

PEP NEWS

Newsletter of the Parkinson Education Program of Greater Cleveland

MARCH 2018

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

MARCH MEETING

Wednesday, March 7, 2018 – 2 p.m. till 4 p.m.

We welcome back Dr. James Leverenz, Director of the Lou Ruvo Center for Brain Health at the Cleveland Clinic Neurological Institute. He will discuss Parkinson's and Lewy Bodies.

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

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

From David Brandt

As a support group, we try to bring you as much information as we can to help educate those with Parkinson's as well as their loved ones. Certainly there are other sources such as Michael J. Fox Foundation and Parkinson's Foundation on a national level and more local – Ohio Parkinson Foundation Northeast Region. I wanted to make you aware of some resources available from Parkinson's Foundation Ohio.

Just by asking, they can send you soft covered books on the following subjects:

- Caring and Coping Workbook
- Cognition
- Fitness Counts
- Guide to Deep Brain Stimulation Therapy (DBS)
- Managing Parkinson's Mid-Stride
- Medications
- Mind, Mood, Memory
- Mood
- Psychosis: A mind Guide to Parkinson's Disease
- Speech and Swallowing
- What you and Your Family Should Know
- Sleep (coming soon)

They are also available in Spanish.

In addition, they have Aware in Care Hospitalization Kits. If you are living with Parkinson's disease or are a caregiver, you know that advanced preparation is essential to making the most of each day. The Aware in Care kit will help protect you for the next hospital visit, whether it is scheduled or an emergency. It provides an emergency contact list, an extra supply of your medications, completed Medication Form and a copy of your healthcare proxy card. In addition, there is a Parkinson's ID Bracelet that you can wear in the hospital. To order these kits or any of the booklets, just call 614-890-1901.

Also note that our *PEP* Facebook Page contains resource information as well. Just log into your Facebook account and enter **Parkinson Education Program of Greater Cleveland** in the search bar.

Upcoming events on the schedule:

- **March 8** – Parkinson's Disease and Memory Changes presented by Camilla Kilbane, MD, neurologist at University Hospitals. 12:30-2 p.m. at the Avon Lake Public Library. This program is free and includes lunch, but you need to reserve your seat by March 2 by calling Parkinson's Foundation Ohio at 614-890-1901.

(cont'd on page 2)

From David Brandt *(cont'd)*

- **March 22** – Updates in Parkinson's Research presented by Benjamin Walter, MD, Medical Director at University Hospitals. 1-2 p.m. at the Jewish Community Center in Youngstown, OH. This program is free, but call by March 16 to reserve your seat, 614-890-1901.
- **April 14** – OPFNE presents their 20th Annual Parkinson Symposium at the Hilton Garden Inn in Twinsburg. The program starts at 10 a.m. and runs through 2:30 p.m. Keynote Speaker is Beth Fisher PhD, Professor of Clinical Physical Therapy at the University of Southern California and she will speak on Exercise-induced brain changes in Parkinson's disease. There is no charge for the event and door prizes and a free lunch are provided. Register by April 7 by calling 800-630-3193.
- **April 16** – Dementia & Fall Prevention with speakers Cynthia Davenport, Alzheimer's Association and Shalom Plotkin from Right at Home. At Forest Hills Place 3151 Mayfield Rd., Cleveland Hts. at 6:30 pm. Call 216-242-1821 to RSVP.
- **April 24** – Common Sleep Problems for those with Parkinson's presented by Shannon Shaffer, BS, RN at University Hospitals. Noon – 1:30 p.m. at the Parma-Snow Branch Library. This program is free and includes lunch, but you must register Parkinson's Foundation Ohio at 614-682-9900.
- **June 23** – Moving Day Cleveland will be held at Wade Oval in University Circle. *PEP* will be having a team. Stay tuned for more details.

TRIBUTES

In memory of Deacon Jim Duffy
Mary Anne Duffy

In Memory of Silvio Cortese
Mickey Bauer
Carol Bernauer
Bruce Downie
Linda Dyke

In Memory of Charles Godale

PEP April Meeting – April 4, 2018

We welcome Tricia Honn, Speech-Language Pathologist at the Cleveland Clinic. She will talk on LSVT Big & Loud.

First of a Two-Part Series:

Nutritional Strategies for Living with Parkinson's

(Excerpt from PDF.org)

For all of us, a balanced diet is a foundation of good health. For people with Parkinson's disease (PD), a balanced diet and good nutrition are even more important. In Parkinson's, there are some foods that may help to ease symptoms, and others that can affect the way medications work. There are also foods that may help brain health in general. The good news is this: while there are many things about PD that cannot be changed, the informed choice of diet is one that can, helping people to live better with the disease. If you find it hard to adjust your dietary habits, make changes one at a time. Read the tips that are offered below, and try the ones that make the best sense for you. Small changes can have a big benefit.

