

**Welcome Dr. Sotirios Parashos to the HealthPartners Parkinson's Center Team**



"I am a neurologist with the Park Nicollet Clinic Neurology Department, the Clinical Research Lead at the Struthers Parkinson's Center, and an Adjunct Professor of Neurology at the University of Minnesota. I completed my medical training at the Aristotle University in Thessaloniki, Greece; a Fogarty Fellowship in Neuropharmacology of Movement Disorders at the National Institutes of Health, in Bethesda, MD; a Neurology residency at the University of Minnesota; a PhD in Experimental Physiology of the Nervous System, at the Aristotle University; and an Advanced Clinical Fellowship in Movement Disorders, at the Mayo Clinic.

My Parkinson's research focuses on non-dopa-responsive symptoms such as falls and cognitive dysfunction, the natural progression of Parkinson's disease, and the role of the multidisciplinary care in the management of Parkinson's disease. I have co-authored many articles published in scientific journals, a book on *Navigating Life with Parkinson Disease (part of the American Academy of Neurology's Neurology Now series)*, and have given numerous lectures on Parkinson disease to professional and lay audiences. I serve on the Community Advisory Board of the Struthers Parkinson's Center, on the Work Group for Parkinson's disease Physician Performance Measure Development of the Quality Standards Subcommittee of the American Academy of Neurology, and on the Parkinson's Outcomes Project of the Parkinson's Foundation.

I see patients with Parkinson disease and Movement Disorders at the Struthers Parkinson's Center, at Park Nicollet Clinic, and at the HealthPartners Parkinson's Center.

I enjoy time with my family (wife Christina, son Andreas-11, daughter Anna-8, and dog Bubbles-13) and friends, woodworking, reading, classical music, opera, swimming, and sailing. I speak Greek (both modern and ancient), French, German, and Latin."

Sotirios A. Parashos, M.D., Ph.D.

*Dr. Parashos sees patients at the Neuroscience Center in St Paul on Fridays.*



**Parkinson's Disease and Driver Safety**

Driving gives us independence! The convenience of being able to drive allows us to stay connected to family and friends and our community. It permits us the freedom to get to work, medical appointments, grocery store, church and the list goes on and on.

Driving can also be one of the more dangerous activities in our daily/weekly routine. It is a complex skill requiring the coordination of several skills at one time.

Many people with Parkinson's disease continue to drive safely long after their diagnosis.

Although Parkinson's disease is progressive, a person's driving ability is unique to each individual. Much depends on the person's specific variety of symptoms, stage of progression, symptom management with medications, medication side effects as well as other age related changes.

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For more information or appointments at the HealthPartners Parkinson's Center and multidisciplinary clinic:  
295 Phalen Boulevard, St. Paul, MN 55130 [healthpartners.com/parkinsons](http://healthpartners.com/parkinsons) 51-495-6305





Julia Johnson, MD  
Movement Disorder  
Neurologist



Jana Ostrand, NP  
Neurology



Jon McIver, MD  
Neurosurgery



Sotirios Parashos, MD  
Neurology & Research



Kate WymanChick, PsyD  
Neuropsychologist

*Cont. from page 1 Parkinson's disease and Driver Safety*

- Stay active and fit. Participate in regular exercise/movement program or keep involved in activities such as golf, bowling, walks, gardening etc
- Do regular neck and trunk stretching exercises to maintain mobility for watching traffic at intersections, lane changes and backing maneuvers
- Eliminate driving distraction. Talking with passengers, talking on cell phone (hands free), listening to the radio, eating or drinking while driving will affect concentration and reduce safety
- Avoid night time driving and highways or freeways if you have vision changes or difficulty with thinking speed and memory
- Do not drive when you feel fatigued or when your medication is wearing off
- Choose familiar routes. Consider a GPS system for less familiar routes or new destinations
- Avoid rush hour traffic
- Drive only in fair weather

At some point, your neurologist or health care provider may recommend a driver assessment by a Certified Driver Rehabilitation Specialist (CDRS). With backgrounds in healthcare and driver education, driver rehabilitation specialists are professionals who have completed additional training and education in the field of driver rehabilitation. *Regions Hospital Driving Ability Program* can provide this assessment.

