

## PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

### MESSAGE

PRESIDENT'S

I am so pleased that you LOVED the September 2010 *Newsworthy Notes* newsletter with the new hope that was generated by the article **TEMPOROMANDIBULAR DISORDER: THE GREAT IMPOSTER** by Dr Leonard J. Feld, DDS. I am grateful for having received the many inquiries, both with high hopes of gaining Quality of Life, and skepticism that this could not work because it isn't brought to the Parkinson's world by the right professionals. It goes back to my message in May, 2010 **PROVOCATIVE QUESTIONS**, repeated in this issue on page 3 with new additions.

This month, with great pride, we bring another **TEMPOROMANDIBULAR DISORDER: IS THERE A LINK TO PARKINSON'S DISEASE?** By David Chrisman D.D.S., F.A.A.C.P., on this page. Dr. Chrisman spoke to our San Diego group in September.

Last month we asked you to **MARK YOUR CALENDAR**, January 15, 2011. Actually, now it's January 15th and 16th, at the Renaissance Esmeralda Hotel, Indian Wells (Palm Springs area) PRO's amazing Symposium, **ULTIMATE QUALITY OF LIFE**. We discovered there was too much to be shared in one day, AND we've added our **20TH YEAR CELEBRATION, a gala**, to the mix Saturday evening. It is a very ambitious project, but for YOU, only the best. To that end, please enjoy reading about our first sponsor **WALKER REINFELD'S BAR MITZVAH PROJECT** on page 5. What a magnificent pleasure!

I love bringing you **LETTERS TO PRO** and you can find three of them on page 4. We have **ESSENTIAL OILS Here, There and Beyond - Elizabeth Essentials - A visit with a PRO Supporter**, also on page 4. I personally use and love Elizabeth's oils, as do many of our support group members who have met and been introduced to the products.

Thank you so much for the support we continue receiving from our **BI-ANNUAL LETTER** writing/funds development campaign. We are honored to have your support.

The **SUPPORT GROUP MEETINGS RESUMED** and I suggested that you mark the date (see Page 2) on your calendar for each day the meeting is held in your area. Regular participation is the only way to ensure that your meeting will stay alive and operating. Meetings with nominal participation will be subject to closure.

We are looking for valuable and supportive Members; with time, talent, volunteerism, moral and financial support of PRO and its Mission. Could you be one of these people? Please get in touch with me or our Secretary/Treasurer, Bill Remery.

We remain committed to *Working so no one is isolated because of Parkinson's* and rebuilding lives of people who, otherwise, thought they lost life to Parkinson's. We appreciate you for

cont. on page 7

### TEMPOROMANDIBULAR DISORDER: IS THERE A LINK TO PARKINSON'S DISEASE?

By David Chrisman, DDS, FAACP

One of the core features of Parkinson's disease is sleep problems and without quality of sleep all our problems get worse. In the book "**Sleep and Pain**" by Lavigne, Sessile, Choiniere, and Soja they discuss the relationship of pain and sleep. The poorer your sleep, the more pain you will have, and the more pain you have, the poorer your sleep will be. They state that "it is important to identify specific physiological disturbances that contribute to sleep fragmentation, poor sleep quality, and uncomfortable sensations that may lead to daytime sleepiness".

In fact, when you sleep less it can even affect your hormone levels. In the book "**Lights Out**" T.S. Wiley states "When you sleep less than you're meant to, melatonin isn't the only hormone affected. There are at least ten different hormones, as well as many more neurotransmitters in the brain, that go sideways when you don't sleep enough. Melatonin is just the tip of the iceberg, so to speak." If sleep is disturbed then growth hormone production may be affected so that our bodies don't repair and consequently break down at a faster rate, in essence only partially charging the battery of life. It is all these shifts that change appetite, fertility, and mental and cardiac health." Sleep problems is also a key problem with our TMJ patients so much so that we routinely screen for TMJ problems in sleep disordered breathing patients and sleep disordered breathing problems in our TMJ patients. Many believe there is as much as an 80% overlap in sleep problems and TMJ and in order to get these jaw problem patients to health we can't exclude the airway. The mouth is the gateway for the airway and the dental physician is the gatekeeper, no other medical specialty can influence a patient's wellbeing more than that of the dentist.

Dr Steven Olmos completed a study on TMJ patients that measured the amount of forward head posture of his patients and found that they were on average over 4 inches forward. Every inch forward places 10 pounds on the cervical spine which means that it might place as much as 40 pounds of stress on the neck. When we place the jaw in its corrected joint position with splints we find that we help to correct their cervical spine routinely along with chiropractic or physical therapy since these patients have had

cont. on page 7

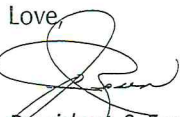


**PRESIDENT'S MESSAGE – cont. from page 1**

participating in whatever way you can to keep this a reality.

I hope you like what we've put together for you this month. We have all confidence that the benefits you receive from PRO are superior. Keep putting your money where your benefits are.