Foods That Promote Brain Health

In the science of brain health, we often use the word neuroprotection — the process by which we can support the health of brain cells and their ability to communicate with one another. Over the years, various food groups have been studied — in animals and in large epidemiological studies of human populations — for their potential to promote brain health. Initial research has provided some evidence about possible benefits of certain foods. Although there isn't yet evidence about the specific benefits for Parkinson's disease, what we do know is that these foods are part of a healthy diet.

Neuroprotection

Of all the foods that have been studied for their potential to promote brain health, research into nuts

(cont'd on page 3)

For Sale U-2 walker for Parkinson's and Adventure / Adult Tricycle. Please call Diane at 330-908-0011.

has shown the most promise (they also are high in calories, so you should limit them to a handful a day). Here is a summary of what we know.

Walnuts. Walnuts contain an essential fatty acid called omega 3 and a variety of minerals, which early studies associate with a decreased risk for dementia. Try eating five to 10 each day.

Pistachios. Emerging evidence shows these nuts (the vitamin K and antioxidants in them) may have potential for helping to reestablish lost connections between neurons. They also contain a small amount of lithium, which may help to improve mood. You can eat a few of them two or three times a week.

Macadamia nuts. Oils in these nuts may increase the production of neurotransmitters. They are high in calories, but a few a day is good for you.

Cashews. Iron, zinc and magnesium in cashews may boost serotonin — a neurotransmitter linked to good mood — and may reduce memory loss.

Almonds. Although they have scant effect on brain health, almonds contain fiber, which helps relieve constipation (a common symptom in PD).

Brazil nuts. These nuts contain selenium, a mineral that may have the potential to counteract environmental toxins like pesticides and herbicides. Eat no more than one or two a day.

Tip: Make a healthy granola out of chopped nuts and dried fruit, with no oatmeal or other grain. If you have difficulty swallowing nuts, try adding a nut butter, like cashew butter, to your diet. Be sure to stir in the oil that tends to separate out of the mixture — it contains lots of minerals.

Herbs make up another food group that may help to keep our brains healthy. Among them:

Turmeric. This spice turns Indian food orange, and its active ingredient is curcumin. Eat Indian food occasionally, but don't take turmeric as a supplement.

Ceylon cinnamon. In animal studies, this spice has shown potential for normalizing neurotransmitter levels and other PD brain changes. Look for Ceylon cinnamon, which is grown in Sri Lanka (formerly known as Ceylon) and labeled as such. Organic cinnamon is also preferable. Most of the cinnamon that you find in the grocery store comes from other sources.

Rosemary. Add rosemary to soups, quiches or grilled chicken. It contains antioxidants and has anti-inflammatory properties, which early animal research shows may be beneficial for brain health.

Tip: Feel free to consume nuts and herbs as food — but don't mega-dose, or seek out dietary supplements that are made up of the same active ingredients as those listed above. Similar to medications, taking high doses of nuts or herbs can lead to negative side effects.

Tip: To avoid pesticide residues on fruits and vegetables when you eat the skin, buy organic. The fruits with the highest pesticide levels are apples, peaches, nectarines, strawberries and grapes.

To Be Continued in the April Newsletter...

Cooking Tips: Freeze extra servings to save for days when you're not feeling up to cooking. Parkinson's disease symptoms often vary from day to day, so it's handy to have quick meals on hand. Commenters also mentioned taking a nap before you cook to maximize your energy levels.

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

TO REACH US AT PEP – 440-742-0153

dbrandtpep@gmail.com

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

PEP NEWS

Parkinson Education Program
of Greater Cleveland
17930 Birch Hill Drive
Chagrin Falls, OH 44023

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.

Could Caffeine in the Blood Help Diagnose Parkinson's?

(Excerpt from parkinsonslife.eu)

Blood caffeine levels could be promising diagnostic biomarkers for early-stage Parkinson's, Japanese researchers reported in the journal 'Neurology' earlier this month.

The study found that people with Parkinson's had lower levels of caffeine and caffeine metabolites in their blood than people without the disease, at the same consumption rate.

Caffeine concentrations also were decreased in Parkinson's patients with motor fluctuations than in those without Parkinson's. However, patients in more severe disease stages did not have lower caffeine levels.

Partial grant support provided by OPFNE



ohparkinson.com

The study's authors, Dr. David Munoz, University of Toronto, and Dr. Shinsuke Fujioka, Fukuoka University, suggested that the "decrease in caffeine metabolites occurs from the earliest stages of Parkinson's."

They added: "If a future study were to demonstrate similar decreases in caffeine in untreated patients with Parkinson's ... the implications of the current study would take enormous importance."

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.*