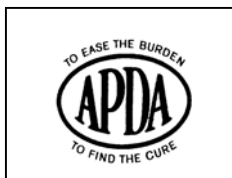


American Parkinson Disease Association, Inc
5368 Fredericksburg Rd, Suite 200
San Antonio, TX 78229-6108



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AAPSG Calendar, July 2003 - September 2003

All Support Group Meetings are for PD Patients,
their Caregivers, Family and Supportive Friends

**Alamo Area Parkinson's Support Group
Meetings**

Second Monday every month, 1 PM
Sunset Ridge Church of Christ, 95 Brees Boulevard
Jul 14 – Do Not Be a Victim, Exercise
Aug 11 - NO MEETING
Sep 8 - TBA, Exercise

**Young-Onset Parkinson's Support Group
Meetings.**

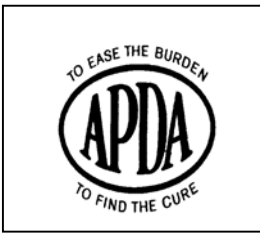
Second Saturday every month, 10 AM
Thornton Elementary School, 6450 Pembroke
Jul 12 - TBA
Aug 9 - TBA
Sep 13 - TBA

JOIN US FOR A CURE

Your membership expiration date follows your name on the address label. If there is no date then please join us. Dues are \$24 a year for your entire family. Send a check made out to AAPSG, to Shirley Knothe, 107 Mountain View, Boerne TX 78006. Please include your full name, address, phone, and e-mail address.

**PLEASE NOTIFY US IF YOUR LOCAL
ADDRESS OR E-MAIL ADDRESS CHANGE**

Last date for submitting items for the next newsletter is 2 Sep 2003. Send material to Doak Walker, 7650 Hwy 90W #40, San Antonio, TX 78227-4059 or e-mail to shalom5@earthlink.net. Double space text and include author's name, phone number and e-mail address. If submitting clippings include publication name, date, and author's name.



American Parkinson's Disease Association, Inc

Alamo Area Parkinson Support Groups

5368 Fredericksburg Rd, Suite 200, San Antonio, Texas 78229-6108
Phone 210-344-8828, www.aapsq.org

Quarterly Newsletter, July 2003

Editor: Dianne Johnson

Publishers: Carla & Doak Walker

Local News

Executive Board, 2002-2004

President	Fred Dyas
Vice President	Cliff Hall
Secretary	Joan Duval
Treasurer	Shirley Knothe

At-Large Members

Brad Sledge	Roger Johnson
Mark Doherty	Amelia Nieto-Duval
Rob Rodriguez	Isabel Fears
Johnny Jackson	Melinda Rodriguez
Doak Walker	Carla Walker

You may leave a message for any AAPSG Officer or Board Member at 210-344-8828.

New Medical Director

Dr. Eric Pappert has been named the new Information & Referral (I&R) Center Medical Director, replacing Dr Pam New. Dr Pappert headed a Movement Disorder Clinic at Rush-Presbyterian Hospital in Chicago before coming to Texas. He is coming to UTHSC from his practice in San Marcos. His main interests are research and movement disorders. He is establishing a PD and Movement Disorder Clinic in San Antonio through the Univ of Texas Health Science Center & VA. The clinic will be held initially on Tuesdays 1200-5:00PM. To make an appointment call 656-2333 and tell the staff you want an appointment at the UT PD clinic. In the near future Dr Pappert will be at VA Neurology clinic every Monday morning, and will have a BOTOX clinic every Monday afternoon.

Our Web Site www.aapsq.org



developing creativity

The AAPSG web site development and hosting is donated by The James Company.

The James Company was founded with the desire to develop creative solutions for business needs. From beginning to end, The James Company combines a passion for technology with an eye for creativity to bring you innovative and customized solutions.

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This newsletter is provided for informational purposes only. The material should not be used for treatment purposes without discussing it with your Doctor. Products, businesses, services, or websites are not endorsed by APDA, or AAPSG.

HAVE YOU HUGGED YOURSELF TODAY?

Change at the POP Center

Dianne Johnson, RN, is no longer the Executive Director of the Parkinson's Outreach Program - Center. Her departure will not change the operation of the POP Center, 210-344-8828. Mrs Johnson is still the APDA Information & Referral (I&R) Center Coordinator and can be reached at 210-567-6688. She has taken a position as clinical nurse coordinator at the new UTHSC, PD Movement Disorder Clinic.

