

# Parkinson's news

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Parkinson's Disease Society  
Singapore

**PD COMMITTEE MEMBERS (2010 - 2011)**

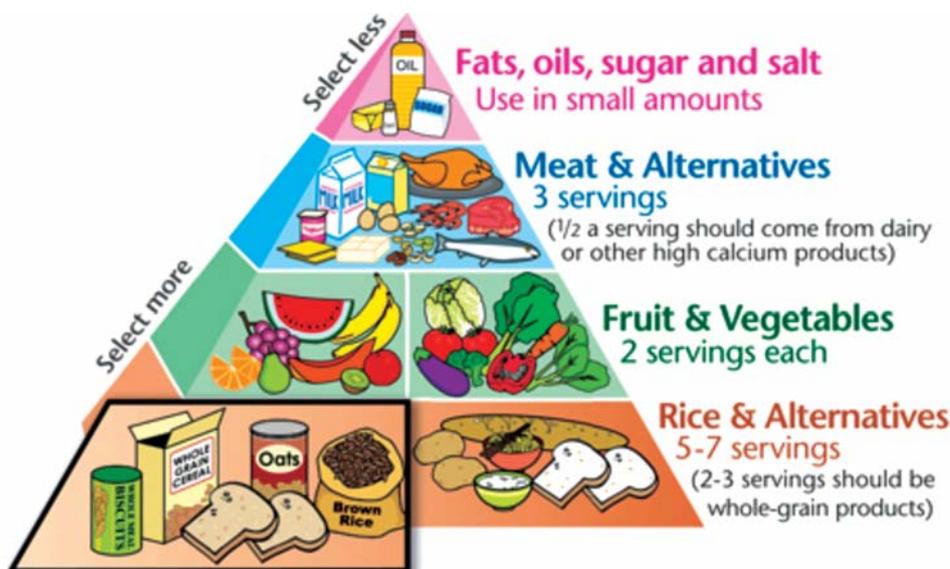
<b>President:</b> Lau Meow Hoon Julie	<b>Vice-President:</b> Frank Schulz-Utermoehl	<b>Secretary:</b> Tan Chew Seng Louis	<b>Treasurer:</b> Theresa Goh
<b>Editor:</b> Au Wing Lok	<b>Committee Members</b>		
	Tan Eng King Lien Christopher Au Wing Lok Thein Reggie	Tan Siok Bee Chiang Melvyn Cheng Lay Tin Guo Emily	Woo Amy Lim Hong Siang Diana Heinrich Jessen Lee Patricia

“ The Society has set up a Patient Welfare Fund to provide financial assistance to needy patients. You can get an application form from your doctor. For enquires, please write to Chairperson, Patient Welfare Subcommittee, Parkinson's Disease Society (Singapore), 26 Dunearn Road, Singapore 309423 ”



## Enjoy the festivities the healthy way this *Rabbit Year!*

The Lunar New Year is a joyous occasion where family and friends gather for reunion dinners and banquets to celebrate this festive season. While enjoying the festive season with your love ones, keeping in mind a healthy balanced diet amidst all the goodies during the New Year is important in particular protein, fibre, fluids and calcium intake for people with Parkinson's disease. Here are some tips to enjoy your food the healthy way:



Source: HPB, 2010

### Eat a balanced diet

A well balanced diet is important. Enjoy a variety of foods each day using the healthy eating pyramid as a guide. Choose foods from the different groups to maintain optimal nutritional status.

### Watch your portion size

Reduce your serving portion e.g. at reunion dinners. Limiting to a little of everything will enable you to sample a variety without overeating e.g. keeping intake of New Year goodies that are higher in fat and sugars such as bak kwa, pineapple tarts and others in lower amount.

# New Year Message from the President

Happy New Year To One and All

*We have been talking about the new PDSS center for some time now. Yes they are all in the works. The plans are ready awaiting the approval from the relevant authorities before we start the construction.*

A lot of thought have been put in to make this the epitome center for PD patients and their care-givers. We are not talking about the centre only. Pilot programmes will be tested, ready to be launched when the centre is ready.

Activities will evolve to meet the needs of beneficiaries.

Where the Society stands today, a lot of help came from volunteers. We want to say a big thank you on behalf of the Society, one said with gratitude and appreciation.

We will need more and more volunteer help and if you can contribute, no matter how small, please do not hesitate to give us a call.

As we move along, there will be definitely teething problems and shortcomings. We want to ask for your understanding.

Instead of receiving complaints, we hope to receive something creative from you that may help the members and public.

Here is to a better year ahead and this time next year, we will have already moved into the center.

