

PARKINSON NEWS



Parkinson Society Singapore



Panel of speakers (from left to right): Dr Tan Siok Bee, Ms Rajesh Jaya, Ms Neo Siew Hiong, Ms Lynnette Lam and Ms Tanya Pember

PD FORUM @ SGH

PSS collaborated with the National Neuroscience Institute (NNI) and Singapore General Hospital (SGH) to organize a public forum titled 'Parkinson Disease – Living Well with Parkinson' on 3 April 2016. Held at SGH, the event attracted close to 300 participants from different walks of life, with everyone eager to learn more about Parkinson's Disease (PD). The 2-hour forum had concurrent sessions catering to English and Mandarin-speaking participants. The panel of speakers covered various topics including areas of social support, speech therapy, physiotherapy, as well as the importance of cultivating a positive mindset to help People with Parkinson (PwP) and caregivers better cope with living with PD.



LET'S MOVE TO BEAT PARKINSON!

Move to Beat Parkinson is back! Join us at Bishan-Ang Mo Kio Park on **Saturday, 23 July** for a morning of fun and activities as we build awareness and support for our Parkinson community.

DATE

Saturday, 23 July 2016

TIME

8am to 12pm

VENUE

**Activity Lawn 1
Bishan-Ang Mo Kio Park**

GUEST-OF-HONOUR

**Mr Gan Kim Yong
Minister for Health**

Admission is free. However, pre-registration is required and can be done via one of the following ways:

① Complete and submit the online form at www.parkinson.org.sg

② Email us at register@parkinson.org.sg

③ Call the Parkinson Centre at **6353 5338**

Shuttle service will also be available from the Parkinson Centre to the event venue. Please register in advance.





PSS 2016 ANNUAL GENERAL MEETING

PSS held its Annual General Meeting on Saturday, 14 May 2016 at the Parkinson Centre. This year, the committee welcomed two new members onboard, Dr. Tan Boon Wan and Mr. Han Sack Teng. Mr. Charles Foo, Assistant Treasurer, stepped down from the board. PSS would like to thank and acknowledge Mr. Charles Foo for his dedication and contributions to the Society throughout his four years of service.

TAI CHI FOR HEALTH

Director of Tai Chi for Health Institute Dr. Paul Lam, paid a visit to PSS on 11 May 2016.

The Institute was founded in 2010 by Dr. Lam and his colleagues to empower individuals to strive for health and wellness through Tai Chi for Health programmes.

Together with our Tai Chi instructor Ms. Jennifer Chung, Dr. Lam shared tips on breathing and coordination techniques with Tai Chi students attending weekly classes at the Parkinson Centre. The students followed by example as the pair conducted a demonstration of various Tai Chi movements during

the visit. Thereafter, PSS members Ms. Teow Geok Khim and Mr. Lim Khee Ming displayed their Tai Chi skills honed from their regular weekly practice of the martial art.

Regular practice of Tai Chi enhances one's stamina, coordination, mental strength, as well as blood circulation. PSS runs Tai Chi classes thrice a week at the Parkinson Centre. We have sitting and standing Tai Chi classes catering to students at beginner and intermediate levels. Classes are conducted by Ms. Jennifer Chung, who has more than 20 years of experience in teaching and practising Tai Chi.



Dr Paul Lam and Ms Jennifer Chung demonstrating Tai Chi techniques to students from PSS.

PARKINSON SUPPORT GROUP CALENDAR 2016



Changi General Hospital (CGH)

Cognitive Changes in Parkinson

4th August
2.30pm - 4.30pm

Facilitated by Occupational Therapist

A Conversation about Speech and Swallowing

29th September
2.30pm - 4.30pm

Facilitated by Speech Therapist

Singapore General Hospital (SGH)

Management of Non-motor Symptoms in Parkinson

4th July
11am - 1pm

Facilitated by A/Prof Prakash Kumar (Neurologist)

Behavioural Issues in Parkinson

1st August
11am - 1pm

Facilitator: Occupational Therapist

Medications in Parkinson

5th September
11am - 1pm

Facilitated by Pharmacist

Tan Tock Seng Hospital (TTSH)

'Move It Or Lose It' (Mandarin)

14th July
2.30pm - 4.30pm

Facilitated by Ms. Yee Zhi Rong (Senior Physiotherapist)

'Move It Or Lose It' (English)

11th August
2.30pm - 4.30pm

Facilitated by Ms. Tricia Yeo (Senior Physiotherapist)

Pain Management in Parkinson (Mandarin)

8th September
2.30pm - 4.30pm

Facilitated by Dr. Mavis Ang (Neurologist)

Sessions conducted at CGH will be held at Meeting Room 34, Level 3 Integrated Building (opposite Medical Social Services). For enquiries, please call Medical Social Services at 6426 8600 or 6426 8601.