Ease the Burden

Compare the troubles we have to undergo in a year to a great bundle of sticks, far too large for us to lift. But God does not require us to carry the whole bundle at once. He mercifully unties the bundle, and gives us first one stick, which we carry today, and then another, which we are to carry tomorrow, and so on. This we might easily manage, but we choose to increase our troubles by carrying yesterday's stick over again today, and adding tomorrow's burden to our load, before we are required to bear it.

John Newton

Help Us, Help Yourself

The Texas Parkinson's Action Network is looking for someone who is a constituent of Congressman Henry Bonilla, preferably someone who has a close personal contact with the Congressman. We need him to champion PD issues in Congress. This would include appropriation funding for the Department of Defense neurotoxin research project and appropriation funding for the National Institutes of Health to meet the Parkinson's Research Agenda funding levels. The Parkinson's Research Agenda written by the NIH said that if they had the proper funding levels, they COULD FIND A CURE for PD. It is VERY IMPORTANT that we have someone in Congress who will press PD issues. If you think you can help in this effort, please contact me, Cayce Kovacs 210-366-2468

cddkovacs@satx.rr.com or Joe & Nina Brown (TX PAN Coordinators) at joe@ninajoe.com.

Medicare Coverage for DBS

Medicare has announced it will cover PD or Essential Tremor treatments with Activa Therapy. This therapy uses DBS "brain pacemaker" technology from Medtronic, Inc, to reduce some of

the motor symptoms of the two most common movement disorders. APDA Newsletter, Spring 2003

DBS Batteries

In our last newsletter we mentioned you can lengthen the life of your DBS batteries by turning them off at night. While this is true, you must weigh extending battery life against not being able to turn over in bed or being unable to get up. Extended battery life may not be worth the trouble.

DBS Alert

The FDA issued an alert after having received reports of deaths of patients with implanted DBS who had received diathermy therapy. This therapy uses shortwave, microwave or therapeutic ultrasound to deliver "deep heat" to body structures. It is used by professionals to promote wound healing after surgery or to relieve swelling and stiffness in muscles or joints. Diathermy may cause implanted electrodes to heat up excessively, damaging the surrounding brain tissue. This is true even if the implanted device is not turned on, and even if the lead is no longer connected to an implanted system.

APDA Newsletter, Spring 2003

Computer Dictated Typing

In a previous newsletter I mentioned computer programs that would type as you dictate to your computer. I'm trying one now and it is great, but it requires a great deal of time to set up so that the computer can recognize your voice. If you think you might need this capability in the future don't wait to buy the program. Get it installed and operational before you need it. It does work.

PWP Cookbook

Kathrynne Holden, M.S., R.D., has written the first ever cookbook for PWP --- *Cook Well, Stay Well With Parkinson's Disease: Super Foods For Super People*. Kathrynne is internationally recognized as THE EXPERT on PD nutrition.

Parkinsonion People, Spring 2003

Nursing Homes

You can find one and/or check them out at either www.medicare.gov or www.myziva.net.

Got Milk?

Researchers have concluded that higher intake of dairy products may increase the risk of PD in men (not women). However, this finding needs further evaluation, and the underlying active components need to be identified. In other words, there is no reason to start limiting your dairy intake yet. In fact, cutting back on dairy products may increase your risk of conditions linked to low calcium and vitamin D.

Parkinson's Quarterly Spring 2003

Ask For Help, Ask To Help

It is one of the most difficult things for us to learn. Asking for help is dreaded because it is an admission of loss of ability. Each of us has the desire for independence even as we become fully dependent. Reality has proven that in not accepting help the PWP may worsen his/her plight. The person's recognition of the need for assistance is an important step in the help process. This means you are going to have to accept the fact you need help; you are going to have to ask for help and you are going to have to accept help graciously when it is offered.

Parkinsonian People, Spring 2003

Tips

It is estimated that 50% of people with PD experience dysphagia or difficulty swallowing. To reduce swallowing difficulties:

1. Plan a regular meal time schedule. Allow yourself at least twice the amount of time it usually takes to eat a meal.
2. Suck on crushed ice about 20 minutes before meals to reduce any swelling in your throat, or eat something very sour like lemon or lime sherbert at the start of your meal.
3. Sit in an upright position with both feet on the floor, and remain upright for at least 30 minutes after a meal.
4. Take bite-sized portions of food. Chew carefully and swallow each bite completely.
5. Concentrate on each step of the swallowing process. Make sure you have enough moisture in your mouth to get the food into your esophagus.

