

The Dublin Neurological Institute

The Mater Misericordiae
University Hospital

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▶ **DATE FOR YOUR DIARY**
20th Sept. 2019
18th Annual Golf Classic
Hermitage Golf Club

28th Nov – 1st Dec 2019
Art Exhibition
Mater University Hospital

2nd April 2020
Breakfast in Croke Park
Cusack Suite

Further info regarding the above
please call – 087 637 6563

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DNI Charity registration No. CHY 19722
Registration No. 9755710W

Welcome



Welcome to the 4th edition of the Centre for Brain Health Newsletter. The Dublin Neurological Institute (DNI) is a charity that employs many staff to increase access to high quality care for people with a neurological disease. It is imperative that we continue to raise funds so that we can provide and expand our services with various fundraising events, philanthropy, legacies and grants. We need your support and help.

The money raised from your generosity is used to improve care for our patients. For example we were recently awarded funding from the Health Service Executive to set up the National Deep Brain Stimulation (DBS) Service Program for patients with Parkinson's disease and other movement disorders such as tremor. This was made possible because of the funding you provided over the years which allowed us set up a Deep Brain Stimulation Service here at the Centre for Brain Health. We have now appointed a physiotherapist, speech and language therapist, neuropsychologist, 2 clinical nurse specialists and we are due to appoint a consultant neurologist with an expertise in Deep Brain Stimulation in the near future. As a result Irish patients will be able to get an assessment in the Centre for Brain Health at the Mater Hospital. Through a North-South initiative, surgery will be carried out in the Royal Victoria Hospital, Belfast and post-operative care will be provided here in the Centre. This will mean that patients will not have to travel back and forth to the UK and elsewhere for on-going care and management of their DBS.

We were delighted to be involved with an RTE documentary titled : 'My Broken Brain' which is worth viewing on the following link: <https://www.indiepics.ie/news> This received great interest and many people have asked if we will be doing a follow-up to the programme?

Once again, may I say thank you to everyone who has supported us over the years.

Is mise
Tadhg Ó Loinsigh
Consultant Neurologist & Clinical Director
Centre for Brain Health
Dublin Neurological Institute

For further information visit

www.neurologicalinstitute.ie or Call 01 854 5035

Three wise men of sport support the Centre for Brain Health

Breakfast with Ted & Mícheál was an outstanding success... .. An audience of 230 people attended the Cusack Suite in Croke Park on 7th March 2019 to hear two great sporting heroes discuss their various passions. Mícheál presented some highlights from GAA games held in the past and being the true Seanchaí - he had a story to tell about each one.

The highlight of the morning was when Mícheál Ó Muircheartaigh interviewed Ted Walsh. Jim Gavin, Manager of the Dublin Senior Football Team, was in the audience and (thanks to a roving mic) he took part in the discussion. Many said they would have stayed all day to listen to the three wise men. The banter and fun was riveting. We all came away with information from Ted about how to recognise a good horse, by observing how it moves from behind. Interestingly Jim Gavin also assesses the movement of his potential players! Mícheál gave us a glimpse of how he manages to stay so young with such an amazing memory. He believes in maintaining his fitness by walking, golfing and mountain climbing. He said we should always have something to look forward to – in his 89th year he is currently looking forward to a forthcoming trip to New Zealand. Of course everybody wanted to

know how Jim Gavin can stay so calm all of the time - we can but try to emulate him !!

We are extremely grateful to all of the companies who so kindly supported the Centre for Brain Health by taking tables and making generous donations. We have committed to making this an annual event and are currently seeking sports personalities to speak at our 2020 breakfast.



• Jim Gavin & Mícheál Ó Muircheartaigh



• Mícheál Ó Muircheartaigh interviews Ted Walsh.



• Gordon Dunne, CEO, Mater Misericordiae University Hospital & guests



Micheál recalls some memorable GAA moments:

Leinster Hurling Final 1980, Kilkenny v Offaly:
A goal for Offaly by Johnny Flaherty close to the end of game

All-Ireland Hurling Final 1995, Clare v Offaly:
A goal for Clare by Alan Markham close to full-time.

