



Pakistan Parkinson's Society

پاکستان پارکنسنز سوسائٹی

PARKINSON'S UPDATE

ISSUE 02, DEC 2011

MESSAGE FROM THE CHAIRMAN



The last quarter of 2011 is turning out to be a busy period with a lot of patient centric activities. An open house was held at Dow Institute of Physical Sciences which was well attended and showcased the excellent facilities available at the institute.


Patients were signed up for the Rehabilitation program especially developed for Parkinson's patients.

A clinical study was also initiated with the Pakistan Parkinson's Society (PPS) collaboration on benefits of exercise. The patient support group activity with the collaboration of AKUH continued and the fourth one was held on 1st December, 2011. Excellent patient feedback was received on patient rehabilitation and life transformation. The PPS northern chapter is being launched and a seminar on Parkinson's is planned on this occasion on 10th Dec, 2011 at the Shifa International Auditorium

I take this opportunity to wish all a very happy New year and look forward to your continued support.

Haroon Basheer
Founder / Chairman
Pakistan Parkinson's Society

TIP FOR PARKINSON'S PATIENTS

 Most anti-nausea medications can worsen the symptoms of Parkinson's disease. Taking anti-nausea drugs while also taking Parkinson medications means that you're taking a drug and its antidote at the same time. They cancel each other out. (www.Google.com)

Bharpoor Zindagi - Rashay Ke Saath

The PPS and the Institute of Physical Medicine and Rehabilitation (IPM&R), Dow University of Health Sciences joined hands to host an Open House at the IPM&R Centre on Thursday November 17, 2011. The program aimed to not only create awareness of the disease, but also to promote wellness and promise better quality life to the Patients and their Care Givers.

Aptly titled Bharpoor Zindagi - Raashay key Saath, the program covered information on the disease as well as the importance of physical rehabilitation in improving the quality of life of patients. Mr. Haroon Basheer (Chairman PPS), Dr Nabila Soomro (Head of Department IPM&R) and Dr Saleem Ilyas Neurologist (DUHS), along with Bridget (Occupational Therapist) and Faiza Shujat (Consultant Physiotherapist) addressed the forum. The program concluded with all the participants taking a tour of the facility.

The IPM&R is conducting a Clinical Study aimed to formulate a disability preventive exercise plan for Parkinson's patients. Both the PPS and the IPM&R have jointly pledged free physiotherapy and rehabilitation services to the first 50 patients registering in the Clinical trials on that day.

Continued on page 2...



Dr. Saleem Ilyas
Neurologist (DUHS)



Dr. Nabeela Soomro
Head of Department IPM&R

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Mr. Haroon Basheer said that, "The aim of the Pakistan Parkinson's Society is to not only raise awareness of the disease, but also to assist patients in any way that we can. The PPS fully supports the efforts of the IPM&R in their research efforts. I am happy that funds raised by the Society are being channeled directly to assist patients in improving the quality of their lives".

The IPM&R is a well equipped facility and their rehabilitation center is designed to help patients become more independent and improve the quality of their lives. Led by Dr Nabila Soomro, the facility holds the honor of being the first Tertiary Care Rehabilitation Centre of its kind in Pakistan.



Dr. Mughis Sherani addressing participants at the 4th Parkinson's support group

The 4th Parkinson's Support Group was held on 1st December 2011 at the AKUH Sports and Rehabilitation Center.

Mr. Haroon Basheer, Chairman Pakistan Parkinson's Society opened the meeting with a talk on Positivity, and also led a Meditation session counting Allah's blessings. This was followed by a video presentation on coping with Parkinson's titled, "I have Parkinson's, Parkinson's does not have me". As part of the disease awareness programme, our special speaker Dr. Mughis Sherani, (Consultant neurologist, AKUH), talked about "Dystonia", a movement disorder condition.

An interactive session followed with participants in the exercise and rehabilitation programme initiated by PPS / AKUH shared their positive experience. As one young participant put it - "group support and exercise has given my life a U-turn." The support group concluded with a note of thanks to the whole rehabilitation team at the AKUH.

Remedies for Common Parkinson's Symptoms (Part 1)

Stiff Muscles

The following stretching and flexibility exercises can help to relieve stiff muscles, improve flexibility, and make everyday tasks easier:

- Face a wall about 8 inches away and reach your arms upward. Next, place your hands on the wall for balance and stretch out your arms and back.
- Place your back against the wall for support and then briskly march in place, lifting your knees as high as possible.
- Sit in a chair with a high, straight back and stretch your arms behind the chair, bringing your shoulders back as far as you can. As you stretch, lift your head toward the ceiling.
- Sitting in a chair, stomp your feet up and down while pumping your arms back and forth at your sides.

Tremors

The best thing you can do to manage tremors, a common Parkinson's symptom that causes involuntary shaking, is to take your medication consistently and on time, says Linda Pituch. A patient services manager for the Parkinson's Disease Foundation. The timing of medication for Parkinson's is key, she notes.

Medication wears off after a certain amount of time, so you want to make sure the time span between when you take your medication is working in your favor. If symptoms start before you take your next dose, it's important to work with your doctor to adjust your treatment schedule accordingly.