6. Do not watch TV, talk or do anything else that takes your mind off of eating and swallowing.

Adapted from *Parkinson's Disease: 300 Tips For Making Life Easier* by Shelley Peterman Schwarz

Reaching Out

The Jefferson Outreach For Older People is a non-profit organization supported entirely by donations from churches and individuals. The Jefferson Outreach is a faith in action program. It provides assistance and comfort to those over 60, or who are physically handicapped, so they can maintain independence in their own homes. It provides opportunities for companionship and learning experiences to enhance self-esteem. It serves as a referral center for those who need help but are not in the Jefferson area. They offer:

1. Nutritious meals delivered to the Jefferson area, at minimum cost.
2. Rides to medical appointments, door to door assistance. Notice must be 5 days in advance for transportation.
3. Visits by telephone to lonely shut-ins.
4. Minor house repairs, for cost of materials only.
5. Periodic visits are made to shut-ins by student nurses from Univ. of TX Health Science Center.
6. Inexpensive lunches are prepared and served at Jefferson United Methodist Church, 758 Donaldson, every Tues, and at the First Mexican Baptist Church, 201 Meredith, every Thursday.
7. "Care Link Newsletter", published monthly, informs about the Outreach activities and social programs, and contains suggestions for better health and nutrition.
8. Grocery delivery is available. For specific information call the Outreach office.

The office is located at 201 Meredith Dr and is open from 8:30AM – 3:30PM, Monday – Friday, 210-734-5016. Call for additional information

Dementia

Dementia refers to a slow loss of memory and other intellectual abilities. Approximately 50% of PWP develop some degree of dementia. Fluctuations in confusion may appear and vary from hour to hour; you may feel the person is

pretending to be confused. Hallucinations may occur at any time and are often worse during times of confusion. Dementia is not easy to explain. Consult your PD references or your computer for more information. For references, go to a support group, library, or book store. The information is there, but you have to find it.

Special Offer

For active older adults (60 years and up) a limited usage membership is available at the NW Family YMCA, 6530 Wurzbach Rd. It is open Monday – Friday, 9:00 – 11:00 AM, or 1:00 – 3:00 PM, and all day Saturday. There is a \$37.50 join-up fee, then an \$18 per month usage fee. Call 210-681-9770 for full details.

Yoga

Physicians and specialists who work with PWP recommend making exercise part of their daily lives. Svaroopaa yoga can make a difference if you have PD. It is a gentle, healing yoga that works with the body and the mind. Every pose and stretch has a specific purpose to benefit the spine. Every pose is supported to alleviate the fear and anxiety associated with movement and falling. Eye positions and breath are utilized to focus the mind. Svaroopaa yoga increases flexibility, optimizes range of movement, helps with balance and, in general, contributes to a positive sense of well being. It enables a person to maintain a wide variety of professional, personal and social commitments.

To find a qualified instructor in your area, contact Master Yoga Academy at 1-800-588-9642 or www.masteryoga.org.

NPF, Parkinson Report, Fall 2002

Essential Tremor Support Group

If you also have Essential Tremor or know someone who does, there is a new support group in San Antonio. The group meets at Warm Springs Resourcenter – 5101 Medical Dr, San Antonio. It meets the 3rd Saturday of every month from 10:00 AM until noon. For more information contact: Charline Wedemeyer 210-673-1482 charline@satx.rr.com, or Jim Tremblay 210-590-9279 jtremb3940@aol.com, or Christiana Rodgers 210-595-9200 crodgers@wssahosp.org

Make a Difference

The National Family Caregiver Association is asking caregivers to send in their stories and wish list. Help NFCA create the Portrait of Caregiving in America, a book that will be distributed to key decision-makers across the country. Please take a few minutes to share your story and wish list. Click on www.nfcacares.org then click the story project icon on the far right of the web page and follow the simple instructions. Requested by Suzanne Mintz, NFCA President/Co-founder