All-Ireland Football Final 1992 Dublin v Donegal:
A point for Donegal by Declan Bonnar in the closing stages.



• Prof Tim Lynch gave a brief presentation on movement control in humans, Gaelic footballers & horses !



• Dolores Caffrey & Jim Gavin



• Kevin Commins (winner of best dressed man competition) together with Prof Tim Lynch, Conor Cooke & Jim Gavin

17th Annual golf classic in aid of Centre for Brain Health at the Dublin Neurological Institute Mater University Hospital

We were delighted to hold the 17th annual golf classic in Hermitage Golf Club on Friday, 21st September. It was so good to welcome all of our old reliables and also many new comers too. The afternoon slots were filled by 27 teams and the event was a great success.

As in other years, we were blessed with another beautiful autumn day for this event. Hermitage Golf Club as per usual, looked after us very well. The course was in magnificent condition and the lunch and dinner were superb.

Jim Gavin, Manager of the Dublin Football Team was a member of Prof Tim Lynch's team. There was great banter at the dinner afterwards when the iconic remarkable, Mícheál Ó Muircheartaigh presented the after dinner speech - while pitching up the Dublin v Kerry football rivalry and friendship theme.

Dermot Lee once again volunteered to do the score cards and we are forever grateful to him for performing this tedious task. The 2018 winner of the Ray Ward Memorial Cup was the team from Industrial Water Management Ltd (IWM) - Paul McGuigan, Alan Carton, Paul McGourty & Conor Sands.

We had a fun competition on the day for the best dressed

man and the best dressed woman. Kevin Commins won the best dressed man (with his remarkable plus fours!) and the ladies prize was won by Evelyn Rock (see photo on page 8). We are very grateful to those who took teams, sponsored tee boxes, made generous donations and also those who so kindly donated prizes towards the raffle. Thanks also to those who bought and sold raffle tickets - which made it the most lucrative raffle to date. Our top prize for the past number of years has been a 40" Smart TV with wifi. This magnificent prize has been donated each year by David Lally. We are extremely grateful to David and his family for their continued generosity. On this occasion we send our deepest condolence to the Lally family on the loss of Breege in 2018.

Without our loyal supporters this day would not happen and we are currently planning this year's event which will be held on Friday 20th September 2019. We are seeking a sponsor for this year's event and would welcome advise, support and volunteers.



Best dressed man (Kevin Commins) receives prize kindly donated by Louis Copeland – also in picture are Tim Lynch and Pauline Ward.



Team representing Barb Electrical: L to R Michael Connolly, Peter Mulumby, Colm Tumbleton, David Tumbleton receive prize from Tim Lynch



Prof Tim Lynch with Muiríosa Connolly, winner of Nearest the pin and longest drive



Evelyn Rock – winner of best dressed lady



First prize winners: Team from Industrial Water Management: L to R: Prof Tim Lynch, Conor Sands, Paul McGuigan, Paul McGourty & Alan Carton



Team representing Pivotal Properties: L to R Joe O Toole, Jimmy Mansfield, Dermot Wilson & Michael Ryan

DIVING WITH PARKINSON'S



By Peter Vine

I realised my tremor was causing confusion when the dive guide kept looking at me and formed an 'O' with forefinger and thumb – underwater sign language for “Are you OK?” We (my wife and I) were down at around 50 feet in one of the world's most pristine coral reefs – Wakatobi in Indonesia. Mesmerised by the sheer profusion of marine-life my excitement had triggered tremors in my right arm – a departure from my usual left side shakes.

As a 73 year-old marine biologist (and SCUBA diver since 1964) I had been keen to fight the gradual impact of Parkinson's disease that made itself felt in a multitude of mostly annoying, but sometimes amusing, ways. But I soon discovered that things previously taken for granted could no longer be relied upon.

Most disturbing was the sudden onset of leaking face-masks. For decades I had been able to pick up any face-mask, jump in the sea, and keep my eyes dry, or clear any slight leakage with no fuss. Now I was finding it difficult to identify a mask that didn't leak pretty much all the time!

