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Parkinson's and Nutrition



UNIVERSITY OF MIAMI
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of MEDICINE

It is well known that eating healthy helps to achieve optimal health and prolong quality of life. Our diet not only affects our physical well-being, but also our mood and cognitive abilities. Although there is not a standard "Parkinson's Diet," there are various key nutrients that have been shown to reduce the incidence and severity of common Parkinson's co-morbidities. Parkinson's disease is a progressive neurological disorder that affects the ability of the brain to produce the neurotransmitter dopamine. Dopamine is important because it contributes to assertiveness, sexual arousal, and immune and autonomic nervous system function. Dopamine is made up of the amino acid tyrosine combined with antioxidants. Sources of tyrosine include bananas, avocados, almonds, lima beans, dairy, pumpkin seeds and sesame seeds. Antioxidants are found in many berries and dark leafy green vegetables as well as omega-3 fatty acids.

Omega-3 Fatty Acids

Omega-3 fatty acids are essential fatty acids that are also antioxidants with anti-inflammatory properties. Research has shown that they lower the risk of heart attack and stroke by reducing LDL (bad) cholesterol and raising

HDL (good) cholesterol. Various sources of Omega-3 fatty acids also help to maintain cognitive function. As dementia is often a side effect of Parkinson's disease, this factor can abate the progression of disease. Omega – 3 fatty acids are found in fatty fish such as salmon, tuna and mackerel, as well as walnuts, olive oil, and canola oil.

Calcium and Vitamin D

A common co-morbidity of Parkinson's is osteoporosis and maintaining bone health with calcium and vitamin D is important. Did you know there are additional sources of calcium than the commonly known dairy products, milk and yogurt? Calcium is also found in tofu, dark leafy greens, broccoli and orange juice. Our bodies require sun to help synthesize Vitamin D, however sun exposure can increase the risk of skin cancer; therefore many foods such as milk and cereals are fortified with vitamin D. In addition to diet, weight bearing exercise also decreases the risk of osteoporosis.

Fluids and Fiber

Bowel irregularity, or constipation, can be another side effect of Parkinson's. One of the main ways to reduce constipation is by drinking plenty of fluids. Along with

staying hydrated, eating foods higher in insoluble fiber will help to increase digestive speed. Sources of insoluble fiber include whole wheat, whole grain, vegetables and wheat bran. Making all your grains whole will not only help with your digestive system, but since these foods usually contain less added sugar, they will also boost your mood! In fact, added sugars, along with alcohol and stress, have been shown to decrease dopamine synthesis. Therefore, sticking to less processed sources of carbohydrates is extremely important.

Protein

Besides eating specific nutrients to prevent and manage side effects, consuming a varied, balanced diet, is key. One vital macronutrient is protein, which serves as the building block of life. Protein functions in muscle synthesis and repair. It is important to eat enough protein, but sometimes high protein meals can interfere with Levodopa, a common Parkinson's medication. If you are taking Levodopa and feel like high protein meals are decreasing its effectiveness, try taking the medication a half hour before the meal and keep the protein at meal times to the size of your palm.

Continued on Page 2

Parkinson's Disease & Movement Disorders Center
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Miami, Florida 33136
Neurology Clinic Suite 609

To make an appointment call:
(305) 243-3100

Patient Matters:
(305) 243-6732

Fax: (305) 243-4713

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NATIONAL PARKINSON FOUNDATION

Parkinson's and Nutrition: Continued

To ensure sufficient protein intake, be sure to include a source of protein at snack time and include more protein in a meal later in the day.

Balance and Variety

Although there is no specific “Diet for Parkinson’s,” it is “best” to eat a balanced diet rich in fruits, vegetables, lean protein, omega-3 fatty acids and whole grains. There are various stages of the disease in which adjusting one’s diet more specifically can be helpful, therefore, don’t hesitate to seek advice from a local dietitian for more information.



By: Julie Rothenberg, MS, RD, LDN

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Mark Your Calendar!



Parkinson's Disease 101 (In English)

Tuesdays, October 21 & 28, 2014

(This event is a free two day educational series that includes lunch and free valet parking)

Time: 10:00AM—12:30PM

Presenters: Angela Russell, Ph.D., ARNP-BC & George Dumenigo, LCSW, Licensed Clinical Social Worker

Location: The Palace Coral Gables, One Andalusia Ave., Coral Gables, FL 33134

Parkinson's Disease 101 (In Spanish/En Español)

Tuesdays, February 10 & 17, 2015

(This event is a free two day educational series that includes lunch and free valet parking)

Time: 10:00AM—12:30PM

Presenters: Henry P. Moore, MD & George Dumenigo, LCSW, Licensed Clinical Social Worker

Location: The Palace Coral Gables, One Andalusia Ave., Coral Gables, FL 33134

Parkinson's Disease Support Group/Exercise Class

Group meets the 1st Wednesday of each month at 1:00pm



**Location: St. Catherine's West Rehabilitation Hospital,
8850 NW 122 St., Hialeah Gardens, FL
(305) 351-7181 EXT. 2410**

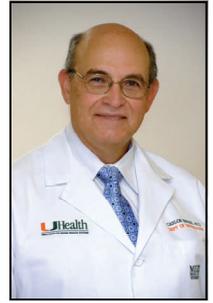


Exercise Class will be for 30 minutes prior to Support Group. *Exercise Class starts at 1pm.