Caregivers

A caregiver support group meets at Warm Springs Resourcenter - 5101 Medical Dr, San Antonio, every Thursday from 10:00-11:30 AM. For more information contact: Christiana Rodgers at 210-595-9200 or crodgers@wssahosp.org or Gene Casanova at 210-348-8475 or scasanova75@earthlink.net

Bag Ladies

“The Bag Ladies” is a personal shopping and errand service in San Antonio and the surrounding area. When you need to shop or run an errand:

1. Call or email your list. If you have medicine to be picked up, please order them ahead of time.
2. Tell me when you want delivery.
3. I will shop and run your errands and pay for them on my business credit card.
4. I will deliver your items at the agreed time.
5. When I make your delivery, you pay me for your purchases, plus my fee.
6. I take cash, checks, and credit cards.
7. I am available, by appointment, 7 days a week and will try to serve you on the same day you call.
8. I will provide references upon request. For more information and specific fees contact Diane Fuqua, owner, San Antonio, 210-734-8281 or at jaleyD@aol.com

Drug Prices

There has been an effort made by the drug companies to assist people with the cost of drugs (go to www.helpingpatients.org); and the government is coming close to adding drug assistance to Medicare. Some of you may need

Heat Exhaustion: The signals of the next, more serious stage include;

- Cool, moist, pale skin (the skin may be red right after physical activity),
- Headache
- Dizziness and weakness or exhaustion
- Nausea
- The skin may or may not feel hot

Heat Stroke: The signals of the last stage of a heat-related illness include;

- _ Vomiting
- Decreased alertness level or complete loss of consciousness
- High body temperature (can be as high as 105°F).
- Skin may still be moist or the victim may stop sweating and the skin may be red, hot and dry.
- Rapid, weak pulse
- Rapid, shallow breathing

CALL 911 in a case of Heat Stroke.

American Red Cross

Three In One Drug

A new three in one drug made by Novartis Pharmaceuticals will be available to you shortly. The drug Stalevo combines Levodopa, Carbidopa, and Entacapone has just been approved by the FDA.

Parkinson's Patch

A possible new method for treating PD is the Parkinson's patch. The patch is in development and will be similar to the nicotine patch in that it will stick to your skin and be put on once a day. It will contain rotigotine, a dopamine agonist. It should assure a steady, uniform dose of medication. Hopefully this will eliminate the side effects caused by fluctuations in medicine when using a pill form. It could be approved by the FDA within three years. Parkinson's Quarterly, Spring 2003

Check Out Your Medicine

Go to either www.rxlist.com , or www.healthsquare.com/drugmain.htm

DRUGS FOR MANAGING PARKINSON'S SYMPTOMS

Category/Drug	Brand Name(s)	How Used	Target Symptoms
Levodopa	Sinemet® Sinemet CR®	Combination of levodopa and carbidopa	Compensate for dopamine deficiency; improve slowness, tremor
Dopamine agonists			
pramipexole	Mirapex®	In place of or in combination with levodopa	Compensate for dopamine deficiency; improve slowness, tremor; reduce dyskinesias when combined with levodopa
bromocriptine	Parlodel®		
pergolide	Permax®		
ropinirole	Requip®		
MAO inhibitor			
selegiline	Eldepryl®	Adjunct to levodopa	Prolongs levodopa action
COMT inhibitor			
entacapone	Comtan®	Adjunct to levodopa	Prolongs levodopa action
Antiviral			
amantadine	Symmetrel®	Adjunct to levodopa	Improves benefits of levodopa; may reduce dyskinesias
Anticholinergics			
benztropine	Cogentin®	In early stages of PD	Alleviate tremors, stiffness; reduce drooling
Trihexyphenidyl	Artane®		
Antihypertensive			
propranolol	Inderal®	For symptom control; no effect on PD overall	Alleviate tremor
Antipsychotic			
clozapine	Clozaril®		
Antidepressant			
mirtazapine	Remeron		

“Live Wires”

If you have had DBS surgery and you want to compare notes and stories with others who have had the surgery, here is the group for you. They meet on the 4th Saturday every month. The meeting location is different every month, so to get the location contact Dianne Johnson at the I&R Center, 210-567-6688.