Determined that this would not mark the end of my diving, I searched for a solution, testing a series of masks, both in

the sea and in a local swimming pool. Some desk research also indicated I was not alone among Parkinsonian divers plagued by once reliable facemasks leaking throughout their dives. Thanks to a bottom-mounted pool mirror, enabling me to observe air bubbles trickling out of the mask next to my slightly depressed temples, I was beginning to understand the source of the problem. My Internet research mentioned leaks due to divers “crunching up” their faces and I could also see that my own wrinkles were pronounced around the leaks. It was clear that I needed to find a mask that would create a strong seal to my face regardless of skin folds, facial tremors or a revised cranial contour.

I initially decided to try a ‘full facemask’ (FFM) of the kind that television presenters or oil rig divers use to talk to one another. The seal takes in both nose and mouth and seals around the top and back of the head rather than just the eyes and nose. There was just one issue, it presumed that ears could be cleared by just pressing silicone nose plugs into the nostrils and blowing, rather than actually blocking them off with a good nose squeeze – something that I often found necessary. Unless the mask facilitated easy ear-pressure equalisation, it would be useless and I was beginning to lose confidence that this more bulky rig was the answer to my problem.

I went back to the Internet to search for “no leak face-mask” and Google quickly brought me to a review of four masks that manufacturers claimed were ‘no-leakers’. I was

“Not all Parkinson’s symptoms are so easily banished. I still need help getting into my gear and sometimes struggle to keep up with other divers. Manoeuvrability, particularly in a current, can be challenging”

drawn to the ‘SCUBAPRO Synergy Trufit Twin Mirrored Mask’ that had very positive reviews. I placed an urgent order with SimplyScuba and once again tested the mask as soon as it arrived. There were no bubbles leaking out from the side of the mask so I packed it with my other gear and set off for another coral reef adventure.

At Wakatobi I put my faith in the new SCUBAPRO mask and I was not disappointed! No leaks even at the temples. And what an amazing place to be – clear water, a plethora of creatures that were new to me and the sweet relief of regaining confidence I had built up over five decades of diving! Hence my Parkinson’s induced right-arm tremors triggered by my excitement at actually being able to see what was happening underwater!

Not all Parkinson’s symptoms are so easily banished. I still need help getting into my gear and sometimes struggle to keep up with other divers. Manoeuvrability, particularly in a current, can be challenging and I am getting used to feeling like a ‘birdman’ being pushed this way or that by well meaning dive partners/guides who reckon I need a helping hand.

But these are minor niggles when it comes to the sheer joy of gliding across dazzling reefs like a visitor from outer space. The effort to solve the minor issues that were holding me back has been worthwhile. Perhaps there is a broader lesson in terms of making those extra efforts to overcome obstacles when under Mr Parkinson’s insidious influence.

- Dive shallow using a dive computer and take special care to avoid decompression sickness.

- Avoid alcohol during vacations involving multiple dives.
- One or two dives per day is probably safer than three.
- Loose-fitting, possibly shorty, wetsuits are worth considering for warm water diving.
- Ensure access to gauges, weight-belt release and buoyancy control buttons.
- Buddy dive and discuss your limitations with buddy beforehand.
- Agree hand signal for “Give me a hand”.
- Double check gear.
- Test facemasks prior to dive trip.
- If necessary try the SCUBAPRO Synergy mask or similar with wide soft, pliable seals.
- Make sure you have access to assistance at the end of each dive.
- Be aware of current research on effects of SCUBA diving.
- Stay informed and enjoy safe diving for as long as your health allows.
- Read ‘The Lost Intruder’ by Peter Hunt for some more in depth observations on Parkinson’s and diving.

Commentary by Prof Tim Lynch

Peter is a wonderful role model for people with Parkinsons disease. With a positive attitude and a proactive approach often people can continue their favourite pass times - even diving down to 50 feet in the ocean!! Well done Peter.



