

PEP NEWS

Newsletter of the Parkinson Education Program of Greater Cleveland

AUGUST 2018

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AUGUST MEETING

Wednesday, August 1, 2018 – 2 p.m. till 4 p.m.



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!

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

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

From David Brandt

A big thank you to all who participated at Moving Day Cleveland and to those who donated including those who supported our Team Get Pep!. Also for those that dined at Café Tandoor who generously donated some of their proceeds. At last count, Moving Day Cleveland raised just under \$194,000 which is 117% of the goal that was set. This is a great showing for the local Parkinson's community, and there are a few other fundraisers coming up later in the year (see below).

Upcoming events on the calendar:

August 11, 2018 – Cleveland Clinic Research Fair

Held at the Embassy Suites in Independence 9 a.m. - 1:30 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. Register by August 8 at michaeljfox.org or call 1-800-708-7644

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.

November 11, 2018 Pedaling for Parkinson's – Join us at the CycleBar Beachwood located at 3355 Richmond Rd. to help us raise funds in the memory of Sheldon Braverman for The Parkinson's Foundation and Parkinson Education Program of Greater Cleveland (PEP). Your \$25 donation will get you a seat at the ride and exclusive amenities including cycling shoes, towels, bottled water, fresh fruit, and more. Register at www.rightathome.net/cleveland/event/pedaling-for-parkinsons

13 Medications to Help Control Parkinson's Disease Symptoms

(Excerpt from www.healthblog.uofmhealth.org)

If you have Parkinson's disease, there aren't any treatments that can slow, reverse or stop the condition's progression. But although there is no cure, more than a dozen medications can help patients manage symptoms.

Our goals when prescribing medications for Parkinson's disease are twofold: to improve day-to-day functioning and quality of life and to keep people functioning as long as possible. Hopefully, your physician has the same goals in mind for you.

In the University of Michigan clinic, we work with people individually to find the best medication for them. Here's an overview to help you manage your care.

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13 Medications to Help Control Parkinson's Disease Symptoms

(Cont'd. from page 1)

Picking a Parkinson's medication: When assessing which medications will work best, we ask patients the following questions:

- Are you able to do what you want to do?
- Are the medications you are taking now wearing off before the next dose?
- Do your medications have side effects? If so, what are they?
- Are you having dyskinesias (extra involuntary movements)? If so, how bothersome are they to you?

Based on the answers to those questions and the medical exam, we choose a medication from the following list:

Carbidopa-levodopa (Sinemet): The most effective and well-tolerated drug the medical profession has to offer at this time is carbidopa-levodopa. It often helps with bradykinesia (rigidity and rest tremor). It generally does not help with imbalance or falls, freezing and non-motor symptoms.

Side effects include:

- Dyskinesia (abnormal, involuntary movements)
- Nausea
- Hallucinations
- Confusion
- Lightheadedness

Patients should also be aware of these important dosing instructions:

- Take 30 minutes prior to meals (note that a high-protein diet may decrease absorption of the drug).
- Generally, do not take it right before bed unless you need it overnight to reduce cramping or restless leg syndrome.

Sinemet controlled-release tab: This drug can be given at night to help with early morning symptoms, or it may be used instead of the immediate-release version to decrease nausea.

- It has not been shown to help treat motor fluctuations (variable "on-and-off," early morning "off," etc.) and dyskinesia.

Rytary: This drug is a new, long-acting carbidopa-levodopa.

- It provides an extra one to two hours of "on" time per day compared with regular Sinemet.
- Rytary isn't available in generic, so it may be expensive. Some insurance companies do cover it.

Dopamine agonists (pramipexole, ropinirole, rotigotine patch): There is good evidence to support that these medications work by themselves or in combination with Sinemet. If they are used in combination, it helps prolong the effect of the Sinemet.

Significant side effects can limit their use, including:

- Nausea
- Dizziness
- Leg swelling
- Sleepiness and sleep attacks
- Worsening cognition
- Hallucinations
- Impulse control disorders

Apomorphine: Effective in patients with severe motor fluctuations, it can be useful to get patients going in the early morning or during "off" times.

- This medication is injected, which many people don't like. In addition, it can cause severe nausea, so it requires scheduled anti-nausea therapy. The first dose will need to be monitored in the office to ensure safety, tolerability and adequate dosing.

MAO-B inhibitors (selegiline, rasagiline): These may have a mild symptomatic benefit early in the course of Parkinson's disease.