Sessions conducted by SGH will be held at the Learning Space (Block 6, Level 1). For enquiries, please contact Nurse Usanee at 9295 3331 or email neurocare@sgh.com.sg.

Sessions conducted by TTSH will be held at the National Neuroscience Outpatient Clinic (Level 1). For enquiries, please call 6357 7138.

YOUTHFUL PARKINSON CIRCLE (YPC)

YPC is a support group for PSS members who had been diagnosed between the ages 35 to 59.

KEEP MOVING & OVERCOMING 'FREEZING MOMENTS'

Saturday, 24th September 2016
2pm - 4pm

Speaker: Ms. Shaminian Balakrishnan (Physiotherapist, SGH)

MANAGEMENT UPDATE FOR PARKINSON'S DISEASE

Saturday, 26th November 2016
2pm - 4pm

Speaker: A/Prof Prakash Kumar (Neurologist, NNI)



This programme is conducted at the Parkinson Centre. Please call to register.

LIVING WELL WITH PARKINSON – DO DIET AND NUTRITION MATTER?

Understanding Parkinson and its common nutrition-related issues

People with Parkinson (PwP) face complex and diverse challenges in managing disease symptoms. Rigidity, tremors and slowness in movements can result in one's increased daily energy needs. Energy demand is dependent on disease progression (e.g. advanced stages of Parkinson need higher energy requirement) and overall symptoms control. Hormonal changes, swallowing difficulties, early satiety, medication-related side-effects, and mood changes such as anxiety, depression can decrease appetite and food intake in PwP. These factors lead to a vicious cycle of loss of weight and malnutrition, followed by issues of dehydration, constipation, vitamin and mineral deficiencies.

COMBATING NUTRITIONAL ISSUES IN PARKINSON:

Unintentional weight loss and malnutrition - Ensuring adequate nutrition is the key

Incorporating a healthy balanced diet is important in preventing unnecessary weight loss, malnutrition, vitamin and mineral deficiencies. It is critical to consider factors of food quantity and quality during meal planning. Food quantity means ensuring adequate food intake from each food group, while food quality focuses on nutritive value and food varieties. For example, including brown rice in a meal as compared to white rice enhances food quality, as brown rice contains higher amount of vitamins and minerals. Adequate nutrition can be achieved based on "My Healthy Plate" (figure below):



Source: Health Promotion Board, Singapore

Food Group	Recommended servings daily
Rice and others, particularly wholegrain products	4 to 7
Meat and others	3 (include 1/2 to 1 serving of calcium rich food)
Fruits	2
Vegetables	2

It is recommended to use healthier oils to support heart health. This can also provide additional calories. The 'meat and others' group consists of protein-rich food sources such as lean meat, chicken, pork, fish, eggs, dairy products, lentils, beans, tofu and nuts which are essential to help build and maintain muscle mass. Likewise, dairy products contain calcium and oily fish are especially rich in vitamin D which improves overall bone health. Dietary protein does interfere with the efficacy of Levodopa. It is recommended to schedule Levodopa and these foods one hour apart to avoid drug-nutrients interaction. PwP may require texture modified foods (e.g. chopped or blended diets) due to swallowing difficulties. Individuals may not be accustomed to such consistencies resulting in decreased intake. Oral nutritional supplements as suggested by a dietitian help to ensure dietary requirement is met.

Dehydration - Top up with a variety of fluids.

Involuntary jaw movements, drooling and poor fluids intake due to swallowing difficulties contribute to dehydration. It is recommended to monitor daily fluid intake and schedule fluids intake regularly between time intervals. Incorporating a variety of fluids to meet one's preferences - ranging from beverages, soups, desserts or porridge water helps to increase intake.

Constipation - Prevent with dietary fibre and sufficient fluids.

Poor bowel reflexes in Parkinson causes constipation. Include fibre rich foods such as wholegrains, fruits and vegetables, legumes and beans, together with adequate fluids to prevent or improve constipation. Gradually increase intake of dietary fibre to avoid any undesirable symptoms of bloatedness and flatulence.

