

Discover ACTIVA® DBS



Information about Activa DBS and Parkinson's disease

Turn to a Trusted Resource

People with Parkinson's disease (PD) and their loved ones realize that trusted resources can make living with the disease much more manageable. The more you know, the more you are able to make decisions that are right for you and your family.

The Discover Activa DBS program is committed to helping you learn more about PD and treatments like Medtronic Activa DBS Therapy to help to control it.

In this issue of the newsletter you'll meet Bruce and learn how Activa DBS is helping him regain rewarding aspects of his life. You'll also gain a greater awareness of the American Parkinson's Disease Association and their accomplishments.

If you would like more details on Activa DBS for Parkinson's disease, please visit our website at www.activadbs.com.

Enjoy this issue of Discover Activa DBS, and please continue to look to us as a trusted resource in your journey with PD.

Sincerely,

Michael Marcroft
Manager
Medtronic Neuromodulation

Issue 7: April 2009

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Save the Date!

Walk for
Parkinson's!

Massachusetts
Chapter APDA

June 7, 2009

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Features

Activa DBS Patient Story: Bruce

As a police chief, Bruce was used to adrenaline-rush experiences. So he couldn't understand why his hand wouldn't stop shaking after chasing down a burglar. Diagnosed with Parkinson's disease, he eventually decided to pursue Activa DBS. Learn how it has enhanced his life.

>>> [Read Bruce's Story](#)

Getting to Know the APDA

You may think you're familiar with the American Parkinson's Disease Association (APDA). But there's more to learn. This active, committed organization is making sure you, your loved ones and the broader community understand Parkinson's while also committing over \$30 million to research.

>>> [Read the Story](#)



The Discover Activa DBS program does not provide medical advice.

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Health information changes quickly. Therefore, it is always best to confirm information with your health care professional.

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Medtronic, Inc.
3850 Victoria Street N. V255 B
Shoreview, MN 55126

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Activa DBS Patient Story: Bruce

The following story recounts the experiences of one person using Activa® DBS to suppress some of the symptoms of Parkinson's disease (PD). Medtronic invited him to share his story candidly. As you read this story, please bear in mind that the experiences are specific to this particular patient. Results vary; not every response is the same.

Bruce's Story

As a police chief in central California, Bruce was used to intense, adrenaline-inducing encounters. So after shimmying up a drain spout at the local Kmart to chase down a burglar, he couldn't understand why his right hand wouldn't stop shaking. Days later, he noticed it again during a swearing in ceremony when his hand shook as he swore in the department's new police officers.

A Parkinson's disease diagnosis came weeks later.

"I held onto my job for three years before I had to quit," Bruce recalls. "As a police chief you need to represent strength and calm, and my tremor got in the way of that."

Living with the Symptoms

Bruce's symptoms increased ever so gradually. His once neat penmanship became illegible. His gait became impaired. He had a hard time rolling over in bed. He could no longer golf. He had to cancel a road trip on his Harley-Davidson motorcycle when he realized he couldn't balance the bike.

"My quality of life really diminished," says Bruce.

Medications were prescribed to counteract his symptoms, but without much success. Bruce suffered a variety of medication-related side effects including sleepiness, lack of energy and dizziness. He tried physical therapy but did not experience great benefit.

Learning about Activa Therapy

By the time Bruce learned about Activa DBS Therapy, he had been on medication for ten years. His sister learned about the treatment in a magazine article. Curious to find out more, they attended an information session at a nearby hospital.

"As I sat in the room and learned about DBS, I was in disbelief," Bruce remembers. "We watched a video and the results were so dramatic I could hardly believe it."

Pursuing Treatment

Bruce left the information session excited about the possibility of Activa DBS Therapy. He made an appointment with a physician who specialized in DBS and had the device implanted in August 2007.

The surgical procedure took approximately eight hours.