*Regions Hospital Driving Ability Program* is located in the Rehabilitation Department at the Neuroscience Center. The occupational therapy department offers pre-driving clinical assessment and behind the wheel driver evaluation to assist patients, family and providers with making recommendations regarding driving ability and safety. The pre-driving assessment is covered by health insurance. A referral from a health care provider is needed to participate in this assessment. This assessment looks at physical abilities, reaction time, visual and cognitive (thinking) skills that are necessary for safe driving. Depending on performance on the pre-driving assessment, a behind the wheel evaluation may be recommended. An on street driver evaluation is completed in the driver's neighborhood, when able, and the cost is not covered by health insurance. The driver is asked to drive to routine destinations to observe driver challenges specific to Parkinson's disease.

**If you are interested in more information about our program, please call 651-254-3200.**

Submitted by: Kathy Kiefer, Occupational Therapist-CL Specialist



Gary Allen, PsyD, LP  
Behavioral Health



Amanda Elliott, PT  
Rehabilitation



Kari Pantekoek  
Speech Pathologist



Sandy Varpness, LSW  
Neurology



Beth Dessner, OT  
Rehabilitation

## ***Train the Trainer Event***

**Wednesday, September 26 – 9:00 a.m.-12:00 p.m.**

As a part of the National Parkinson Foundation, MN Chapter – Parkinson’s Community Exercise Grant we are excited to offer this FREE educational opportunity to trainers in the area with the goal of creating a community of fitness professionals that can play an integral role in assisting individuals with Parkinson’s in achieving their exercise goals.

*HealthPartners Neuroscience Center - 295 Phalen Blvd., St. Paul, MN 55130*  
*RSVP: Contact Dawn Joyce at 651.495.6704 or [dawn.e.joyce@healthpartners.com](mailto:dawn.e.joyce@healthpartners.com)*

## **Upcoming Events**

## ***Caregiver Education & Support Group*** **New**

This group covers a variety of topics for those who care for loved ones with Parkinson’s. **This group meets monthly, on the 4th Thursday from 1:00pm—3:30pm** at the Neuroscience Center, 295 Phalen Blvd., St Paul, MN 55130. Upcoming topics are: July—Speech, August—Nutrition, Sept.—Anxiety & Depression. Call Sandy Varpness 651.495.6343 to register.

## ***Parkinson’s Support Group***

Meets at 6:00pm on the 3rd Monday of each month at:  
Woodbury Lutheran Church, 7380 Afton Rd, Woodbury MN 55125

*If you would like more information or register for any of the support groups, please call Sandy Varpness at 651.495.6343 or email her at: [sandra.c.varpness@healthpartners.com](mailto:sandra.c.varpness@healthpartners.com)*

## **Support Groups**

## ***Parkinson’s Disease Community Exercise Class***

This is a fun group exercise class for people with Parkinson’s disease. The class will incorporate principals from the LSVT BIG/LOUD, PWR, & SPEAK OUT.

Tues. & Thurs. weekly from 11:15am—12:00pm  
Neuroscience Center, 295 Phalen Blvd, St Paul, MN 55130.  
\$70 a month for 2 classes a week.  
\$35 a month for 1 class a week.

*If you are interested in this class please call **Amanda Elliot 651.495.6764**. She will do a screening with you and complete the registration. A physician’s order is not required to participate in the class.*

## **Exercise Opportunities**



## ***NeuroWell Exercise Program / NeuroWell CLEVER-PD Program***

This program is available to individuals interested in experiencing how supervised exercise beyond rehabilitation can further enhance well-being and improve quality of life. The monthly membership consists of 2-3 days of 60 minute exercise, in which 4-6 members carry out their individually tailored exercise routine. The program routine combines cardio, strength and the CLEVER-PD program designed for cardio. This is located at the Neuroscience Center, 295 Phalen Blvd, St Paul, MN 55130, in the Regions Rehabilitation Gym on 1st floor.

The cost is based on how many days you attend.  
\$175 a month for 3 times a week Mon/Wed/Fri.  
\$150 a month for 2 times a week Tues/Thurs.  
Available times to choose from are: 9:00am, 11:00am, 1:00pm, 3:00pm.

*If you are interested in joining this fun group, please call **651.495.6704** to learn more.*

**Living well with Parkinson’s disease.**