Until next month, have a safe and pleasant COLUMBUS DAY, NATIONAL BOSS' DAY, UNITED NATIONS DAY, HALLOWEEN and any other day you wish to celebrate. GET INVOLVED, CELEBRATE YOU and Pray for our Troops!

Love,  
  
 President & Founder

**TEMPOROMANDIBULAR – cont. from page 1**

these conditions for extended periods of time.

These problems are what we call descending problems that affect the body from the head down opposite to ascending problems with the feet creating postural problems up the body. This forward head posture is also a problem in Parkinson's patients, in looking at Parkinson's patients we see the same forward head posture and shoulders rolled forward as in our more advanced TMJ patients. I believe the connection is jaw position and airway. Bringing a patient's jaw forward and down can not only open the airway in the back of the throat from a front to back dimension but surprisingly a side to side dimension visually demonstrated in cone beam tomography of the airway. When the airway is opened the head can occupy a more normal position back over the spine without compromising the airway.

This is the reason that the American Academy of Sleep Medicine now states that oral appliance therapy should be the first treatment option for mild to moderate sleep apnea. It moves the jaw and the tongue attached to the jaw forward thus pulling the tongue out of the airway preventing collapse. Other muscles attached to the jaw are also pulled which widen the airway in a lateral direction further opening the airway. The difference in flow rates of a 1" pipe and a 1 1/4 "pipe is four times the flow.

Oral appliances have also shown to improve endothelial function in patients. Endothelial function is what the cardiologist use to gauge a person's cardiac ability to withstand stress by improving blood flow to the heart by enlarging the arterial blood flow.

In conclusion, there are many similarities of Parkinson's patients and the TMJ patients we see in our practice. They both have sleep problems, forward head posture, rolled shoulders, balance problems, neurologic problems, and dyskinesia. Parkinson's and TMJ are also recognized as syndromes or sets of similar symptoms. Since Parkinson's has no known cause (Idiopathic or primary Parkinson's) perhaps this could be the connection!? Dentists have begun to treat many Parkinsonian patients with success and it may be only time before we uncover the connection with more clarity as more research is completed in this area.

*PRO is aware of approximately fifty doctors in the United States (that computes to one in each of 50 States) that are trained and deliver this treatment with success. We're grateful to know three in Southern California. This is a specialty among dentists, most of whom are members of the American Academy of Craniofacial Pain. We are also delighted to report that we know others are being trained.*

*This treatment will be highlighted at the PRO Ultimate Quality of Life Symposium January 15 and 16, 2011 at the Renaissance Esmeralda Hotel in Indian Wells (Palm Springs area). Dentists from across the United States and members of the AACP will be present. You are welcome to help in orchestrating the symposium, contact the PRO office.*

*For more information about TMJ and/or TMJD, please feel free to get in touch with PRO, and when doing so, please have already made a donation to PRO or be prepared to make a donation to PRO. With our connection to the AACP we will assist in finding specialists in your state.*

**ESSENTIAL OILS – cont. from page 5**

responsible for emotions and the formation of memories. The limbic system is also where pain is stored.

Essential oils support the body's natural functioning, well-being and balance. Because they affect the emotional control center, essential oils can also have a positive effect on mind and spirit.

**SERENE**

Feeling off balance or out of sorts? Take three deep breaths of Serene Concentrate, and then seal your aura with a spritz of Serene Spray. Calm and nurture mind, body and spirit.

*To find out more about the incredible helpful and valuable oils, go to [www.TheProOnlineStore.org](http://www.TheProOnlineStore.org) and click on Essential Oils, Therapeutic Essential Oil Blends. Elizabeth supports Parkinson's Resource Organization with each order that is made through our website.*

**WALKER – cont. from page 4**

was a stud in the field with at least 2 web gems and several great stops and put-outs. The offensive MVP was Walker's dad, Elliot Reinfeld, who went 4-4 and hit for the cycle. The score didn't matter (the team I was on won 11-4 behind an 8-inning complete game on the mound from me) because the real winner was the **Parkinson's Resource Organization** as over \$1,000 was raised from donations by the players and other friends and family (I understand that at least some of this amount will be matched by Walker's grandmother, making the total donation amount even larger). A two-hour softball game raised this

money because of the vision and heart of a great kid. If you would like to support Walker's Mitzvah Project, you can make a donation to the Parkinson's Resource Organization, [www.parkinsonsresource.org](http://www.parkinsonsresource.org), in Walker's name. Any little bit helps. These are the kids and things we should all support. You can't ask for a better kid, better idea or better day on the field. Hope to see lots of people out there if we can get a 2nd Annual Reinfeld Charity Softball Invitational to Strike out Parkinson's disease next year.

On July 25, 1995 the **Wally Kantrowitz Memorial Fund** at Parkinson's Resource Organization was established in memory of Walker's grandfather, a very courageous, generous, kind and gentle man.