MEMORIALS

In Honor of Dr Pamela New

Helen E Butler

In Memory of Velia Nevanez Grado

John & Patti Kirst
Crystal Travel

In Memory of Frank A Prassel

Carolyn Bellamy

In Memory of Luella Bennack

Carolyn Bellamy

In Memory of Edie Ulbrich

Doris E Green

In Memory of Melvin P Poehlmann

USAA Property Division, Central Region

In Memory of Maureen Mahoney

Linda Blackstock

In Memory of Morris Burns

Mary L King

In Memory of Louis J Manhoff, MD

Virginia Thomas

In Memory of Ramon M Gonzales

Officers & Employees of Broadway National
Bank

In Memory of Alice Frances Wiemers

Elgin & Velma Wiemers
Charles & Auldine McAnelly
Bob & Lou Harbour

In Memory of Selma Weiner

Dana & Bruce Hendin
Ursula Devine
Stephanie Devine-Wilkinson

In Memory of Jerry Childs

Robert F Eahart
Ted Kerr
Don Kaye
Wendy S Burgower & Associates, LLP
Imogen S Papadopoulos
Ruth Davis
Jo Kell
Andrea, Kristopher, & Dean Young
Linda A Hinds
George O Harris
Margaret DeVinney

In Memory of Jesus Alvarez

“Patsy’s Reunion Group”
Dorothy S Robinson
McAllen Psychological Center
Pinkerton & Gonzales Psychological Assoc
Fernando & Estela Garza

In Memory of Troy Lee Hollandsworth

Mattie Brooks	William Buitrago
Carlos Caulin,	Jiang Chen
Xing Cheng	Zhining Den
Kim Huntzinger	Linda Jones
Masaaki Kawase	Soeun Kim
Peter Koch	Maranke Koster
Del Long	Mary Ann Longley
Starlight Ray	Hong Sheng
Daniel Young	Joe Zhou
Kusal Mihindukulasuriya	

Be Aware of Herb-Drug Interactions

Certain herbs or dietary supplements containing herbs could have an interaction with some of your medications, either prescribed or over the counter (OTC). Be sure to inform your doctor and/or pharmacist about any dietary supplements. As a patient you need to share the responsibility of ensuring that any of your prescription or OTC medications will not be affected by a dietary supplement. The following information is a summary of known and potential herb-drug interactions. The herb's "interaction" may increase or decrease a drug's potency; it may interfere with absorption or metabolism of a drug, or alter a drug's side effect profile. Interactions are often dose dependent, and can range from mild to severe, as well as vary from individual to individual. Keep in mind that "potential" does not necessarily imply a significant interaction will occur, but simply, that there may be a chance.

Type of medication

Herbs that may interact

Antiarrhythmics

amiodarone [Cordarone], procainamide

Aloe, Cascara Sagrada, Dandelion, Ephedra, Senna, Uva Ursi

Antibiotics

amoxicillin [Amoxil], erythromycin [Ery-tab], levofloxacin [Levaguin]

Bromelain

Anticoagulants / NSAIDS / ASA

warfarin [Coumadin], clopidagrel [Plavix], naproxen [Naprosyn}, diclofenac [Voltaren]

Alfalfa, Anise Seed, Bromelain, Capsicum, Devil's Claw, Dong Quai, Feverfew, Garlic, Ginger, Ginkgo Biloba, Ginseng, Goldenseal, Horse Chestnut, Papaya Extract, Pau d'Arco, Red Clover, Willow

Anticonvulsants

phenytoin [Dilantin], carbamazepme [Tegretol], valproic acid [Depakote]

Calamus, Ephedra, Evening Primrose Oil, Ginkgo Biloba, Kava, Nettle, Valerian, Willow Bark

Antidepressants

amitriptyline [Elavil], nortriptyline [Pamelor], fluoxetine [Prozac], paroxetine [Paxil], sertraline [Zoloft], citalopram [Celexa], MAO inhibitors such as phenelzine [Nardil], tranylcypromine [Parnate]

Anise Seed, Brewer's Yeast, Calamus, Capsicum, Chaste Tree Berry, Ephedra, Fenugreek, Ginkgo Biloba, Ginseng, Guarana, Hawthorn, Henbane Leaf, Indian Snakeroot, Kava, Licorice, Nettle, St. John's Wort, Sage, Passion Flower, Valerian, Yohimbe

Antihistamines

diphenhydramine [Benadryl], fenofexadine [Allegra], cetirizine [Zyrtec]

