

UPCOMING EVENTS

- **Improv for Parkinson's: Laughter is the Best Medicine** | Wednesdays, January 18 – April 5
Learn more & register: <https://bit.ly/laughterimprov-23>
- **Move & Groove to the Music** | Thursdays, March 2, 9, 16, 23, 30
Learn more & register: <https://bit.ly/movegroove-23>
- **SongShine with Joani**
 - **March/April Sessions** | Thursdays, March 2, 9, 16, 23, 30, & April 6
Learn more & register: <https://bit.ly/songshine-23>
 - **April/May Sessions** | Thursdays, April 13, 20, 27, & May 4, 11, 18
Learn more & register: <https://bit.ly/songshine2-23>
- **Global Symposium Series**
 - **Impact of Exercise on Cognition in PD** | Monday, March 13
Learn more & register: <https://bit.ly/globalsymposium1-23>
 - **New Research: Exercise Hormones and Future Disease Modifying Therapies for Parkinson's Disease** | Wednesday, March 22
Learn more & register: <https://bit.ly/globalsymposium2-23>
 - **Impact of Exercise on PD Progression** | Wednesday, March 29
Learn more & register: <https://bit.ly/globalsymposium3-23>
- **New Approaches to Daily Activities Applying the Alexander Technique** | Tuesdays, March 7, 14, 21, 28, & April 4, 11, 18, 25
Learn more & join waitlist: <https://bit.ly/AlexanderTechniquewaitlist>
- **Nanaimo Regional Conference** | Saturday, March 18
Learn more & register: <https://bit.ly/nanaimoreg-23>
- **PD Warrior Level 1 + 2 Certification Course** | Saturday, March 25
Learn more & join waitlist: <https://bit.ly/PDWarriorwaitlist>
- **Rock Steady Boxing with Doug** | Tuesdays, April 4, 11, 18, 25, May 2, 9, 16, 23, 30
Learn more & register: <https://bit.ly/rocksteady2-23>
- **Dancing with Parkinson's** | Wednesdays, April 5, 12, 19, 26
Learn more & register: <https://bit.ly/dancewithPD-23>
- **Victoria Regional Conference** | Saturday, April 29

Learn more & register: <https://bit.ly/VicConf-23>

UPCOMING FUNDRAISING EVENTS

Champions for Parkinson's

- Donate a Car Canada: Ongoing (read more: <http://bit.ly/2ORTuJn>)

We're looking for more Champions!

Do you want to help fund research, grow support networks, and improve quality of life for those living with Parkinson's disease (PD)? Become a Champion for Parkinson's and plan your own independent community fundraising event! Contact us at events@parkinson.bc.ca or 1-800-668-3330.

TIP JAR

The Tip Jar is where we share advice from Parkinson's community members on a wide range of topics from daily lifestyle hacks to safety. This month we share a tip on **daily living!**

You may experience difficulty with movement due to issues with tremor and stiffness. These issues can make it harder to manage your dishes during mealtime. To prevent accidentally knocking plates or glasses off a table, try using a rubber mat as a placemat for extra grip.

Do you have any tips or tricks that you would like to share with the Parkinson's community? These can be tips from something that works well, to eating and dressing, to getting out of bed or travelling! All tips and tricks are welcome! Please share your ideas at info@parkinson.bc.ca.

NEWS & ANNOUNCEMENTS

Parkinson Society BC (PSBC) is seeking your Parkinson's story

Every year, PSBC dedicates the month of April to raising awareness of the experiences of people with Parkinson's disease, as well as the needs of our community. This April, we are encouraging British Columbians affected by Parkinson's to submit content that tells their story, their way. We're looking for writing pieces (ie: poems, short stories), artwork (ie: paintings, photography), videos, and written interviews. [[learn more](#)]

Federal tax credits for Canadians

Tax season is here and you may be eligible for credits such as the medical tax expense, home accessibility expense tax credit, or the caregiver tax credit. Learn more at Canada.ca and Yahoo Finance Canada.

Virtual Gardening Group looking for facilitator

Our Virtual Gardening Group is looking for a group facilitator to lead our sessions, which will be ongoing from March through September. The facilitator does not need to be an expert on the topic of gardening, however, they must be comfortable with using Zoom. If interested please contact Alana Dhillon by email at adhillon@parkinson.bc.ca.

PD Link volunteers wanted

Interested in mentoring and giving back within the Parkinson's community? PDLink is a peer-to-peer support program for people with PD and their carepartners. We are seeking volunteers who are carepartners or have had PD for several years who would like to mentor others about Parkinson's. To learn more about the program, visit the [PDLink webpage](#). If interested, contact Liz Janze at ljanze@parkinson.bc.ca.

DISCUSSION TOPIC: Nutrition***Discussion Questions***

1. How do you maintain a balanced diet? What are your favorite foods/meals to prepare?
2. What are some challenges you experience when it comes to meeting your nutrition goals?

This month, we explore how nutrition relates to Parkinson's disease (PD) management. While there is no exact diet to follow, studies have demonstrated that "making targeted nutrition the mainstay of your meals may slow Parkinson's disease advancement" (Diet & Nutrition, n.d.).

