

PEP NEWS

Newsletter of the Parkinson Education Program of Greater Cleveland

JULY 2018

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

JULY MEETING

Please note that there will not be a meeting in July due to the July 4th holiday.

Happy July 4th

From David Brandt

I was reading a recent article in Sports Illustrated about Brian Grant who was an NBA player for 12 years and then was faced with early-onset Parkinson's at age 36. Written by Chris Ballard, it went on to talk in detail about his emotional journey which is similar to many Parkinson's patients: shock, denial, despair, action, frustration, and finally, a sort of acceptance. It is an excellent article and I wanted to share with you the last paragraphs of the article that you may relate to.

It has taken a while, but Brian has let go of parts of his past. "I can't be that warrior anymore, that way," he says. "Like, man, forget Parkinson's, I'm going to beat it and fight it." Instead, he makes his own mental list of daily challenges. To do all those things that sound corny until you live them: Treat each day as if it might be your last. Pay it forward. Exist in the moment.

He is no longer the Brian Grant who guarded Shaq or dominated nightclubs. Who used anger as fuel. Rather, the Brian Grant you see today remains a work

in progress. He is a father. A retired NBA player. A man who still suffers from depression. An advocate. A man who makes mistakes, like the rest of us. A man no longer defined by what he once was, or who he will be.

A man just trying to do the best he can. To make the world a little bit better. Trying to remember that, whoever you are in life, everything is only as hard as it is.

Upcoming events on the calendar:

August 11, 2018 – Cleveland Clinic Research Fair

Held at the Embassy Suites in Independence 9 a.m. – 2 p.m. This is a free event including refreshments. Learn about the latest research in PD and meet Parkinson's researchers recruiting for studies and to learn more about how you can play a part in accelerating critical research. Registration available @michaeljfox.org/Cleveland fair.

September 16, 2018 – Pals In Motion Walk/Run

The second annual walk/run will be held at Orange High School. More details to follow.

November 4, 2018 – Big Band Brunch

Sponsored by OPFNE. More details will follow.

TO REACH US AT PEP – 440-742-0153

dbrandtpep@gmail.com

Facebook – Parkinson Education Program of Greater Cleveland

Parkinson's Disease Question Corner

Email barbaramarquardt@outlook.com with questions!

Question: I am looking for a place that will find the root cause of my Parkinson's, and help rehabilitate my brain, any suggestions?

Answer: Yes, The Druckman Center for Brain Performance and Rehabilitation, in Columbus, Ohio.

The Druckman Center is dedicated to brain health and performance. They strive to both optimize brain function and rehabilitate fundamental brain issues such as trauma, delays in brain development, and brain degeneration.

The Druckman Center offers personalized treatments for common neurological, metabolic and musculoskeletal conditions. They promote mental, neurological and physical health by conducting extensive patient evaluations, utilizing the latest in advanced diagnostics and exams. They couple this with comprehensive and innovative therapies that are tailor made for the individual.

The Druckman Center looks at each patient as an individual. They take a systems based approach and examine the neurological, nutritional and lifestyle factors that may be affecting the patients overall brain performance.

Dr. Elias L. Druckman, DC DACNB has earned both a medical degree (MD) and a Doctorate in Chiropractic (DC). He has completed several postgraduate programs including the complete 800 series and traumatic brain injury modules from the Carrick Institute. He holds a Diplomate in Neurology from the American Chiropractic Neurology Board (DACNB). Dr. Druckman brings to the table his knowledge of medical neurology, psychiatry, applied neuroscience, and functional medicine. His ability to integrate this knowledge, and translate that to improved patient outcomes, is what draws patients from all over the globe seeking his unique and specialized care.

The Druckman Center located at 4602 Sawmill Rd. Columbus OH 43220, offers free consultations. To schedule an appointment or for questions, call (614) 715-8737, <https://druckmancenter.com>

Phosphatidylserine for Cognitive Function and More

(Excerpt from www.drwhitaker.com)

Phosphatidylserine is a popular ingredient in supplements that support memory and cognitive function, and with good reason.

The primary structural elements of cell membranes are called phospholipids. These fatty acids not only serve as our cells' structural support; they also mediate each cell's participation in the overall organization of the organism or system of which that cell is a part. In this role, phospholipids are directly involved in intercellular communication, including the production and decoding of "messenger molecules." Nowhere is this communication function more important than in the brain and central nervous system—your body's "command central."

Phosphatidylserine is one of these phospholipids, and it happens to be particularly abundant in the brain. It also helps keep cell membranes fluid, flexible, and ready for nutrient absorption. And, when taken as a supplement, phosphatidylserine is able to cross the blood-brain barrier and is well absorbed by cells.

