

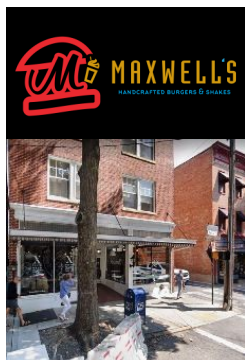
April is Parkinson's Awareness Month



The **Friends In Frederick Parkinson's Disease Support Group** has partnered with **Maxwell's Burgers & Shakes** to increase awareness of Parkinson's Disease during the month of April. Maxwell's has created a **SPECIAL** shake for the occasion.

When you purchase the **SPECIAL** Chocolate Raspberry Shake from **Maxwell's Burgers & Shakes** during the month of April, a portion of the proceeds will be donated to Parkinson's Awareness right here in Frederick County.


 57 E. PATRICK STREET, FREDERICK, MD 21701 • 240.651.3721



Shakes - 6.50
 VANILLA/CHOCOLATE COOKIES & CREAM
 STRAWBERRY/CARAMEL/PEANUT BUTTER
 CUP/SNICKERS/CARAMEL MOCHA
 ASK ABOUT PREMIUM FLAVORS!
**Make it an
 ADULT SHAKE +5**



APRIL IS PARKINSON'S AWARENESS MONTH



One Million People in the US live with Parkinson's Disease including over 900 people right here in Frederick County.

WHAT IS PARKINSON'S DISEASE?
 Parkinson's Disease is a progressive neuro-degenerative disease that affects the dopamine producing neurons in the brain. The disease is often present for years before diagnosis. **By the time a person is diagnosed**, they may have already lost 80% of their dopamine producing neurons.

WHAT ARE THE SYMPTOMS OF PARKINSON'S DISEASE?
 The first symptom many people experience is loss of sense of smell. They may develop a tremor on one side. Maybe a finger or a leg. As the disease progresses, people may have problems with rigidity, slow movement, balance, quiet speech, swallowing, constipation, eye problems, anxiety, and depression. People have trouble walking and may use a cane, walker, or wheelchair.


WHO GETS PARKINSON'S DISEASE?
 Most people living with Parkinson's Disease are over 65, but there are a large number of people 50 and younger with "Early or Young Onset" Parkinson's. Men are about 1.5 times more likely to have Parkinson's than women.

HOW IS PARKINSON'S DISEASE TREATED?
 Since Parkinson's Disease is caused by a lack of dopamine, doctors often prescribe a medication that replaces the missing dopamine. Almost as important as medication is exercise. Two and a half hours of exercise a week has been shown to help control the symptoms of Parkinson's Disease. A physical therapist, occupational therapist, or a senior fitness professional can help develop an appropriate exercise program. Walking, hiking, dance, cycling and even boxing training has been shown to help.

**WHY SHOULD I CONSIDER
 A PARKINSON'S DISEASE SUPPORT GROUP?**

Think of a support group as one of our favorite foods: PIES

P	erspective on our illness and condition;
I	formation about PD through resources such as our lending library as well as our guest speakers;
E	ncouragement through our mutual interactions and experiences;
S	upport through our understanding of and care for each other.




*The bottom line: We have **hope** in spite of, or perhaps even because of, that which we share.*

**FREDERICK COUNTY HAS
 TWO PARKINSON'S DISEASE SUPPORT GROUPS**


**Friends In Frederick
 Parkinson's Disease Support Group**


*meets the 3rd Wednesday of each month,
 1-3 PM, at the Mt. Pleasant Runtan Club,
 8101 Crum Rd, just off Rt. 26 in Mt. Pleasant.*



**Parkinson's Disease
 Support Group of Frederick**

*meets the 3rd Saturday of each month
 at the YMCA of Frederick at 1000 North
 Market Street in Frederick*





For More Information about Parkinson's Disease and local Parkinson's Resources, Visit Our Website:
www.FIFPSG.org
 Or Contact: Mary at marykraft@comcast.net;
 John at john.nicodemus@verizon.net; Louise at houtzmom@hotmail.com