Since we first opened the doors of the DNI we have been inspired by the following words

*“Start by doing what is necessary,
then do what is possible and
suddenly you are doing the impossible”*

- St Francis of Assisi



Thanks to the generosity of our supporters we continue to achieve the impossible every day

Centre for Brain Health at the Dublin Neurological Institute MATER MISERICORDIAE UNIVERSITY HOSPITAL



18th ANNUAL GOLF CLASSIC **Hermitage Golf Club, Lucan** **Friday, 20th September 2019**

***For further information and entry forms
please call 087 637 6563***

• *Pauline Johnson serenades patients while they wait to be called for their appointment*

“Notes from behind the piano”

“Are we in the right place?” is the question I am frequently asked, as I perform on the Grand Piano in the patient waiting room of the Dublin Neurological Institute. I confirm a “yes” with a nod and a smile, as I continue to serenade the patients with quiet reflective music – while they await the call for their appointment.

I play a variety of musical styles – to create a relaxing ambience for the patients, who naturally are in suspense while they wait to see the doctor or specialist nurse. Some patients enjoy their slumbers on the beautifully comfortable sofas.

My interaction with the patients is about the music per se. I encourage anyone who once played an instrument to take it up again, implying that it may well prove a real distraction from their present state of being. Sometimes, a patient may come forward to sing – again very encouraging for others to follow suit.

Waiting time can be “Presto” time; nobody looks at a watch or complains that they have been waiting a long time. Many of the patients have become friends and I think I have been very privileged to have got to know so many over the years. It’s wonderful to hear an update of how things are going for people in their lives despite their illness. One of the most gratifying parts of my day is when patients and I remember each other on their return visit. We tell each other stories of recent events etc. I recently told the following story which was ‘Music to my Ears’ The patients have encouraged me to share this amazing story with you.....

Many years ago, when I was 11 years of age I started writing to a ‘pen friend’ named Helen in Tasmania. I sent her a photo of myself and she did likewise. We communicated regularly until we were 18 years of age and then through various circumstances, we lost contact – however we kept each other’s photos.

It is ironic that Helen, like I has enjoyed music all her life. She sings in a choir in Tasmania and the choir had booked

to come to Ireland to sing at the Cork International Choral Festival. She made enquiries in my home place and located me easily. When she contacted me after all the years – I was left ‘reeling with joy’. When Helen arrived in Ireland - I went to meet her. She was holding the photo I had sent her of my ‘11 year old self’ and I too had the photo she had sent me of her ‘11 year old self’. It was an amazing moment in my life that I will never forget. The photo below captures the moment of arrival, each holding a photo the other.

Helen was in Ireland for a week and we had a lot to catch up on. It is another strange coincidence that her work was in Neurology as a Speech Pathologist in the Royal Perth Hospital. She was awarded a Fellowship focussed on people who suffered strokes. All this says, such life giving moments are to be treasured and also how the kindly gesture of one person can bring untold joy.



• *Pauline & Helen with their photos*



• Tim Lynch & Richelle Kirrane

'Thank you to all who attended and supported our fundraising lunch in Fairyhouse Racecourses on 23rd April. We would especially like to thank Michael Ryan for the idea of holding the event and for his "can do" approach. It was a wonderful day of racing, great food and craic, with music and dancing till late in the evening. Ted Walsh Jnr was a knowledgeable and highly polished MC and tipster and both he and Rachel Blackmore provided inspired pre race information to all of us. Some of us even went home with a few bob in our wallets !!

We look forward to holding a similar event again next year as Fairyhouse was an excellent venue and we received superb attention and service from Peter Roe and his staff. The day proved to be a very successful fundraiser for the Centre for Brain Health which will help us to maintain the service we provide while developing new treatments and research.'



