

PEP NEWS

Newsletter of the Parkinson Education Program of Greater Cleveland

NOVEMBER 2018 Barbara Marquardt, Editor, M.Ed., MCHES, WCP, RYT

NOVEMBER MEETING

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

We welcome Dr. David Riley, a renowned neurologist, one of the founders of InMotion, and an annual favorite *PEP* speaker. Dr. Riley will give us his update on Parkinson's Disease and the progress made in research during the year.

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

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

From David Brandt

A big part of making life better for people with Parkinson's is taking care of the people who care for them. Each person with Parkinson's is unique, and so is each caregiver. Caregivers have an enormous, often underappreciated job.

In last month's newsletter, I mentioned the 2018 Caregiver's Summit by The Parkinson's Foundation which will occur on December 1, 2018. This is a free event specifically for caregivers of people living with Parkinson's Disease such as spouse, partner, child, or friend. The actual event will be held in Phoenix, AZ and broadcast live in various satellite cities across the country including Columbus, Ohio. You can also receive this via your computer, tablet, or smartphone.

The agenda includes:

Introduction to Collaborative Care

1. Intimacy and PD
2. Collaborative Caregiving (Expanding the Team)
3. Building Stronger Partnerships through Better Communication

Collaborative Caregiving in Action

There will be many experts as well as caregivers sharing their advice and knowledge. For those who have recently been put into a caregiver situation or those who have been for a long time and are struggling or who would like another perspective, this is an excellent event.

The event starts at 11 a.m., EST and you can register at <http://event.netbriefings.com/event/parkinson/Live/caregiversummit/register.html> if you wish to watch on your personal device. You can call 1-800-4PD-INFO (473-4636) for further information.

The program will also be recorded and archived for later viewing.

Please don't forget **Pedaling for Parkinson's** coming up on Sunday, November 11, 2018. This is 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. Please register at www.rightathome.net/cleveland/event/pedaling-for-parkinsons.

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

Parkinson's Disease Question Corner

Email barbaramarquardt@outlook.com with questions!

Question: Winter tends to be a time that I deal more with anxiety, depression and insomnia with my Parkinson's, do you know of any non-drug treatments that could help?

Answer: Alpha-Stim is a clinically proven medical device that relieves anxiety, insomnia and depression using electromedical technology. Alpha-Stim generates a unique patented waveform no other device can offer. Much like every white pill is not the same, the uniqueness of Alpha-Stim's waveform produces results vastly different from any other medical device. Unlike medications, which are introduced to your body in a chemical form and then broken down to smaller components such as electrons, Alpha-Stim begins at the electron level, allowing your body's cells to return to their natural functioning state. Alpha-Stim provides long lasting, cumulative relief without the risk of negative effects such as tolerance and addiction to medications.

The current is applied with easy-to-use clips that attach on the ear lobes for at least 20 minutes, 2 - 3 times a week, or on an as-needed basis. Alpha-Stim can help induce a pleasant, relaxed feeling of well-being.

While Alpha-Stim technology is significantly effective when used correctly, it does not work for everyone. If the Alpha-Stim is not working well for you, contact your healthcare practitioner or EPI for clinical support.

What to Expect From Treatments?

Anxiety reduction is usually experienced during a single treatment and may last for hours or days thereafter.

Insomnia is usually improved after the initial treatment but may take up to 4 weeks to see a significant change. For best results, most people treat at least 3 hours prior to bedtime. It can also be used when awakened during the night.

Depression typically takes at least 3 weeks or more of

daily treatment to experience significant improvement. Once symptoms have improved, use of Alpha-Stim 2 - 3 times per week or less is usually sufficient to maintain good results.

Is Alpha-Stim Safe?

There are over 95 research studies and published reports, as well as ongoing research, patient surveys and professional endorsements, all supporting the safety and efficacy of Alpha-Stim. Our research is so good, even our competitors use it. In over three decades of studies involving approximately 8,800 people, only minor, self-limiting side effects have been reported, with the two most common being headaches (0.10%) and skin reactions at the electrode sites (0.07%). In a recent 5-year period, 8,248,920 Alpha-Stim treatments resulted in only 14 instances of minor side effects, 11 of which were skin irritation at the electrode site. Alpha-Stim technology is safe and significantly effective when used correctly.

How do I Get an Alpha-Stim?

In the USA, you must first ask your doctor if Alpha-Stim is right for you and obtain a prescription.*

Go to www.alpha-stim.com or call (800) FOR-PAIN in the USA to order your Alpha-Stim or for a referral to your local distributor. Outside the USA, call +940.328.0788 or email info@epii.com.

*Note: Alpha-Stim has regulatory clearance throughout most of the world. In the United States, it is cleared by the FDA for interstate marketing by or on the order of a licensed healthcare professional. Outside of the USA, it is available without a prescription.

