



Spring Greetings

Newsletter:
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SERVICE DEVELOPMENT

Our service development group continues to meet each month and we are looking for three more patient representatives to join us.

So, if you

- have been diagnosed with Parkinson's,
- can offer ideas and opinions on your experience of the service you receive
- are happy to volunteer an hour of your time once a month for three months of the year
- have transport to get to Nobles?

Interested? Tel 01624 642676 and speak to Sue

Join us for a coffee on Friday March 23rd at
The Park Hotel, Ramsey 2.00 to 4.00pm



AS A TEAM WE WANT TO ENSURE YOU GET THE BEST POSSIBLE CARE

We would welcome feedback from service users and carers on how we can improve things for people with Parkinson's on the Isle of Man.

If you need help or advice there are several ways to contact us

Susan Lawley Specialist Nurse

Tel: 01624 642676 Email: susan.lawley@gov.im

Graihagh Betteridge, Physiotherapist and

Clare Collister, Occupational therapist via Community Adult Therapy

Team Tel: 01624 642511

Website: www.gov.im/categories/health-and-wellbeing/therapy-services/



DID YOU KNOW THERE IS A PARKINSON'S DISEASE SOCIETY ON THE ISLE OF MAN?

It was established in 1989 and is a Manx Registered Charity (1157) that helps and supports those living with Parkinson's on the island. The charities objectives are to:-

- Provide support and advice
- Care for sufferers and their families
- All monies raised are used for the benefit of sufferers and their carers on the island
- Offer a listening ear

They hold a monthly drop in session at The Palace Hotel or Mount Murray Golf Club, alternating each month.

For further information visit their Website: www.parkinsons.im/, call 07624 309409 or 07624 438878 or email : info@parkinsons.im

**Parkinson's awareness week is from 9th April to 14th April with
World Parkinson's day on 11th April**

Parkinson's disease Society, Isle of Man will be collecting at Shoprite stores around the island from Wednesday to Saturday. Tel. 495669 if you would like to volunteer to help.

RESEARCH NEWS FROM PARKINSON'S UK

19th February RESEARCHERS DISCOVERED AN IMPORTANT INTERPLAY BETWEEN ALPHA-SYNUCLEIN AND CALCIUM IN PARKINSON'S WHICH COULD HELP STOP IT

15TH December ROGUE PROTEIN MAY "PUNCTURE" BRAIN CELLS IN PARKINSON'S

18TH September TREATING THE ROOT CAUSES OF PAIN IN PARKINSON'S MAY HAVE ADDITIONAL LONG TERM BENEFIT



Why not sign up for Progress magazine, Parkinson's UK's twice yearly free magazine that keeps you up to date with all that's happening in Parkinson's research?

Want to take part in research from home?

FOR MORE INFORMATION GO TO WWW.PARKINSONS.ORG.UK/CONTENT/RESEARCH

Sue's top advice

"Controlled release (CR) or prolonged release capsules or tablets.

These let the levodopa enter your body slowly instead of all at once. Involuntary movements (dyskinesia) can be a side effect of taking high doses of levodopa. Controlled release options can sometimes reduce the number of times this happens. They are particularly helpful if they are taken before going to bed to reduce stiffness during the night. Speak to your Parkinson's Doctor or Nurse for further information"

Graihagh's top exercise

"Maintaining a good posture will help with your balance and general movement as well as your breathing, voice and swallowing. Monitor your posture and ask your physiotherapist to show you some flexibility stretches to add to your exercise routine."

Top tips from your team

Clare's top tip:

Freezing of gait (feet feel glued to the ground) affects about a third of people with Parkinson's. Although it is a motor symptom, anxiety and stress can make it worse.

Freezing is more likely to happen when navigating around objects in a room, passing through doorways, changing direction or multitasking. To help take that first step try :-

- counting, chanting or singing
- imagining something to step over
- placing a strip of tape on the floor where freezing happen eg. across a doorway, as a visual cue to step

"I call one leg "Tina" and the other "Turner" and say "Tina, "Turner" until I reach my destination!"

What would you name your legs? The possibilities are endless!

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If you do not wish to receive future newsletters please ring 01624 642676

