

PEP NEWS

Newsletter of the Parkinson Education Program of Greater Cleveland

JANUARY 2018

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

JANUARY MEETING

Wednesday, January 3, 2018 – 2 p.m. till 4 p.m.

Please join us as 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. Popcorn will be provided.



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

(Last names N through Z, please bring light refreshments)

From David Brandt

As 2017 comes to a close, I wanted to share with you the highlights from the Michael J. Fox Foundation 2017 year in review.

- **Two new Parkinson’s drugs to manage symptoms came to market** (totaling six in the past three years) with more in clinical testing and **two more are close to FDA review.**
- **Six therapies targeting alpha-synuclein**, the sticky protein that clumps in the brain in Parkinson’s, **are in clinical trials** to see if they could slow or stop disease progression. **Two moved forward into Phase II testing.**
- **The first personalized medicine trials in Parkinson’s began.** A trial enrolling people with Parkinson’s and a GBA1 genetic mutation and a separate study of LRRK2 inhibitors – drugs targeting dysfunction caused by LRRK2 mutations – opened in 2017.
- **Findings and methods from the Parkinson’s Progression Markers Initiative (PPMI)**, MJFF’s landmark study to better understand and measure PD, **are teaching us more about disease, encouraging research investment and changing the way we design trials.** PPMI is following more than 1,500 volunteers at 33 global sites, and

researchers have downloaded PPMI data for analysis more than 1.5 million times.

- **More than 200 Parkinson’s patient advocates** attended the inaugural Parkinson’s Policy Forum in Washington, D.C. to speak up for policies that safeguard federal research funding and access to care. **Nearly 13,000 advocates** – representing all 435 congressional districts across 50 states – **contacted their lawmakers more than 54,000 times on various policy issues affecting the PD community.**

The drug development pipeline is abuzz with activity and investment, and Parkinson’s patients and families are engaged as never before. Together, we’ll build on the momentum of 2017 for an even more successful coming year.

On that positive note, I wanted to wish all of you a Happy Holiday Season and a Happy New Year!

Please make sure you friend our Facebook page – [Parkinson Education Program of Greater Cleveland.](#)

Upcoming Events:

- April 14 – The 20th Annual Symposium put on by OPFNE at the Twinsburg Hilton Garden Inn
- June 23 – Moving Day Cleveland at Wade Oval in University Circle

Parkinson's Disease Question Corner

Email barbaramarquardt@outlook.com with questions!

Question: What about homeopathy for Parkinson's?

Answer: Homeopathy treats the person as a whole. Homeopathic remedies are selected after a full individualizing examination and case-analysis, which includes a medical history of the patient, physical and mental constitution, etc. A miasmatic tendency (predisposition/susceptibility) is also often taken into account for the treatment of chronic conditions. The remedies below indicate the therapeutic affinity for Parkinson's, but this is not a complete and definite guide to the treatment of this condition. The symptoms listed against each remedy may not be directly related to this disease, because in homeopathy general symptoms and constitutional indications are also taken into account for selecting a remedy. To study any of the following remedies in more detail, please visit the **Materia Medica** book.

These remedies should not be taken without professional advice.

Materia Medica – REMEDY NAME: Mercurius

PARKINSON SYMPTOMS: Weakness of limbs, trembling of extremities, especially hands. Paralytic agitans. Lacerating pain in joints. **Cold and clammy sweat on limbs. Oily perspiration.** Tremors everywhere in body. Weakness with trembling from least exertion. All symptoms are aggravated at night, warmth of bed, damp, cold, rainy weather and during perspiration. **Complaints increase during sweating and rest.** All symptoms always associated with weariness, prostration and trembling. Slow in answering questions. Memory weakened and loss of will power. Skin always **moist** and **freely perspiring**. Itching worse warmth of bed.

REMEDY NAME: Rhus-Tox

PARKINSON SYMPTOMS: When the tremors start with pain which is **relieved by motion**. There is **stiffness** of the parts affected. Numbness and formication, after overwork and exposure. **Paralysis; trembling after exertion.** Limbs stiff and paralyzed. All joints hot and painful. Crawling and tingling sensation in the tips of fingers. Worse during sleep, cold, wet rainy weather and after rain, night, during rest, drenching and when lying on back or right side. Better warm, dry weather, motion, walking, change of position, rubbing, stretching out limbs.

REMEDY NAME: Mag-Phos

PARKINSON SYMPTOMS: Trembling; shaking of hands,

involuntary. Paralysis agitans. Cramps in calves, feet very tender. Twitching, Chorea, cramps. Numbness of finger tips. Worse right side, cold, touch, night. Better warmth, bending double, pressure and friction.

Additional homeopathic remedies for Parkinson's can be found online at: <https://treatment.hpathy.com/homeo-medicine/homeopathy-parkinsons-disease/3/> or in the book, *Materia Medica*.

Sessions with a qualified practitioner of homeopathy is very important. Dr. Lisa Samet is such practitioner, and has been featured on the Dr. Oz show for homeopathy. For more information, visit her website at <http://lisasamet.com> or call her office at 1-514-279-6629, for phone or Skype consultations. Additionally, Lisa Samet, N.D. is a physician in Montreal specializing in holistic medicine, including homeopathy, naturopathy and emotional re-patterning. Learn how she can help you.

