washington
Department of Neurology
Box 356465
Seattle, WA 98195
Attention: Anne, APDA

Non Profit Org.
US Postage
PAID
Seattle, WA
Permit #62

Address Service Requested 63-2949

Is your address correct on this mailing?

Returned and duplicate mailings waste valuable funds needed for Parkinson Research and support. Please submit any address or name corrections to APDA by contacting the I & R Center by phone, mail or email at the contact information listed on page 2.

*Please take a minute to do so ~
we will all Benefit!*



*Build a Benefit for PD- a new way
to raise funds for a cure in 2004!*