**Julie Lau  
President**



Cont'd from cover page

## **Load up on fibre and don't forget adequate fluid intake**

Constipation is common in Parkinson's disease as a result of the side effects of some anti-parkinsonian drugs, reduced mobility, reduce bowel movement and a lack of fibre and fluid intake. Hence, it is important to increase intake of foods that are high in fibre e.g. include vegetable dishes at reunion dinners and serve fresh fruits as desserts. It is also essential to drink enough fluids throughout the day, approximately 8 to 10 cups, try limiting intake of sweetened beverages and fizzy drinks. Instead, choose to drink more water, chinese tea, sugar-free or reduced sugar beverages.

## **Moderation is key especially for protein**

In different individuals, protein (e.g. fish, chicken, meat, milk and soy) may interact differently with the effectiveness of levodopa medication. Hence it is important not to indulge in excessive consumption of protein-rich foods. Keeping in mind to distribute protein foods evenly throughout the day and to choose lower fat protein options e.g. low fat milk, lean cuts of meats.

## **Not forgetting Calcium and Vitamin D**

While enjoying your New Year goodies in moderation, do remember to have adequate intake of calcium and vitamin D e.g. low fat dairy products, fortified soy milk and other fortified products like cereals and bread. Adequate exposure to sunlight is also essential.

In conclusion, enjoy this festive season with family and friends and incorporate some of the healthy eating tips, taking your Parkinson's medication and continue to keep active as possible.

**By Ong Ya Wei,  
Dietician, Tan Tock Seng Hospital**



# News in Brief

## A Heart Warming Celebration

A gathering of more than 100 PDSS members, caregivers, supporters and volunteers indulged in an eventful morning filled with entertaining games, health exercises as well as songs to celebrate the near arrival of Chinese New Year. The PDSS New Year Party cum Supporters Appreciation Luncheon was held on 22 January, 2011, at the NNI Exhibition Hall @Tan Tock Seng Hospital.

The program kicked off with the welcome address by PDSS President, Ms Julie Lau, welcoming and thanking everyone, and appreciating their efforts put in for the year 2010. She touched on the support of the Global Parkinson's Pledge\* whereby the movement will make Parkinson's a priority health, social and economic issue around the world, and to advance the cure. This global 'Parkinson's movement for change' saw the support of 75 participants signing the pledge to show their support.

To start the programme on an upbeat level, Ms Neo Lay Tin proceeded with a warm up exercise to stir the excitement of the audience. Following that was a session on Hypnotherapy, delivered by Ms Tan Siok Bee, focusing on its role in Parkinson's disease and its benefits.



After a session of exciting fun and games hosted by the SGH Volunteers, the highlight of the session was the Sing Along Session by Y's Men Club, Alpha Chapter. The attendees were full of enthusiasm and participated actively, singing harmoniously to nostalgic tunes such as "Yue Liang Dai Biao Wo De Xin", "Wo Wen Tian", as well as Chinese New Year melodies. "You are my sunshine" caught the hearts of many as it was a song filled with encouragement, posed for the many endeavours in the year ahead.

As the event drew to a close, we wished the participants a Happy Lunar New year as they settled down to a hearty lunch.

By Tina Tan

\* <http://www.worldpdcongress.org/pledge/pledge.cfm>



## Dance and Rhythm

A session designed to enhance the flexibility and mobility of individuals, participants will enjoy sessions of simple but fun and enjoyable dances. Our resident Instructors Ezra and Kelly will continue to take the lead. The session will begin on 15th February 2011 for 10 sessions.



If you are interested to participate or have further enquiries, please contact Tina at 63535338

## Health QiGong

This therapeutic Exercise Programme "Health Qigong" will be a first for PDSS members.

The word Qigong is formed by two Chinese words Qi and Gong. In combination it describes systems and methods of "energy cultivation" and the manipulation of intrinsic energy within living organisms. With the practice of Qigong, participants can experience general health maintenance, physical rehabilitation, stress management, reduce back pains to name a few benefits.

Led by Mr Kng Poh Eng, Chairman of the Qigong Shi Ba Shi Association, it will begin on 16th February 2011 for 6 sessions.

If you are interested to participate or have further enquiries, please contact Tina at 63535338

## Support Group Meetings

Parkinson's disease is a life changing illness that affects many aspects of the person's life. Some changes such as tremors and rigidity have observable qualities; however, other changes can only be described by the person with Parkinson's Disease. Support groups let you the patient, know that you are not alone and can provide you with an opportunity to share with others any information on individual experiences that you have. Members will also listen to what you have to say. Support groups can help you and your caregivers mentally and physically with group exercises, sharing of personal experiences and social meetings.

