

New hope for Parkinson's patient

When Charolet Goos heard that some of her classmates were beginning to plan a fiftieth high school reunion, she knew better than to even hope. Charolet could barely walk ten feet, couldn't complete simple household tasks and every day seemed to be worse than the one before. "It was terrible," she said, "I could barely get up off the couch." The thought of traveling out-of-state to attend her reunion seemed impossible.

Parkinson's had already claimed one of her greatest passions. Bowling weekly with her husband in the senior's league was no longer a possibility. At just ninety pounds and 5'1" inches tall, Charolet's Parkinson's ravaged frame was plagued with tremors and uncontrollable shaking. Charolet started having back problems in the early '80s. She experienced a small, barely noticeable tremor in her leg. By the time Charolet went to see Arnold Vardiman M.D. at Texas Neurosciences Institute, twenty years later, her condition worsened. In addition to the tremors, her small weak frame would often lock up causing her

to suddenly fall. Dr. Vardiman determined that Charolet was a candidate for deep brain stimulation, also called Activa Therapy. Dr. Vardiman is one of the most experienced doctors when it comes to implanting Activa Therapy devices. He only performs this procedure at Methodist Hospital. "Here at Methodist Hospital, we offer surgery for patients who are no longer experiencing benefits from medication or have intolerable side effects from their prolonged use. We've offered a pallidotomy here for several years. This is an ablative procedure requiring the destruction of a small area of brain tissue. But now, we do mostly non-destructive operations like Deep Brain Stimulation," said Dr. Vardiman. Electrodes are surgically implanted in the brain and electrical impulses are delivered at just the right points to control tremors. "For Parkinson's Disease patients whose symptoms are not limited to tremor, e.g. Bradykinesia which is slowness of movement, rigidity or postural instability, we can offer subthalamic nucleus (STN) stimulation rather than thalamic. The target is a little bit deeper in the brain and can help in controlling the entire constellation of Parkinsonian symptoms. STN finally gives us

an effective new approach to treat all the disabling symptoms of the disease without having to destroy or permanently alter a person's brain tissue."

This breakthrough procedure has helped many people just like Charolet regain control of their muscles and stop tremors. A pacemaker like device is implanted to deliver the low-voltage impulses. The device runs off batteries, which have to be changed every three-five years, making the patient completely mobile. "There are not many procedures I do that have this immediate result. For people who have been forced to live with tremors for years and years, the change is sometimes overwhelming. Imagine not being able to feed or dress yourself, hold a phone to your head or pour a glass of water because you can't control your limbs. It's not an overstatement to say you literally give some people their life back."

Charolet noticed a difference the instant she woke up from surgery. Her tremors were gone. Today, Charolet is back at the bowling alley every week. She also cannot wait to attend her upcoming high school reunion. "I'll be there. I'm definitely going to go, now." To learn more about Texas Neurosciences Institute, or to contact a treating physician, call NeuroDoc at 210-575-0570 or 1-877-960-1212, or visit www.texasneurosciences.com.

Arnold Vardiman, MD is a board-certified neurosurgeon who is affiliated with the Texas Neurosciences Institute. He has interests in Adult Spinal Disorders including Minimally Invasive Approaches for both Degenerative and Intradural Pathology as well as complex disorders of the Craniocervical Junction. Dr. Vardiman has the most experience with the surgical management of movement disorders in San Antonio.



NEWS BRIEFS

Who's a candidate for Deep Brain Stimulation (DBS)?

Parkinson's patients with uncontrollable tremors, for whom medication has lost its effect or has never worked, are strong candidates for DBS. Unfortunately, DBS is not effective for all Parkinson's patients.

Each case should be evaluated by a physician to determine if and when to intervene. In addition to Parkinson's patients, patients with epilepsy, essential tremors and dystonia may also benefit from DBS.

Why patients choose Texas Neurosciences Institute.

Procedures such as Deep Brain Stimulation are performed more at Texas Neurosciences Institute than at any other health care facility in Texas. No where else in the state will you find such a concentration of high level neurologists, neurosurgeons and specially trained technicians and nursing staff. Patients are referred to Texas Neurosciences Institute from all over the world to receive treatments such as the removal of skull base tumors and minimally invasive spine surgery.

