

Welcome to this weeks Newsletter.

Please know that our Freephone Helpline 1800 359 359 is open from 9am - 5pm Monday to Friday. If you wish to avail of our Nurse led call back service with Lisa Wynne (SPN) or a call from the Dietitian Richelle Flanagan please phone the Helpline to arrange a call.

Meet our new board members:



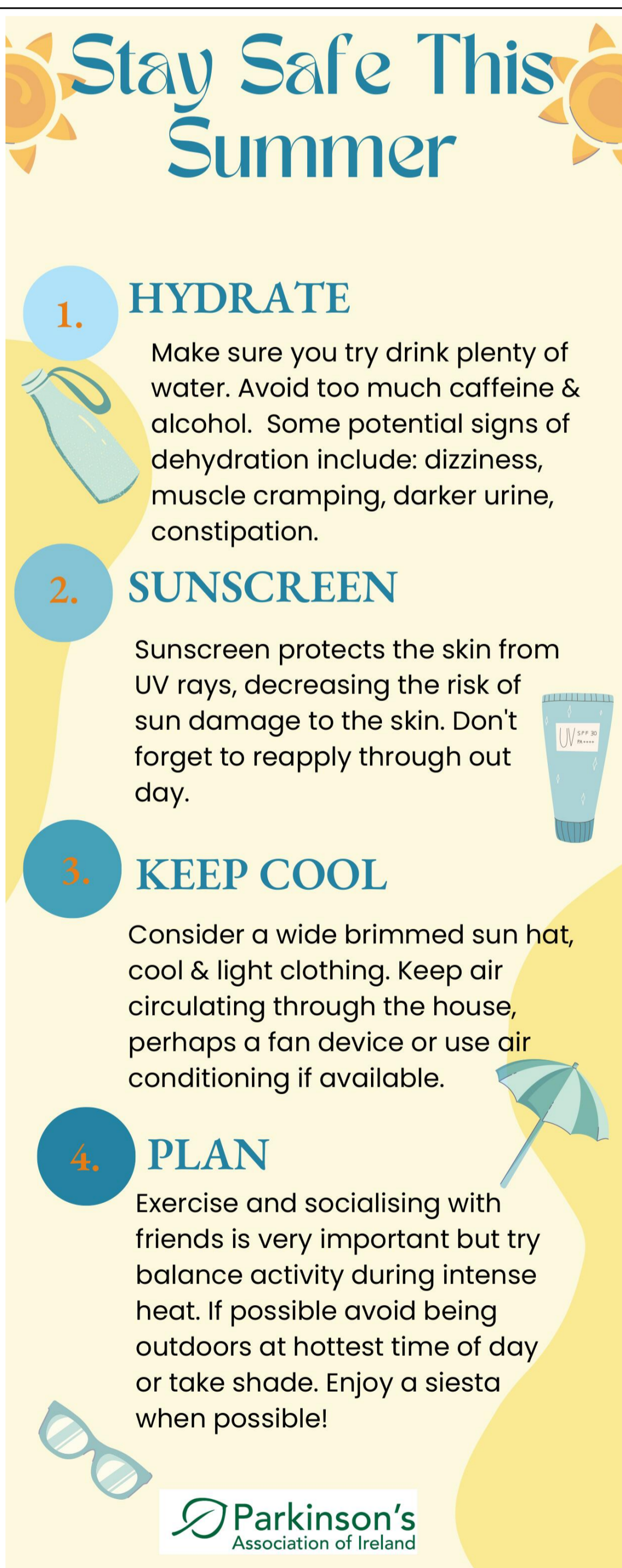
Frank Lynch

Frank was born in Cork, but moved to Limerick at an early age as his father was transferred there by his company. Educated at St. Munchin's College and the School of Building in Limerick, he worked as a draughtsman with John Thompson and Partners, Patrick J. Sheahan and Partners and Limerick Harbour Commissioners. Under the Harbours Act of 1996, Limerick Harbour Commissioners became Shannon Estuary Ports Company, which subsequently was merged with Foynes Port Company to form a single authority for the Shannon Estuary, Shannon Foynes Port Company. Frank's career path changed during this time, and he retired as Company Secretary in 2011. His interests include sport, mainly cricket and rugby. He and his wife, Assumpta, have five children.




Helen McCormack






Helen McCormack joined the Board in April 2022. Helen originally from the UK moved to Ireland 15 years ago to join GE Healthcare and she has remained at the forefront of where science, business and philanthropy collide. Helen holds a BA Hons degree in Hospitality Management and is continuing her studies within neuroimmunology and infectious disease. Helen's vast experience as a founder, CEO, board member and in other senior business and global operational roles has made her an expert in many aspects of healthcare, and most recently neurology and neurodegenerative disease actively working on pharmaceutical and diagnostic developments. Helen holds Parkinson's disease very close to her heart as her father suffers from LBD with parkinsonism, and is delighted to be able to volunteer within our charity. Helen enjoys cooking, attending concerts and sports events and loves to travel



Stay Safe This Summer

- 1. HYDRATE**
Make sure you try drink plenty of water. Avoid too much caffeine & alcohol. Some potential signs of dehydration include: dizziness, muscle cramping, darker urine, constipation.
- 2. SUNSCREEN**
Sunscreen protects the skin from UV rays, decreasing the risk of sun damage to the skin. Don't forget to reapply through out day.
- 3. KEEP COOL**
Consider a wide brimmed sun hat, cool & light clothing. Keep air circulating through the house, perhaps a fan device or use air conditioning if available.
- 4. PLAN**
Exercise and socialising with friends is very important but try balance activity during intense heat. If possible avoid being outdoors at hottest time of day or take shade. Enjoy a siesta when possible!



With the fine weather coming in at last!     
PAI has put some tips together to help people with Parkinson's enjoy the sunshine in comfort. If you have any questions or concerns please give us a call in on the free phone number 1800 359 359.

If you are travelling abroad to help ease any concerns you might have, you can view a full comprehensive guide on tips and tricks that can help you on your travels - <https://www.parkinsons.ie/tips-on-travelling-abroad/>

Also you can download our PAI passport to bring along with you. You can download the passport here - <https://www.parkinsons.ie/parkinsons-association-of.../>

See response below from query sent in to Orion Pharma by SPN Lisa Wynne in relation to Eldepryl

Thank you for your enquiry.

Orion Pharma is unfortunately experiencing challenges sourcing supplies of the active ingredient for Eldepryl (selegiline) 5mg and 10mg tablets. Supplies are expected to return to normal later in the year, hopefully during the third quarter of 2023.

We are sorry about this situation and understand how distressing this is for people that are unable to obtain supplies of their medication.

If you are affected by this issue please speak with you pharmacist, prescribing physician or you Parkinson's nurse specialist.

Our helpline 1800 359359 is open from 9am - 5pm if you have any concerns re: the shortage.

North West Branch News:

The North West Branch would like to offer their sincere sympathy to Anne and the Leonard Family on the death of Peter. May he rest in peace.

Travelling with a
DBS
implant

Airport security devices like metal detectors & X-ray machines won't damage the implant, but may cause unintentional stimulation.

The implant may also activate metal detector alarms, so carry your patient ID card with you

If travelling abroad, you may need an outlet adapter to charge your system.

parkinson's
europe

DBS & Traveling

If you use DBS (Deep Brain Stimulation) to manage your Parkinson's symptoms, keep this handy advice from Boston Scientific

in mind when travelling with a DBS implant. Find out more about DBS:

<https://buff.ly/3lz5yO9>

If you have any news that you would like to be included into the newsletter please send it into Sabrina at fundraising@parkinsons.ie.