A balanced diet is important for an individual with PD to maintain for various reasons, including: ideal absorption of medications, good energy levels, and maximized brain health. Whole foods such as “grains, vegetables, fruits and protein-rich foods [...along with] nuts, olive oil, fish and eggs, [can improve health] due to their beneficial fats” (Diet & Nutrition, n.d.), so it would be best to prepare meals around them as best you can.

Neuroprotective, Anti-Inflammatory, Anti-Oxidant Foods

The three main types of foods that will aid Parkinson’s disease are those that are rich in neuroprotective, anti-inflammatory, and anti-oxidant properties. Neuroprotective foods are excellent for brain health and include walnuts and cashews, among other nuts. Having a small handful should be sufficient as they are high in calories.

Anti-oxidant foods include berries like raspberries and blueberries, which “protect your cells against the effects of free radicals” (Mayo Foundation for Medical Education and Research, 2022), that cause aging. Anti-inflammatory foods include dark, leafy greens such as kale, spinach, and lettuce. Salmon, tuna, and oils such as coconut oil and olive oil, may also contribute to brain health (Diet & Nutrition, n.d.).

Dietary Tips

According to Parkinson’s Foundation there are specific dietary tips you can implement that may assist in the management of PD symptoms, including:

- **Easing digestive issues and/or avoiding constipation:** drink 6-8 glasses of water per day and eat fiber-rich foods (i.e., brown rice, whole grains, fruit, and beans).
- **Breaking down medication more efficiently:** take your medications with a full glass of water.
- **Limit sleep interruptions:** reduce your sugar intake, as well as limit alcohol or coffee consumption, particularly before bed.
- **Maintaining your bone health:** Talk to your doctor about whether you should increase your Vitamin D intake. Vitamin D helps maintain bone health, as people with Parkinson’s are at a higher risk of developing osteoporosis which makes bones more brittle and easier to break and fracture, especially in the case of falls (Grosset, n.d.). Sources of

Vitamin D can be found in fortified milk and milk products, cheese, egg yolks and fatty fish, like tuna, mackerel, and salmon. Additionally, there are oral supplements available over the counter.

Tips courtesy of: <https://www.parkinson.org/living-with-parkinsons/management/diet-nutrition>

Before making any changes to your diet, it is very important to consult your healthcare team for personalized advice, as each individual has unique needs and medications that may need to be considered.

Dietary Changes for Medication Related Considerations

The most common medication for Parkinson's disease is carbidopa/levodopa. This works best if taken on an empty stomach so it is more easily absorbed in your small intestine (Fighting Parkinson's Disease with Exercise and Diet, 2020). For those that are prone to experiencing nausea, try taking your medications with a high-carb snack such as a piece of toast. It is advised that you consult with your doctor for appropriate solutions as they may be able to adjust your dosage or offer different medications if the side effects are severe. Try to avoid taking PD medications in tandem with a protein-rich meal (i.e., meat, fish, eggs, etc.), as this may possibly affect the absorption of the medication into the bloodstream, potentially causing it to be less effective (Diet & Nutrition, n.d.). Your doctor may instead recommend taking medication on an empty stomach, but with a small snack such as applesauce or crackers.

Weight loss is a concern for many people with Parkinson's due to difficulties with nausea brought on by their medications, although weight loss may also be related to difficulties eating or swallowing food and/or motor issues. If you find weight loss to be an issue you're facing, you may not be receiving sufficient nutrients from meals. Tips on how to maintain a healthy weight through your nutrient intake should be obtained from your doctor, likely in consultation with a dietician (Diet & Nutrition, n.d.).

Finding a Dietician

A dietician is an essential part of your healthcare team, as they look at your unique health needs and are able to develop an individualized plan. For example, if you struggle with nausea or constipation, a dietician can cater to those needs and help pinpoint certain foods you should be eating more of, and/or what you should consider limiting or eliminating.

You can contact HealthLink BC at 811 for 24/7 health advice and for further information on how to connect with a dietician or obtain a referral from your doctor.

Additional Resources

- Nutrition [[view helpsheet](#)]
- Levodopa, Protein and Medication [[view helpsheet](#)]
- Victoria Regional Conference | Food for Thought: Diet & Nutrition in Parkinson's | Dr. Laurie Mischley [[view video](#)]
- Kelowna Regional Conference | Nutrition for PD | Dr. Sally Stewart [[view video](#)]
- Bowel Management [[view helpsheet](#)]

Sources

Diet & Nutrition. Parkinson's Foundation. (n.d.). Retrieved February 13, 2023, from <https://www.parkinson.org/living-with-parkinsons/management/diet-nutrition>

Fighting Parkinson's Disease with Exercise and Diet. | Johns Hopkins Medicine. (2020, February 21). Retrieved February 13, 2023, from <https://www.hopkinsmedicine.org/health/conditions-and-diseases/parkinsons-disease/fighting-parkinson-disease-with-exercise-and-diet>

Grosset, D. (n.d.). Bone Health and Parkinson's. Parkinson's UK. Retrieved February 21, 2023, from <https://www.parkinsons.org.uk/information-and-support/your->

[magazine/experts/bone-health-and-parkinsons#:~:text=You%20are%20at%20more%20risk,good%20diet%20can%20also%20help.](#)

Mayo Foundation for Medical Education and Research. (2022, March 1). *Slide show: Add Antioxidants to Your Diet*. Mayo Clinic. Retrieved February 13, 2023, from <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/multimedia/antioxidants/sls-20076428>