****Refreshments Provided and Free Parking is Available.***

Carlos Singer, MD in Miami Location

Dr. Carlos Singer sees patients Monday thru Thursdays at our UHealth offices in the Professional Art Center, 1150 NW 14 Street, Suite 609, Miami, FL, 33136
For appointments or additional information: (305) 243-3100



Henry P. Moore, MD in Boca Raton, Hialeah and Miami Location

Dr. Henry P. Moore sees patients at our UHealth Boca Raton location every Monday and Thursday
Address: 3848 FAU Blvd., Suite 305, Boca Raton, FL 33431
Miami location every Tuesday and Wednesday
Address: Professional Arts Center, 1150 NW 14 St., Suite 609, Miami, FL 33136
Hialeah location every 2nd Wednesday of each month.
Address: 7000 West 12th Avenue, Suite 4, Hialeah, FL 33014
For appointments or additional information: (305) 243-3100



Corneliu C. Luca, M.D., Ph.D. in Kendall and Miami Location

Dr. Luca sees patients at our UHealth Miami location every Thursday
Address: Professional Arts Center, 1150 NW 14 St., Suite 609, Miami, FL 33136
UMH-Deep Brain Stimulation (DBS) Clinic, Friday of each week.
Address: Doctor's Office West, 1321 NW 14 St. Suite 306, Miami, FL 33125
Kendall location every 2nd and 4th Tuesday of the month
Address: 8932 SW 97 Ave., Miami, FL 33176
For appointments or additional information: (305) 243-3100



Angela Russell, ARNP, Ph.D. in Miami Location

Dr. Angela Russell, Ph.D., ARNP-BC sees follow-up patients as scheduled at our UHealth and St. Catherine's Rehabilitation Hospital in North Miami, FL
Miami location on Tuesday and Wednesdays
Our offices in the Professional Art Center, 1150 NW 14 Street, Room 609, Miami, FL, 33136
For appointments or additional information: (305) 243-3100



George Dumenigo, ACSW, LCSW in Miami Location

George Dumenigo, ACSW, LCSW sees patients at our UHealth Miami Location every Monday thru Friday
Address: Profession Arts Center, 1150 NW 14 St., Suite 609, Miami, FL, 33136
For appointment call George directly at (305) 243-1865 or
E-mail: gdumenigo@med.miami.edu



PARKINSON INSIDER

A publication of the University of Miami, Parkinson's Disease & Movement Disorder Center

Fall 2014
Issue 14

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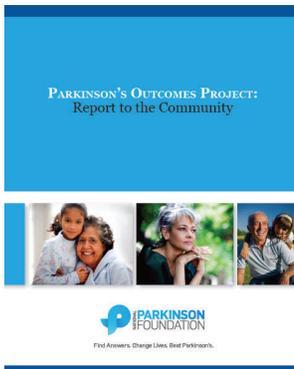
Our newsletters can also be found online @
neurology.med.miami.edu/clinical-divisions/movement-disorders

Please remember that the material presented in this newsletter is for informational purposes only. It should not be used for treatment purposes. Consult with your physician for further information and discussion, if needed.

The Parkinson Insider is published two times a year for patients and their caregivers in the community with Parkinson's disease.

New from the National Parkinson Foundation (NPF)

Parkinson's Outcomes Project



Soon we at the University of Miami will join in the NPF's data-driven study, known as the Quality Improvement Initiative (QII). This initiative, part of the Parkinson's Outcomes Project is the largest clinical study of Parkinson's disease ever conducted. The purpose of the study is to collect data on individuals with Parkinson's disease to better understand the illness and to explore the differences in current clinical practice in order to create and spread models of excellent care for best health outcomes.

Dear 2013 Moving Day® Participants:

Moving Day® Miami 2014
Sunday, October 5th
Bayfront Park, Miami, FL

Please visit: <http://www3.parkinson.org/goto/TeamUM>



Plans are underway for **Moving Day® Miami 2014** and we hope that you'll join us once again with Team UM and do Whatever It Takes to BEAT Parkinson's. Look for our Team UM booth!

We are grateful to the NPF for their support of the Parkinson Insider.