Managing nausea and vomiting - Avoid food irritants.

Besides side-effects from medications, food irritants such as high fat foods, spices, caffeine and alcohol can induce nausea and vomiting. Avoid these irritants in your diet.

Summary points at a glance

- Nutrition and Diet play a role to ease Parkinson symptoms
- Weight loss and malnutrition are major nutritional issues in Parkinson
- A healthy balanced diet focusing on food quantity and quality is the key to ensure nutritional adequacy in Parkinson
- Ensuring adequate fluid intake prevents dehydration in Parkinson
- Consuming adequate amounts of dietary fibre and fluids help with constipation in Parkinson

LIFE IN BALANCE – EMOTIONAL FREEDOM TECHNIQUE

Emotional Freedom Technique or EFT is an amazing healing technique that is easy to learn and produces profound effects for our participants such as relief from stress, pain and distress. EFT uses elements of Cognitive Therapy and Exposure Therapy, and combines them with Acupressure, in the form of fingertip tapping on acupuncture points.

**Saturday,
30th July 2016**

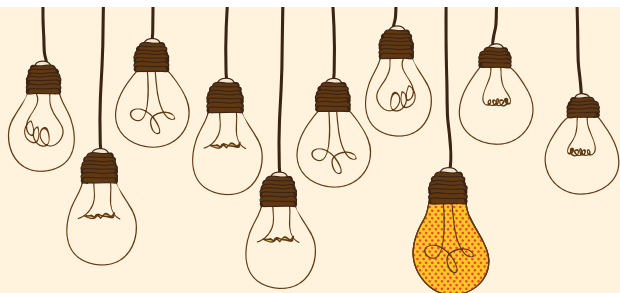
9.30am - 12.30pm

**Saturday,
17th September 2016**

9.30am - 12.30pm

Fee: \$10 (PSS Member) / \$20 (Non-PSS Member)

This programme is conducted at the Parkinson Centre by Dr Tan Siok Bee. Please call to register.




MAX MIND PROGRAMME AT ST LUKE'S

Max Mind is a specially tailored cognitive programme in Singapore, designed by Occupational Therapists for People with Parkinson (PwP). The programme focuses on developing and continuously practising different cognitive skills and strategies to help participants function successfully in daily living activities.

Benefits of Max Mind include:

- Building of a support network
- Keeping the mind active through cognitive stimulation games
- Learning lifestyle redesign
- Learning strategies to overcome cognitive challenges in daily life

 For enquiries, please contact
Ms Tan Ai Hua at 6895 3283.

CAREGIVERS' WORKSHOP

**Coping with Activities of
Daily Living (ADL)**

**Saturday,
17th September 2016**

9am - 12pm

Speaker: Ms. Tay Ming Min
(Senior Occupational Therapist, TTSH)

Facilitator: Ms. Li Wei
(Advanced Practice Nurse, NNI)

Fee: \$10 (PSS Member) / \$20 (Non-PSS Member)

This programme is conducted at the Parkinson Centre and is strictly for caregivers only. Please call to register.

MOVING WELL WITH PARKINSON - EXERCISE CLASSES AT ST LUKE'S

Weekly sessions of physiotherapy are conducted at various St Luke's ElderCare (SLEC) centres to allow greater accessibility for participants. For more information, please contact the respective centre managers.

- 1 BUKIT TIMAH CENTRE**
Blk 310 Clementi Ave 4, #01-263,
Singapore 120310
Tel: 6873 1772
- 2 CHANGKAT CENTRE**
Blk 350/351 Tampines St 33, #01-438,
Singapore 520350
Tel: 6789 9956
- 3 TELOK BLANGAH CENTRE**
Blk 33 Telok Blangah Way, #01-1038,
Singapore 090033
Tel: 6273 3466
- 4 NEE SOON CENTRAL CENTRE**
Blk 766 Yishun Ave 3, #01-295,
Singapore 760766
Tel: 6759 9053

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Singapore"

To make a donation to us by post, please mail cheque to:

Parkinson Society Singapore

Blk 191 Bishan Street 13, #01-415, Singapore 570191

All donations \$50 and above are entitled to tax deductions.

Kindly include full name, NRIC No. and contact number on reverse side of cheque.

DONATION ACKNOWLEDGEMENTS INDIVIDUAL DONORS

Lok Cheung Yee
\$2,000

Thank you!



Parkinson Society Singapore

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