



The Mortar & Pestle

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PARKINSON'S DISEASE

What is Parkinson's Disease?

Parkinson's Disease is a progressive neurodegenerative disease. Dopamine, a chemical in your brain, is responsible for signalling movement. In Parkinson's, dopamine secreting nerve cells in the area of the brain that control movement progressively die. Currently, there is no known cause for this disease. Parkinson's disease is a significantly life altering disease. While people do not die from Parkinson's, they may be at an increased risk for developing life-threatening complications like pneumonia.

What are the symptoms of Parkinson's disease?

The most common symptoms of Parkinson's are tremor, slowness and stiffness, impaired balance and muscle rigidity. Other symptoms that develop as the disease progresses may include fatigue, soft speech, stooped posture, constipation, cognitive impairment and sleep disturbances.

How common is Parkinson's Disease?

Currently in Canada there are 100,000 people living with Parkinson's. This number is expected to **double by 2016**. Parkinson's is slightly more common in males than females. Most people who develop Parkinson's are diagnosed between the ages of 50-65 years old, while 5-10% develop symptoms before the age of 40.

Is there a cure for Parkinson's Disease?

Unfortunately to date, there is no cure for Parkinson's.

How is Parkinson's Disease Treated?

Treatment of Parkinson's requires a multidisciplinary approach and patients often have a treatment program that may be guided by a physiotherapist, psychologist, neurologist, family doctor, speech-language pathologist, dietician, and of course a pharmacist!

Exercise can play a major role in Parkinson's management. Regular exercise can help reduce stiffness and prevent the loss of range of motion.

Parkinson's can be treated with a wide variety of medications. In most cases, the medications are aimed at either replacing or increasing dopamine levels within the brain. In this way, symptoms can be minimized. As Parkinson's progresses, those affected by this disease require higher doses of medications or the addition of one or more medications to keep symptoms managed. Each patient's drug therapy must be individualized in response to their symptom experience.

In some cases, patients with Parkinson's may be eligible to undergo brain surgery. Brain surgery, like medication, can ease some of the symptoms but does not stop its progression.

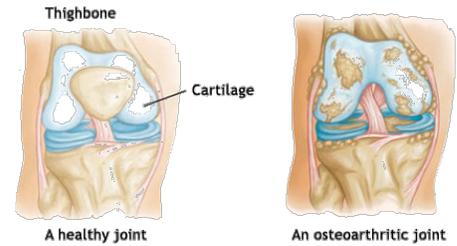


FOR MORE INFORMATION VISIT WWW.PARKINSONSOCIETY.CA

OSTEOARTHRITIS

Osteoarthritis is the most common type of arthritis, and currently affects 1 in 10 people. That means that in Canada, 3 million people are suffering from arthritis today. Osteoarthritis occurs when cartilage inside a joint “wears out” leading to pain, tenderness, stiffness, loss of movement and often, inflammation.

While osteoarthritis can affect any joint in the body, it most commonly affects joints in the hands, neck, lower back, knees and hips. Osteoarthritis is a degenerative disease that worsens over time. Osteoarthritis isn't life threatening, however it can decrease a person's quality of life and may eventually require joint replacement surgery.



Currently there are no treatments that **cure** osteoarthritis or effectively **prevent its progression**. Drug therapies are aimed at reducing the symptoms of osteoarthritis (pain and inflammation) in order to maintain a patient's quality of life.

Once you have been diagnosed with osteoarthritis, your doctor may recommend over-the-counter pain medications or supplements to help reduce symptoms. If these aren't effective, a prescription medication may be required. In the treatment of osteoporosis, there are so many treatment options on the pharmacy shelves, overwhelming many patients. Which would be best for you, acetaminophen, Aspirin®, naproxen sodium, ibuprofen, glucosamine, MSM or some combination? This is where your pharmacist can be of benefit to you by **working with you** to design an effective treatment regimen ensuring that you have the best **quality of life** possible! If you are suffering from arthritis, speak with your Stafford Pharmacy pharmacist today!

NATURAL PRODUCT SPOTLIGHT: KAPREX®

Stafford Pharmacy is pleased to announce the arrival of the natural product Kaprex® by Metagenics. Kaprex® is recommended to reduce minor pain and inflammation caused by osteoarthritis and other inflammatory conditions.

Kaprex® contains an extract from Hops, Rosemary and Olive leaf formulated in a soft gel. It is wheat, gluten, soy, dairy, nut, fish, shellfish, preservative and sweetener free. Clinical testing indicates that Kaprex® may offer a higher degree of predicted cardiovascular, stomach, kidney and liver safety.

Kaprex® recommended dosage: one soft gel should be taken twice daily with a meal.

If you think that Kaprex® may be right for you, speak with one of our pharmacists today. It is strongly recommended that you speak with your pharmacist before taking any new vitamin or supplement to ensure the product is safe for you. Many of these supplements can interact with prescription medications. For example, Kaprex® should not be taken by people who are also taking anti-coagulants. If you have questions about this product, or any other over-the-counter product ask your pharmacist today!



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