• Pauline Johnson



• ABOVE: L to R
Noddy Dempsey,
Paschal Queenan &
Regina Prenderville



• ABOVE: L to R
Michelle Keane with
Tim Lynch & her
mother Maeve Taylor

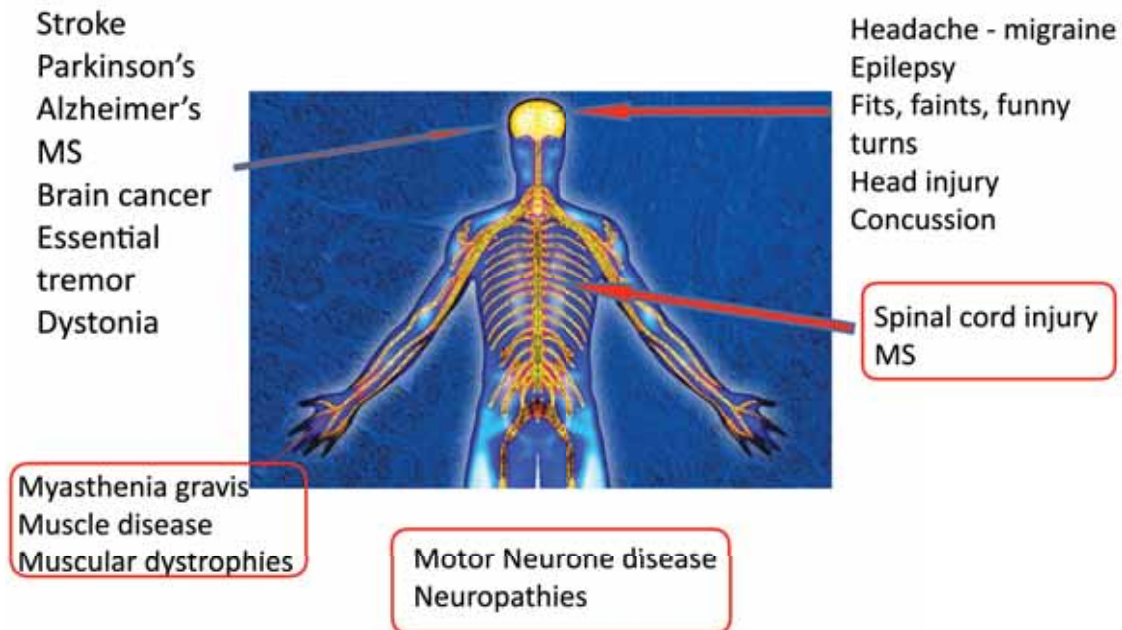


• ABOVE:
Michael Ryan and
his son Mícheál



• ABOVE: L to R Declan Gannon,
Christine Brooks, Declan Brooks
& Mary Wallace

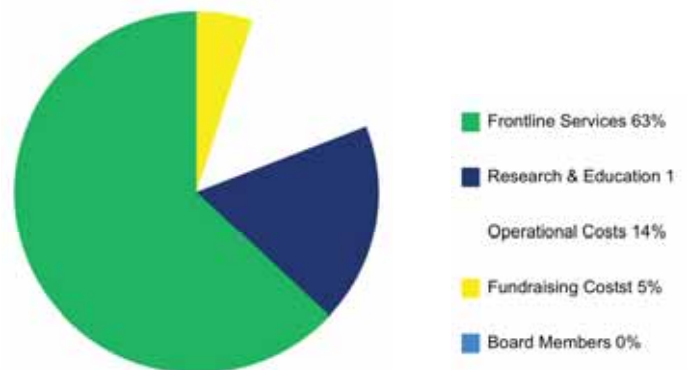
What we do at The Centre for Brain Health...



Clinical figures for 2018 Number of patient interactions

Services	Patients	Telephone Aftercare Service
Day (Infusion) Ward	975	300
Headache Specialist Clinic	913	380
Parkinson & Movement Disorder Clinic	763	758
Neurovascular (Stroke) Clinic	464	1,145
Epilepsy Clinic	86	123
Neuroimmunology & MS Clinics	320	2,467
Deep Brain Stimulation Clinic	97	450
Others	203	97
TOTALS	3,821	5,720

DNI Expenditure of Grants and Donations



For further information on any of our fundraising events please contact:

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The DNI is a registered charity - 19722