**TEXAS
NEUROSCIENCES
INSTITUTE**

Methodist Healthcare - San Antonio

www.texasneurosciences.com

Patient Education

Falls are the leading cause of brain injury among the elderly. In fact, among adults 70 years and older, 3 out of 10 will fall. Common health issues related to falls in the elderly include altered mobility, polypharmacy, disorientation, hearing and/or vision impairment, incontinence, as well as the use of assistive devices and poor nutrition.

ThinkFirst For Seniors, an initiative supported by the Methodist Healthcare Trauma Department, Texas Neurosciences Institute and Methodist Specialty and Transplant Hospital, created a new educational series, Caring For Others. This initiative was developed to reduce the risk of falls among seniors. This unique program provides caregivers with the basic skills and knowledge to provide loving, competent and safe home-based care. This six-week series teaches participants how to:

- Help someone with bathing, dressing and going to the bathroom
- Create a safe home environment
- Help someone safely get up from a bed, wheelchair or toilet
- Talk with a doctor about medications or plans of care
- Spot common medication side effects and interactions
- Provide well-balanced and healthy meals

Through hands-on experiences, attendees learn the practical skills needed to feel confident about the day-to-day care they provide, as well as reduce the risk of falls for their loved one.

The six-week series will be held on Saturdays from 10:00 A.M. to 12:00 P.M. at Methodist Specialty and Transplant Hospital at various times throughout the year. Your patients can call the Methodist Healthcare HealthLine at (210) 575-0355 or toll free at 1-800-333-7333 to register for the series.

We Have The Resources You Need

The Texas Neurosciences Institute offers physicians excellent resources, information and services that they can promptly pass on to their patients.

BROCHURE

We have created an informational brochure designed specifically for your patients to better understand neurosciences. This brochure highlights neuro successes as well as educating your patients to the types of neuro care that we provide. You can order the brochure by calling the Methodist Healthcare HealthLine at 210-575-0355 or 1-800-333-7333.



Call NeuroDoc at 210-575-0570 or 1-877-960-1212

24-HOUR ACCESS TO:

Up-to-the-minute information. The complex field of neurosciences is sometimes difficult for patients to understand. So, the Texas Neurosciences Institute created a special Web site that provides a wealth of the most current information about



neurosurgery and the Texas Neurosciences Institute. Physicians can point their patients to

www.texasneurosciences.com where they can access information and ask questions 24-hours-a-day, 7 days a week.

NEURODOC REFERRAL SERVICE
NEURODoc You can find a complete list of neuroscience physicians through the Texas Neurosciences Institute NeuroDoc referral service.
www.texasneurosciences.com

CME CALENDAR OF EVENTS

TUMOR BOARD
 NOVEMBER 1; and
 DECEMBER 6, 2006
 7:00 a.m. - 8:00 a.m.
 OAK HILLS MEDICAL
 BUILDING, 6TH FLOOR,
 CONFERENCE ROOM A
 Registration: Not Required
 An interactive, multi-disciplinary
 discussion on various cancer cases.
 * A Methodist Hospital Facility
 For a list of all CME events, go online to
www.methodistphysicians.com

STEREOTACTIC RADIOLOGY CONFERENCE (Formerly known as Gamma Knife)
 NOVEMBER 2, 9, 16, 30; and
 DECEMBER 7, 14, 21, 28, 2006
 7:30 a.m. - 8:30 a.m.
 METHODIST HOSPITAL,
 SUB-LEVEL 2, RADIOLOGY
 CONFERENCE ROOM
 Registration: Not Required
 This patient case conference is designed
 for all healthcare providers involved in the
 care of patients with brain tumors, AVMs,
 or Trigeminal Neuralgia.

PEDIATRIC TUMOR BOARD
 NOVEMBER 3 & 17; and
 DECEMBER 1 & 15, 2006
 8:00 a.m. - 9:00 a.m.
 OAK HILLS MEDICAL
 BUILDING, 6TH FLOOR,
 CONFERENCE ROOM A
 Registration: Not Required
 Presentation with lecture and discussion
 designed for all healthcare providers
 involved in the care of pediatric patients.

STANDARD RESORT
 U.S. POSTAGE
PAID
 SAN ANTONIO, TX
 PERMIT NO. 1409

TEXAS
NEUROSCIENCES
INSTITUTE
 Methodist Healthcare - San Antonio
 8109 Fredericksburg Rd.
 San Antonio, TX 78229
www.texasneurosciences.com