Numerous controlled clinical studies have demonstrated phosphatidylserine's positive effects on neuronal membranes, cell metabolism, and neurotransmitters, and subsequently, memory and cognitive function. In one study, 149 patients, ages 50 to 70, were given 300 mg of phosphatidylserine for 12 weeks and tested periodically during that time. All of the patients noticed some improvement, but 57 of the patients—those with the most memory impairment at the onset of the study—showed the greatest results. This sub-group had significant improvements in learning and recalling names and faces; recalling telephone numbers, misplaced objects, and paragraphs; and concentrating while reading, conversing, and performing tasks.

Other reported benefits of phosphatidylserine include lowering levels of stress hormones and improving sense of well-being.

(Cont'd on last page 4)

How Genetic Research Illuminates the Path to Cures

(Excerpt from michaeljfox.org)

At The Michael J. Fox Foundation, we are investing tens of millions of dollars in genetic research. We frequently report back to you on the progress this science is helping us make toward breakthrough treatments, and even a cure, for Parkinson's disease. But how does a genetic finding become a direction to a new treatment?

A brief history of Parkinson's genetics: 25 years ago, scientific consensus held that little to no understanding of Parkinson's disease was to be found in our DNA. Ten years later, as the Human Genome Project was drawing to a close, this opinion had changed, with about 10 genetic changes discovered to be linked to PD. As I write this letter, more than 80 genetic associations have been implicated in Parkinson's. Every one of these gives the field something critical: a starting point to investigate cellular changes that mark disease -- and to search for new ways to stop them.

Certain genes play such a major role in PD onset and progression that they are drawing direct lines to new treatments. Today, experimental drugs are in human testing to target two of the most common genetic mutations linked to PD -- GBA and LRRK2. Scientists call these "precision medicine" therapies, because they precisely target and treat individuals with specific genetic mutations, and are working on finding more of them.

But our great hope is that precision medicine approaches eventually will benefit a much broader population of people with PD, including the great majority of patients -- those without known genetic mutations. Research undertaken with the help of mutation carriers provides tremendous insight into cellular function in everyone with the disease, offering clues researchers follow from genes to other dysfunction we may be able to target. This journey -- from a narrow to a broad population -- is not uncommon in biomedical research. Statins, for example, now taken by millions to reduce the risk of heart disease, were first tested and prescribed

exclusively in people with a family history of high cholesterol.

With your support and participation, Parkinson's research is in the midst of a genetics revolution. I look forward to continuing to share news with you of the advances you are making possible. Together, we will change the course of Parkinson's history. Thank you for all you do.

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



15 Health Problems Linked to Monsanto's Roundup

ADHD	Heart disease
Alzheimer's disease	Hypothyroidism
Anencephaly (birth defect)	Inflammatory Bowel Disease ("Leaky Gut Syndrome")
Autism	Liver disease
Birth defects	Lou Gehrig's Disease (ALS)
Brain cancer	Multiple Sclerosis (MS)
Breast cancer	Non-Hodgkin lymphoma
Cancer	Parkinson's disease
Celiac disease and gluten intolerance	Pregnancy problems (infertility, miscarriages, stillbirths)
Chronic kidney disease	Obesity
Colitis	Reproductive problems
Depression	Respiratory illnesses
Diabetes	

GMOinside
Coalition Powered by Green America

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.

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

Address Service Requested

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.

PEP August 1, 2018 Meeting

Our annual Ice Cream Social is back! Please join us as our own Kathy Wendorff and a few talented musicians will lead us in Contra Dancing in which you can participate or just enjoy the music. And, of course, we will have a variety of ice creams and toppings available for your culinary pleasure. What a great way to beat the summer heat and spend time with friends!

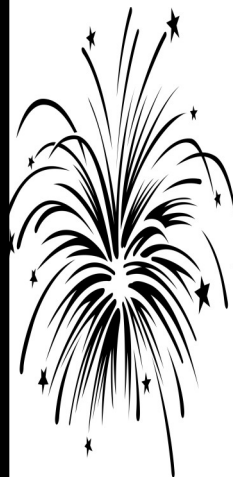
Phosphatidylserine for Cognitive Function and More *(cont'd from Page 2)*

For general cognitive support and the other benefits of phosphatidylserine, the recommended starting dose is 200 mg a day, decreased to 100 mg daily after one or two months. If you're concerned about de-
mentia, take 300 mg of supplemental phosphatidylserine per day. Phosphatidylserine is available in combination and stand-alone supplements.

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ohparkinson.com



TRIBUTES

Wayne Jones

Rita Shafer

Sally and Alan Tatar

In Memory of Harold Williams
Coretta Benson