Prescribing Information

EPI is ISO Certified

Electromedical Products International, Inc. is an International Standards Organization (ISO) certified establishment. ISO is an International organization working with some 140 countries and the United Nations to maintain standards for all applications of technology for global industry. Requirements for the

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Parkinson's Disease Question Corner

(cont'd from page 2)

medical device industry relate to design controls, risk management, environmental controls, special processes (e.g. software validation), traceability, record retention, and regulatory actions such as vigilance.

Caution Statement for United States

Federal law (USA only) restricts this device to sale by or on the order of a licensed healthcare practitioner. Outside of the USA, it is available worldwide without a prescription but consultation with a qualified healthcare practitioner is recommended.

Indications

Alpha-Stim AID is an effective treatment with broad applications for a variety of syndromes involving anxiety, insomnia and depression, or for the short-term relief of symptoms associated with these indications. In many cases, Alpha-Stim is the sole therapeutic method required. As with any therapeutic intervention, not all people will respond to Alpha-Stim. The degree of efficacy will vary with the nature of the problem being treated, the overall health of the person, and with the method of treatment. As much as a one month initial trial may be required to see significant reductions in symptoms.

Contraindications

Alpha-Stim may affect the operation of implanted demand type cardiac pacemakers and other implanted devices.

Precautions

For external use only. Do not allow children to use or handle these devices without adult supervision. Do not operate potentially dangerous machinery or vehicles during treatment, and in some cases for several hours after treatment. Safety of stimulation has not been established during pregnancy.

Adverse Effects

Adverse effects are usually mild and self-limiting. Adverse effects from data on approximately 8,800 patients participating in 144 controlled studies, open clinical trials, and uncontrolled conditions, and by physician survey and reasonably associated with the

use of CES are dizziness (6 cases, 0.07%), skin irritation/ electrode burns (6 cases, 0.07%), and headaches (9 cases, 0.10%). Prolonged CES treatment at currents higher than necessary may cause dizziness or nausea that can last for hours to days. Treatment immediately prior to going to sleep may cause difficulty sleeping. Paradoxical reactions such as increased anxiety, and sleep disturbances may occur, but are rare.

If Alpha-Stim does not begin to control your anxiety, insomnia or depression within one month, consult your healthcare practitioner, authorized Alpha-Stim distributor, or EPI for advice.

TRIBUTES

Michael and Sylvia Brown

Regina Eatman



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Facebook – Parkinson Education Program of Greater Cleveland

PEP December 5, 2018 Meeting

Dr. Angela Ridgel, an Associate Professor in Exercise Science/Physiology at Kent State University and also Board Member of the Ohio Parkinson Foundation Northeast Region, will provide us with an update to her great research taking place in her laboratory. They are conducting research that involves exercise as a key component to reducing symptoms related to Parkinson's disease but all in different unique ways.

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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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.

Apply for Free Liftware Stabilizing Spoon

(excerpt from MichaelJFox.org)

One device is designed to make it easier for people with hand tremor – from PD, essential tremor or other conditions – to enjoy meals and time with loved ones. Verily's Liftware Steady is a computerized, stabilizing handle with eating attachments including a soup spoon, everyday spoon and fork, which decreased the shaking of the attached utensil by up to 70% in a 2013 study.

Through the continuation of Verily's Uplift Program, MJFF and the Melvin Weinstein Parkinson's Foundation (MWPF) have partnered with device makers to offer Liftware Steady to individuals who can benefit from the technology but may be limited financially.

PD is expensive; there are medication and physician co-pays, forced retirement, and other pricey accommodations. As new technologies emerge that can help people with Parkinson's disease, cost may limit their widespread use. MWPF has provided need-based aid to people living with PD for over 15 years, offering access to assistive devices (such as Liftware Steady), prescription payment support, in-home care and more. Click on this link

Apply to the Uplift Program for a free Liftware Steady

starter kit or go online at <http://www.mwpf.org/uplift/> and fill out the application.

"Our biggest motivation is to help more people and make it easier to put a Liftware device into the hands of everyone who needs one," said Anupam Pathak, Liftware Steady founder. In addition to the Uplift Program, MJFF and Verily Life Sciences are partners in other initiatives to advance understanding of PD and help the millions living with PD worldwide. Through the Accelerating Medicines Partnership Parkinson's disease (AMP PD) program and data collection with the Verily Study Watch in the MJFF-led Parkinson's Progression Markers Initiative, we are working together to uncover measures of the disease and shift the paradigm of how we assess health.

Explore Liftware's selection of different products for different needs.

Or go online to <https://www.liftware.com/>

Partial grant support provided by OPFNE



ohparkinson.com