Ref: <https://treatment.hpathy.com/homeo-medicine/homeopathy-parkinsons-disease/3/>
<http://www.homeopathycenter.org/materia-medica-repertory-database>
<http://lisasamet.com>

Visual System Changes Could Signal Parkinson's Disease

(Excerpt from www.parkinsonslife.eu)

A study, published in the online medical journal 'Radiology', has found that changes in visual systems may signal the early development of Parkinson's.

The study focused on 20 newly diagnosed patients who had not yet been treated for Parkinson's. Researchers found significant abnormalities within the visual system of the participants.

Dr Alessandro Arrigo, a resident in ophthalmology at the University Vita-Salute San Raffaele, said: "Just as the eye is a window into the body, the visual system is a window into brain disorders.

"The study of visual systems may provide sensitive markers of Parkinson's disease. Visual processing metrics may prove helpful in differentiating Parkinsonism disorders, following disease progression, and monitoring patient response to drug treatment."

Dr Arrigo added that more studies were necessary to gain a better understanding of visual systems and their relationship to Parkinson's.

TRIBUTES

Anonymous

In Memory of Alvin Baumal
Sandra Baumal

Christopher Brandt and Beth Sersig

Robert and Janet Hammel

Gerald and Annabelle Hughes

Rudolph Kuchenmeister

Minna Mortensen

Lester Stoller

Regular High-Intensity Exercise May Stall Parkinson's Symptoms

(Excerpt from medicalnewstoday.com)

New research into the effects of exercise in the management of Parkinson's disease suggests that regular high-intensity physical activity may help to keep disease progression in check.

Could physical exercise beat drugs when it comes to delaying Parkinson's disease symptoms? Parkinson's disease is a neurodegenerative motor system disorder characterized by uncontrolled tremor in various body parts, especially the arms and legs, as well as poor balance and coordination of movements.

In the United States, around 1 million people live with Parkinson's disease and approximately 60,000 new cases are diagnosed every year, according to data from the U.S. National Library of Medicine of the National Institutes of Health (NIH).

A phase II clinical trial, called the Study in Parkinson Disease of Exercise (SPARX), was recently conducted by researchers from Northwestern University Feinberg School of Medicine in Chicago, IL, and the University of Colorado in Denver.

Their findings suggest that high-intensity physical exercise is beneficial for people with early stage Parkinson's disease, as it may delay the progression of symptoms related to motor abilities.

"If you have Parkinson's disease and you want to delay the progression of your symptoms, you should exercise three times a week with your heart rate between 80-85% maximum. It is that simple."

Asthma Drug Could Cut Chance of Developing Parkinson's

(Excerpt from Parkinsonslife.Eu)

A recent study has found that a drug most commonly used for asthma may cut the chances of developing Parkinson's.

The research, carried out by Harvard Medical School, Massachusetts, US, found that those who inhaled salbutamol – a drug found in inhalers – were half as likely to develop the condition.

In Parkinson's disease, a protein named a-synuclein accumulates in various brain cells and can be fatal. To counter this, the research team grew human nerve cells and tested over 1000 medications, finding results to suggest salbutamol could cut the production of a-synuclein.

Neurologist Anthony Lang, who works at the University of Toronto, Canada, said the results were "fascinating" and "had come out of the blue".

Despite some encouraging developments, Clemens Scherzer, who was a part of the research team, said clinical trials were "a few years off".

Spiral Drawing Test Could Detect Early Signs of Parkinson's

(Excerpt from Parkinsonslife.Eu)

Researchers from RMIT University, Australia, have developed a test that may be able to detect early Parkinson's – before physical symptoms appear.

During the test, participants draw a spiral using a tablet device, and computer software then measures their drawing speed and pen pressure to diagnose the condition.

PhD researcher Poonam Zham led the study, published in 'Frontiers of Neurology', with the RMIT biomedical engineering research team.

Working with Dandenong Neurology, the study involved 62 people diagnosed with Parkinson's. Half had no visible symptoms and half ranged from mildly- to severely-affected.

Professor Dinesh Kumar, chief investigator, said: "The customized software we've developed records how a person draws a spiral and analyses the data in real time.

"With this tool we can tell whether someone has Parkinson's disease and calculate the severity of their condition, with a 93% accuracy rate."

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[Facebook – Parkinson Education Program of Greater Cleveland](#)

PEP NEWS

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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.

Kidney-Toning Chinese Medicines Improve Parkinson’s Disease Symptoms

(Excerpt from www.naturalnews.com)

According to the Parkinson’s Disease Foundation, loss of coordination and uncontrolled movements associated with Parkinson’s disease affect “one million people in the US and an estimated seven to 10 million world-wide.” Specialists at the University of Rochester speculate that, by 2030, Parkinson’s disease could affect twice as many people as it does now.

Even as this neural disease grips the elderly, there is hopeful, new evidence emerging that could help patients protect neural cells from dying off and spurring Parkinson’s disease. In fact, molecular level evidence has been observed in China. Two Chinese herbal medicines that are well known for toning the kidneys are showing promise for also protecting neural cells in the substantia nigra region of the brain, which is where Parkinson’s likes to take hold.

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.*

TRIBUTES

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

PEP February Meeting – February 7, 2018

To Be Announced

Partial grant support provided by OPFNE



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