

PEP NEWS

Newsletter of the Parkinson Education Program of Greater Cleveland

DECEMBER 2017

Barbara Marquardt, Editor, M.Ed., MCHES, WCP, RYT

DECEMBER MEETING

Wednesday, December 6, 2017 – 2 p.m. till 4 p.m.

We welcome Dr. David Riley, M.D. who will give his annual update on Parkinson's and Parkinson's research. Dr. Riley came to Cleveland back in 1988 at Mt. Sinai and then retired from University Hospitals in 2013 as Director of the Movement Disorders Center. He is one of the co-founders of InMotion which is now a leading non-profit center dedicated to the health and well-being of those affected by Parkinson's.

Cleveland Heights Recreation Center / One Monticello Boulevard, Cleveland Heights, OH

(Last names A through M, please bring light refreshments)

From David Brandt

As we are in Thanksgiving season, here are some thanks I want to shout out:

- Thanks to the Ohio Parkinson Foundation Northeast Region for their support to *PEP* as well as other support groups in the region
- Thanks to Come Dance With Me for hosting the Big Band Brunch in which 40 *PEP* members thoroughly enjoyed
- Thanks to my fellow Board members, Shalom Plotkin, Paul Gaydos, Barbara Marquardt, and Mazie Adams
- Thanks to InMotion for providing such an exemplary facility for those with Parkinson's and their care-givers
- Thanks to Shaking With Laughter who has raised over \$1 million for Parkinson's research
- Thanks to Barbara Marquardt as our newsletter editor and Katherine Kaminski for her work in getting it published and delivered to you
- Thanks to all of our wonderful speakers at our meetings
- Thanks to all of you that join us at the meetings with your excellent questions and socializing afterwards

- Thanks to Bob Eckardt for taking on the hospitality role at every meeting
- Thanks to Amy Jenkins and the Cleveland Hts. Senior Center for allowing us to utilize their facilities
- Thanks to all of the Care-Givers!

Here is an event next month and a couple of events already scheduled for 2018.

1. December 13 – Parkinson's tools and resources to Educate, Inspire, & Empower with speakers Hubert Fernandez, MD Cleveland Clinic and Cathy DeLave, BSN, RN at the Independence Holiday Inn at 6:00PM. There is no cost for this event and dinner is provided. You must register by calling 248-245-9538 or 855-190-9921.
2. April 14 – The 20th Annual Symposium put on by the Ohio Parkinson Foundation Northeast Region will be held again at the Twinsburg Hilton Garden Inn
3. June 23 – Moving Day Cleveland at Wade Oval in University Circle

TO REACH US AT PEP – 440-742-0153 –
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Parkinson's Disease Question Corner

Email barbaramarquardt@outlook.com with questions!

Question: What book do you recommend reading about Parkinson's?

Answer: Winter is an especially great time for reading! There are many books that are very good, but the one I recommend for you today is *Road to Recovery from Parkinson's Disease*, by Robert Rodgers, Ph.D.

This book is amazing, and discusses natural therapies that help people with Parkinson's reverse their symptoms. *Road to Recovery from Parkinson's Disease* gives a comprehensive overview of the factors that cause the symptoms of Parkinson's, and covers all the natural treatments that are helping thousands of people with Parkinson's become healthy and well. *Road to Recovery from Parkinson's Disease* reveals the natural therapies, and safe treatments that persons with Parkinson's have discovered help them steer a steady course on the road to recovery.

Author, Robert Rodgers, Ph.D., has a passion for helping persons with chronic diseases feel better using natural methods. His mother, diagnosed with Parkinson's disease, elected to take a variety of prescription drugs to treat her Parkinson's symptoms, her depression and other medical problems. She eventually died from a coma that was aggravated by the deadly combination of medications she had been taking.

After graduating from Vanderbilt University with his undergraduate degree, and Cornell University with his master's degree, Robert earned his Ph.D. from Michigan State University in 1981. He served as a faculty member at the University of Texas at Austin in the 1980's and was a professor and Director of the Ph.D. and MHA programs at the University of Kentucky during the 1990's.