### Meetings at National Neuroscience Institute & Tan Tock Seng Hospital

- Venue** : Neuroscience Clinic Conference Room, Level 1, NNI  
**Date and Time** : 2nd Thurs of the month from 3 to 4.30 pm (Light refreshment will be served)  
**Registration** : On the day of the support group meetings  
 (Free for members of Parkinson's Disease Society \$2.00/- per person for non-members)

Dates	Topics	Speakers
10 Mar 11	I am considering brain surgery to control my PD symptoms. Am I suitable? - English	Dr. Ng Wai Hoe Senior Consultant, Neurosurgeon, NNI
14 Apr 11	I am considering brain surgery to control my PD symptoms. Am I suitable? - Mandarin	Dr. Vincent Ng Registrar, Neurosurgeon, NNI
12 May 11	I am walking slower and feel like falling. What can I do? - English	Ms. Sylvia Liew Physiotherapist, TTSH
09 Jun 11	I am walking slower and feel like falling. What can I do? - Mandarin	Ms. Sylvia Liew Physiotherapist, TTSH
14 Jul 11	I want to better control my PD symptoms. Are there any new medications? - English	Dr. Tay Kay Yaw Associate consultant, Neurosurgeon, NNI
11 Aug 11	I want to better control my PD symptoms. Are there any new medications? - Mandarin	Dr. Au Wing Lok Consultant, Neurosurgeon, NNI
08 Sep 11	How can I keep my brain active and alert? - English	Mr. Gowrirajan T. Occupational therapist, TTSH
13 Oct 11	How can I keep my brain active and alert? - Mandarin	Ms Ng Lip Chin Occupational therapist, TTSH

### Meetings at National Neuroscience Institute & Singapore General Hospital

- Venue** : Rehabilitation Centre (Education Resource Room, Blk 1 Level 1)  
**Date and Time** : 1st Mon of the month from 11:00 AM to 1:00 PM

#### For more information, call:

Nurse Usanee Chotphoksap @ 92953331 (e-mail: usanee.chotphoksap@sgh.com.sg)

Dates	Topics	Speakers
07 Mar 11	Music and Mind for relaxation	Music Therapist
04 Apr 11	Understanding Your Parkinson's Medicines	Ms Lim Paik Shia, Pharmacist
09 May 11	Non-motor Symptoms and Management in Parkinson's Disease	Dr Prakash Kumar, Consultant Neurologist
06 Jun 11	Group Discussion: Relaxation Techniques and Coping with Parkinson's Disease	Ms Tan Siok Bee, Advanced Practitioner Nurse
04 Jul 11	Community Resources	Medical Social Worker
01 Aug 11	Deep Brain Stimulation-What is it and Can I go for it?	Mr John Thomas, Senior Consultant Neurosurgeon
05 Sep 11	Feeding and speech difficulties in Parkinson's Disease	Speech Therapist
03 Oct 11	Getting around with Parkinson's Disease: Strategies to move safely and effectively	Ms Dawn Tan, Principal Physiotherapist
14 Nov 11	Health Diet and Managing Constipation	Dietitian
05 Dec 11	Year End Party	All

\* Programme is subject to changes

### Meetings at National University Hospital

- Venue** : Group Therapy Room, Rehabilitation Centre (Main Building, Level 1)  
**Date and Time** : 2nd Fri of the month from 11:00 AM to 12:30 PM  
**Registration** : Please email us at NUHPDGroup@gmail.com or leave a message at 9789 1443 for registration and enquiries. We will get back to you within 2 working days.

Dates	Topics	Speakers
11 Mar 11	Speak Loud, Be Heard	Ms Emily Guo, Senior Speech Therapist
08 Apr 11	Music and Movement	Ms Ng Wanfen, Music Therapist
13 May 11	Group Discussion	Ms Amy Woo, Senior Staff Nurse
10 Jun 11	Exercises to Keep it Going	Ms Andrea Mun, Physiotherapist
08 Jul 11	Exploring Art Therapy	Ms Esther Ann, Senior Occupational Therapist
12 Aug 11	Traditional Chinese Medicine for Parkinson's	Dr Qiao Tian Ru, Senior Acupuncturist
09 Sep 11	Understanding Your Medications	Ms Lin Ying Jia, Pharmacist
14 Oct 11	Research Updates in Parkinson's Disease	A/Prof Erle Lim, Senior Consultant
11 Nov 11	Group Discussion	All
09 Dec 11	Year End Party	Nil

\* Programme is subject to changes

## Parkinson's Disease Society (Singapore)

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