"I was surprised that the surgery was almost anticlimactic. It was over before I knew it," says Bruce. He experienced no pain during or after his procedure and there were no complications. Potential risks of the procedures include intracranial hemorrhage, infection, and pain at the surgery sites.

Shortly after the procedure, Bruce's hands stopped shaking and his gait dramatically improved.

How DBS Helped Bruce

DBS uses a surgically implanted medical device much like a cardiac pacemaker to deliver electrical stimulation to precisely targeted areas within the brain. The stimulation is delivered through a medical wire called a lead, which is tunneled beneath the skin.

Stimulation of these areas blocks the signals that cause the disabling motor symptoms of Parkinson's disease. The electrical stimulation can be noninvasively adjusted to maximize treatment benefits.

Living Life

Today, Bruce has an active lifestyle. He enjoys going for walks and golfing. He regularly takes 270-mile motorcycle rides on his Harley-Davidson.

"I feel like Activa Therapy gave me my life back," Bruce says. "I have no problems with balance or shaking. I just get a little winded at times."

His family life has returned to a level of normalcy he hadn't experienced in years. "I am able to be active with my family and even drive my grandchildren around. I feel like I am having a regular retirement experience now. It's like a dream come true."

Important Safety Information



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Getting to Know the APDA

You may have heard it said that individuals with Parkinson's are considered among the most knowledgeable patients about their disease. They tend to research their condition and stay current on studies and treatment advances. The American Parkinson's Disease Association (APDA) plays an important role in advancing understanding about the disease within and beyond the Parkinson's community.

"One distinction between the APDA and other Parkinson's groups is that we have a dual mission," explains Kathryn Whitford, associate executive director of the APDA. "Our mission is to ease the burden *and* to find a cure. Other organizations generally focus on one of these goals."

To ease the Parkinson's burden, the APDA focuses on distributing information and providing educational and support programs through a network of 62 information and referral centers (I & R Centers). These centers are coordinated by healthcare professionals and directed by a volunteer neurologist. They provide physician and services referrals, and offer programs that include lectures on a variety of topics ranging from support for caregivers to deep brain stimulation. They also coordinate support groups.

APDA hosts a vast library that includes booklets, brochures, newsletters and DVDs provided free of charge. Medical authorities write educational supplements on topics such as "Medications to Avoid," "Depression and Parkinson's Disease," and "Recreation and Socialization." The organization also maintains two web sites, www.apdaparkinson.org and www.youngparkinsons.org hosted by its national young onset center.

The second prong in the APDA's two-part mission—to find a cure—is advanced by volunteers who organize and run its 53 chapters to raise awareness and funds for research. Working with the I & R centers, chapters sponsor conferences and symposia.

Research is conducted by nine centers for advanced research located in universities and major healthcare centers across the country. Here, the latest science is applied to Parkinson's disease.

"APDA encourages research at the most basic levels up to the most advanced," says Kathryn. "Our funding support ranges from individuals' research that shows new promise in the field to the sophisticated work being done in major institutions."

Scientists and physicians comprise a 15-member advisory board that reviews and recommends fellowships and research grants for APDA funding.

In fact, the APDA has contributed approximately \$40 million to Parkinson's disease research and \$30 million to patient and caregiver education and support.

While focusing on its mission, the APDA also promotes a spirit of collaboration with other organizations. It has partnered with the Michael J. Fox Foundation on a state registration databank, participates in the annual Parkinson's Unity Walk, promotes Parkinson's events on their web site and currently is discussing a shared conference with the National Parkinson Foundation.

"Each Parkinson's organization has its own focus," says Kathryn. "And while we're advancing in different areas, we're all striving toward a common goal."

For more information on the APDA, visit www.apdaparkinson.org.

"Deep brain stimulation is considered by many to be one of the most significant advances in the treatment of Parkinson's disease since the introduction of the medication levodopa four decades ago."

- Robin Elliot
Executive Director,
Parkinson's Disease
Foundation

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- Highlights of Parkinson's disease related events

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