Dr. Rodgers resigned from academic life as a tenured professor to establish **Parkinson's Recovery** in 2004. The focus of his research attention for the past decade has been on helping persons with Parkinson's symptoms discover ways to reverse them using natural methods and approaches. He continues to pursue his passion for discovering natural remedies that are helping more and more people today who have been diagnosed with Parkinson's disease.

Through his work at **Parkinson's Recovery**, Dr. Rodgers is dedicated to spreading the word that the body really does know how to heal itself. His research evidence shows that the belief Parkinson's disease is degenerative is untrue. Once a person discovers the reasons for their symptoms they can set in motion a strategy for reversing any and all

symptoms. It may take time and a large dose of patience, but more and more people with Parkinson's disease are healing every year as they journey down the road to recovery.

Dr. Rodgers also can be found online at Parkinson's Recovery Radio, <http://www.blogtalkradio.com/parkinsons-recovery> and you can listen to the latest topics and treatments for Parkinson's. Dr. Rodgers also has an informative website, www.parkinsonsrecovery.com please be sure to check it out! His book can be purchased online at Amazon and Barnes & Noble. He can also be reached at: Parkinson's Recovery, Olympia, Washington, 877-526-4646, robert@parkinsonsrecovery.com

Happy Holidays to you and your loved ones, and wishing you all the best in 2018!

Caregivers Month

(Excerpt from Parkinson's Foundation)

As a caregiver for a loved one with PD, your days may include medication alarms, driving to and from appointments and helping your loved one with activities of daily living, such as dressing or eating. Simultaneously, you may be managing finances, cooking, working and trying to keep up with family and friends. It can be easy to forget that your needs require attention too. Self-care is defined as any practice that relieves stress and encourages a healthy mind and body.

At the Parkinson's Foundation, we always want caregivers to keep themselves in mind. Here are 15 realistic ways you can implement self-care – starting today:

1. Eat healthy with less hassle.
2. Manage stress. Determine what helps you relax most, then devote time to it every day – hot bath, meditating app, reading, walking
3. Exercise regularly – just 30 minutes a day can help you sustain your energy and lead to better sleep.
4. Set limits and stick to them – ask for help when you need it. Try new resources. Bring in outside help (family or paid worker) so you can take a break. Call the Parkinson's Foundation Helpline at 800-473-4636.
5. Reflect on the rewards of caregiving. Alongside trials and challenges, caregiving offers triumphs and joys. Take pride in how much you have learned and in discovering your own strengths.
6. See to your own health needs. Attend to your own medical appointments regularly. Your physical and mental well-being are key to successful caregiving.
7. Find activities you can enjoy with your loved one outside of care – movie, host a dinner party.

(cont'd on last page)

A Parkinson's Disease PANDEMIC is on the Horizon, Researchers Warn as Cases Double in 25 Years – World's Fastest Growing Neurological Disorder Ahead of Dementia

(Excerpt from *dailymail.co.uk*)

There are now about 6.9 million Parkinson's patients worldwide, figures show by 2040, this number is expected to grow to 14.2 million as the population ages. Neurologists are demanding all victims of the incurable disease begin to protest. They suggested campaigners should protest to encourage experts to find a cure.

Neurologists are now demanding sufferers of the disease take action and protest on the streets to raise awareness in the hope of eventually finding a cure.

They claim Parkinson's is an 'enormous threat' and that campaigners should be of the belief that 'silence=death' - a stance taken by HIV protesters in the 1980s. Researchers suggest protests could drastically transform Parkinson's into an easily treatable condition, highlighting this is what happened with HIV.

Celebrity sufferers Michael J. Fox and Billy Connolly have worked hard to increase awareness of the disease, which claimed the life of Muhammad Ali last year.

According to the latest statistics, the rate of growth of Parkinson's will outpace Alzheimer's – and they say the estimates are likely conservative due to under-reporting, misdiagnosis and increasing life expectancy.

