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Second Annual Raul Yzaguirre Symposium for Hispanic Families Affected by Parkinson disease

*Muhammad Ali Parkinson Center offers the largest Spanish event in the nation for patients,
family members, and healthcare providers interested in Parkinson disease*

Phoenix, Ariz. (Mar. 1, 2009) — The Muhammad Ali Parkinson Center will be holding their second Raul Yzaguirre Annual Symposium, in Spanish, to provide information to Hispanic families and health care providers about the latest developments in living with Parkinson's disease (PD). The event, scheduled for Saturday March 14, 2009, was named to honor Raul Yzaguirre, who served as president and CEO of the National Council of La Raza from 1974 to 2004, and was diagnosed with Parkinson's disease in 2001. In only its second year, the Raul Yzaguirre symposium has become the largest event in the nation dedicated to inform the Hispanic community about PD, an age related degenerative disorder of the brain [1] that affects more than 1.5 million people in the United States. [2]

A 2003 study published in the American Journal of Epidemiology revealed that the incidence of PD was highest among Hispanic men and women of all studied groups. [3] Yet, there is a lack of resources to fight PD in the Hispanic community. "Unfortunately, there is a lack of PD related resources for Spanish-speaking patients," said Margaret Anne Coles, manager of the Muhammad Ali Center. "This is why we decided to create this symposium to provide valuable and updated information in Spanish, that will help them to better understand and deal with the disease in a daily basis."

With Teva Neuroscience as the gold sponsor, this year's event will feature three distinguished neurologists who will share their knowledge with the audience. Dr. María I. Aguilar, neurologist from the Mayo Clinic, will conduct the lecture on "How to Maintain a Healthy Brain," Dr. Abraham Lieberman, an internationally recognized authority on Parkinson's disease and Movement Disorders, will present the topic "Latest Advances and Treatments in Parkinson Disease," and Dr. Víctor Salazar, neurologist and president of the Arizona Latin-American Medical Association, will close the event with "Cognitive Changes and Dementia in Parkinson Disease."

In addition to promoting education about Parkinson disease, the symposium provides information about community services and PD related therapies in a pleasant, fun, and informal format. "We want to give Hispanics the opportunity to find answers for any PD related questions they might have, inform them about resources available in the community and let them know that they are not alone in their fight against Parkinson's," said Claudia Martínez, Hispanic Outreach Coordinator of the Muhammad Ali Parkinson Center.

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Besides the medical lectures, the event will include a community resource fair where participants will find information and giveaways from organizations serving the Hispanic community. Attendees will also see, for the first time, the paintings that the Hispanic support group “Comadres/Compadres,” created as part of the artistic workshop “Let your energy light our flame.” These paintings will be part of a mosaic portraying the new logo flame of the Muhammad Ali Center. A short intermission with stretching and exercise will be included among the educational lectures, and a mariachi band will spice up the lunch hour followed by a series of raffles.

This year, the event will take place at the Fiesta Room inside the Restaurant Tradiciones, located at 1602 E. Roosevelt Street in Phoenix, from 8:00 a.m. to 2:30 p.m. The Raul Yzaguirre symposium is free, but space is limited. If you wish to attend or receive more information, call Claudia Martinez at (602) 406-2453.

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1. Olanow CW, Watts RL, Koller WC. An algorithm (decision tree) for the management of Parkinson’s disease (2001): treatment guidelines. *Neurology*. 2001; 56 (11 suppl 5): S1-S88. “PD is an age-related neurodegenerative disorder with an average age at onset of 60 years.”
2. NPF. *Parkinson’s Disease: What You and Your Family Should Know*. 3rd ed. Page 3, paragraph 2, sentence 1: An estimated one and a half million people in the United States have PD.
3. Van Den Eeden Stephen K. *Incidence of Parkinson’s Disease: Variation by Age, Gender, and Race/Ethnicity* (2003). Page 6, paragraph 2, sentence 5. “The overall incidence rate for Hispanics was the highest among the race/ethnic groups in our study. The high observed rate and the fact that it was observed among both men and women raise interesting issues regarding possible explanations that are discussed below.”

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