- Similar to dopamine agonists, this medication may help to smooth the motor fluctuations in advanced disease.
- They may also be used with Sinemet to prolong the action of the Sinemet.
- Many people with Parkinson's have mood disorders, and there could be a drug interaction if these medications are taken with certain antidepressants – closely watch patients.

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13 Medications to Help Control Parkinson's Disease Symptoms

(Cont'd. from page 2)

COMT inhibitors (entacapone, tolcapone): These drugs decrease "wearing off" in advanced disease. They may make the side effects of carbidopa-levodopa worse.

Amantadine: This may have a modest effect on motor symptoms in early Parkinson's, but it is particularly helpful with treating dyskinesia. Cognitive (thinking and memory) side effects may limit its use.

Trihexyphenidyl (Artane): This can be helpful in treating rest tremor if refractory to Sinemet and dopamine agonists, but side effects may limit its use.

Nonpharmacologic treatments: If you have a neurologist, he or she will harp on **exercise, exercise, exercise**. People with Parkinson's disease who participate in exercise and exercise therapies will improve their ability to function. We encourage 30 minutes of activity every day.

Speech therapy is also beneficial because patients often develop a soft voice, and they can learn how to project their voice. Such therapy may also help if they develop swallowing problems.

Parkinson's Disease Question Corner

Email barbaramarquardt@outlook.com with questions!

Question: I have heard a lot about the importance of gut health and Parkinson's, but how do I know if I have good gut health?

Answer: Great question! There is an at-home test called Viome that will break down your gut health and discuss how you can improve.

Viome analyzes your microbiome and metabolism to determine the best diet for achieving and maintaining your ideal weight, along with allowing you to use your gut results to help you with anti-aging, longevity, sleep, performance, recovery, hormones, brain optimization and much more.

There are approximately 40-trillion microorganisms living in your gut. They help you digest your food, produce beneficial and harmful chemicals, control infections by

pathogens, regulate your immune system, and even control your emotions (ever have a gut feeling?).

These microorganisms which make up your gut microbiome have been implicated in maintaining optimal health, as well as many chronic conditions, including diabetes, obesity, Alzheimer's, Parkinson's, coronary artery disease, psoriasis, lupus, and autism. By taking care of your 40-trillion microbe friends, you can maximize your wellness and potentially prevent disease.

Once the Viome at-home test is completed, the data can then provide your ideal macronutrient ratio, and make dietary recommendations that are unique to you. This then allows you to do things like:

- Increase microbial species associated with overall wellness
- Minimize microbial species associated with poor health
- Increase the diversity of your microbiome
- Stimulate production of beneficial metabolites
- Minimize production of metabolites associated with poor health
- Identify prebiotics that can induce growth of beneficial microbes and metabolites
- Identify the ideal ratio of proteins, carbohydrates and fats for your diet
- Identify foods that are most compatible with your metabolism
- Recommend a diet to help you achieve and maintain a healthy weight
- Recommend a diet that will increase your energy, focus and well-being
- Optimize your digestion and absorption Introduce beneficial (but missing) bacteria with probiotics

Naveen Jain from Viome said that "...90% of serotonin is produced in our gut... So think about it: serotonin is the chemical that makes us feel good, and when it's not being produced, we feel depressed, we have things like anxiety, ADHD and so on. And now, they are finding even the things like Parkinson's, Alzheimer's, autism, these diseases are not actually diseases of the brain, they are diseases of the gut. It starts in the gut. All the chronic inflammation is what causes all of the diseases."

The Viome Essential Plan includes your in-home test kit, analysis of your gut's health, and your personalized nutrition recommendations. The cost of this plan is \$399. To learn more about Viome, and about this investment in your health, please visit: www.viome.com and www.viome.com/results or call 505-672-5785.

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 NEWS

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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.

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ohparkinson.com



TRIBUTES

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In Memory of Ray Brandt
Bill and Annette Cappaert

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Facebook – Parkinson Education Program of Greater Cleveland

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 September 5, 2018 Meeting

We welcome Dr. Irina Todorov from the Cleveland Clinic Wellness Institute. She will speak on the “Integrative Approach to Parkinson’s Disease”. Dr. Todorov joined the Clinic in 2017 and provides Integrative Medicine consults for patients with a goal of creating a personalized plan for lifestyle changes aimed at prevention and reversal. Her treatment approach is to address the basics first – whole food plant based nutrition, regular exercise and stress management and then incorporating other evidenced based treatment modalities.