Professor Ray Dorsey, of the University of Rochester, New York, said: 'Pandemics are usually equated with infectious diseases like Zika, influenza and HIV. 'But neurological disorders are now the leading cause of disability in the world, and the fastest growing is Parkinson's disease.' He made the claim in a commentary piece in JAMA Neurology alongside Dr. Bastiaan Bloem of the Radboud University Medical Center in the Netherlands.

Writing in the article, the neurologists said more than twice as many people had Parkinson's in 2015, compared to 1990.

They urged the medical community to tackle the impending crisis in the same way they transformed HIV from an unknown and fatal illness into a treatable condition.

Tackling it like HIV

Dr. Bloem said: 'People with HIV infection simply demanded better treatments and successfully rallied for both awareness and new treatments, literally chaining themselves to the doors of pharmaceutical companies.

'Today, HIV has become a treatable, chronic disease. This upcoming increase in the number of Parkinson patients is striking and frankly worrisome.

'We feel it is urgent that people with Parkinson's go to the pharmaceutical industry and policymakers alike, demanding immediate action to fight this enormous threat. They both argue that the Parkinson's community must demand more research into the environmental, genetic and behavioral causes and risk factors of the disease. An increasing access to care is also needed, they said, as 40% of people with the disease in both the US and Europe don't see a neurologist.

They also called for research funding to be increased to help tackle the root cause of the incurable disease and for the cost of treatments lowered. Many patients in low income countries do not have access to drugs that are both lifesaving and improve quality of life.

'Silence=death'

Professor Dorsey said: 'For too long the Parkinson's community has been too quiet on these issues.

'Building on the AIDS community's motto of "silence=death", the Parkinson's community should make their voices heard. 'The current and future burden of this debilitating disease depends upon their action.' Their commentary builds on the Global Burden of Disease study, co-authored by Professor Dorsey, which appeared in The Lancet Neurology in September.

DISCLAIMER: *The material contained in this newsletter is intended to inform. PEP makes no recommendations or endorsements in the care and treatment of Parkinson's disease. Always consult your own physician before making any changes.*

PEP January Meeting January 3, 2018

We will watch the extraordinarily moving story of Ride With Larry. This movie was shown a number of years ago at the Cleveland Film Festival and is about Larry Smith, who diagnosed with Parkinson's 20 years earlier, decides to ride his recumbent cycle across the state of South Dakota in order to empower others like him and raise awareness.

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Address Service Requested

FIRST CLASS MAIL

We try to keep our roster current. If you no longer wish to receive this bulletin or would like to receive it via email instead, notify Katherine.A.Kaminski@gmail.com or call 216-513-8990.

8. Drink plenty of water. Staying hydrated helps flush out toxins, so bring a reusable bottle wherever you go.
9. Socialize with people who uplift you. Minimize exposure to negative people. Go out with friends.
10. Laugh. Keeping a sense of humor helps beat anxiety.
11. Schedule breaks from caregiving and make them a priority. Plan breaks in advance.
12. Cultivate a mindfulness practice. Try morning meditations or set a daily reminder to assess how you are coping. If you are stressed, plan your next break.
13. Dream. Thinking about your future and what you want to achieve in life can help you maintain personal motivation.
14. Accept your feelings. Guilt, anger and depression are normal reactions to a progressive disease. Recognize the hidden grief component in these emotions and seek out someone who understands it. Knowing what to expect emotionally can help.
15. Practice being grateful. Recall or write down a few things from your day that made you or your loved one smile. Learn to savor the good times and the things that went right, however small.

Read Caring and Coping: A Caregiver's Guide To Parkinson's Disease online.

TRIBUTES
Alan and Sally Tatar

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We need your donations to continue bringing you the PEP News and for other expenses. A special thanks to those who contribute at the monthly meetings. To send a donation, please make your checks payable to Parkinson Education Program and mail to 17930 Birch Hill Drive; Chagrin Falls, OH 44023



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ohparkinson.com