Hawthorn, Hops, Kava, Motherwort, Passion Flower, Skullcap, Valerian

Antihypertensives/ Diuretics

lisinopril [Zestril], captopril [Capoten], propranolol [Inderal], atenolol [Tenormin], verapamil [Calan], diltiazem [Tiazac], amlodipine [Norvasc], hydrochlorothiazide HCTZ], furosemide [Lasix]

Aloe, Bayberry, Black Cohosh, Buchu Leaf, Capsicum, Chaste Tree Berry, Dandelion, Devil's Claw, Dong Quai, Ephedra, Ginger, Ginseng, Goldenseal, Indian Snakeroot, Licorice, Mate, Nettle, St. John's Wort, Serma, Uva Ursi, Wood Sorrel, Yarrow, Yohimbe

Barbituates

Phenobarbital

Ashwagandha, Evening Primrose Oil, Kava, Passion Flower, Sage, St. John's Wort, Valenan

Corticosteroids

dexamethasone [Decadron], prednisone [Deltasone]

Aloe, Cascara Sagrada, Ephedra, Ginseng, Licorice, Senna

Cardiac Glycosides

digoxin [Lanoxin]

Aloe, Bran, Broom, Buckthorn, Cascara Sagrada, Cocoa, Coffee, Dandelion, Ephedra, Ginger, Ginseng, Goldenrod, Guarana, Guar Gum, Hawthorn, Horsetail, Indian Snakeroot, Licorice, Ma-huang, Motherwort, Peppermint Tea, Psyllium, St. John's Wort, Senna, Squill, Wall Flower

Endocrine/Hormone Therapies Oral contraceptives, Anise, Chaste Tree Berry, Bayberry, Black Cohosh, Hormone Replacement: estrogen [Premarin], progestin {Provera}, fertility treatments Saw Palmetto

General Anesthetics

Isoflurane [Forane], Sevoflurane [Ultane], Desflurane [Suprane]

Black Cohosh, Ephedra, Evening Primrose Oil, Ginkgo Biloba, Ginseng, Goldenseal, Guarana, Kava, Ma-huang, Passion Flower, St. John's Wort, Sage, Skullcap, Valerian

Immunosuppressants

cyclosporine {Sandimmune}, tacrolimus [Prograf]

Echinacea, Saw Palmetto,

Insulin

Alfalfa, Aloe, Annatto Seed, Bilberry, Cocoa, Coffee, Coriander, Cumin Seed, Dandelion, Ephedra, Fenugreek, Garlic, Ginger, Ginseng, Guar Gum, Kidney Bean, Onion, Rice, Sage

Lipid-lowering Drugs

simvastatin [Zocor], atorvastatin [Lipitor], gemfibrozil [Lopid]

Alfalfa, Black Cohosh, Fenugreek, Garlic, Red Yeast

Oral Hypoglycemic Agents

glipizide [Glucotrol], glyburide [Glynase], meglitinide [Prandin], nateglinide [Starlix]

Alfalfa, Aloe, Anatto Seed, Bilberry, Bitter Melon, Cocoa, Coffee, Coriander, Cumin Seed, Dandelion, Ephedra, Fenugreek, Garlic, Ginger, Ginseng, Guar Gum, Kidney Bean (immature pods), Olive leaf, Onion, Rice, Sage

Sedatives

lorazepam [Ativan], diazepam [Valium], Zolpidem [Ambien]

Black Cohosh, Hemlock, Henbane Leaf, Hops, Kava, Motherwort, Passion Flower, Sage, Skullcap, Valerian

Sympathomimetics

Adderall, Concerta, Provigil, Atrovent, Ritalin, Albuterol, Theophylline

Anise Seed, Ashwagandha, Bayberry, Broom, Capsicum, Ephedra, Ginger, Guarana, Hawthorn, Licorice, Ma-huang

Thyroid Hormone

levothyroxine [Synthroid], levothyronine [Cytomel]

Ashwagandha, Balm, Ephedra, Garlic, Guarana, Horseradish, Kelp, Ma-huang, Soybean

The above table is meant for quick reference only. There are many additional herbs and medications not listed that may have potential interactions with each other. Remember that you share the responsibility of your overall health with your health care providers and that you should always keep your doctor or pharmacist informed about any dietary supplements that you take.

NOTE: We will attempt to produce the same type information for PD medicines in a future newsletter.

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