

PEP NEWS

Newsletter of the Parkinson Education Program of Greater Cleveland

APRIL 2019

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

APRIL MEETING

Wednesday, April 6, 2019 – 2 p.m. till 4 p.m.

We welcome Cathe Schwartz, Chief Executive Officer of InMotion. Cathe is a visionary leader who brings to InMotion deep experience in nonprofit management and fundraising. InMotion as most of you know, is a nonprofit center started in 2015, devoted to the health and well-being of those affected by Parkinson's disease. They offer a variety of programs and services such as a number of Parkinson's exercise programs (yoga, boxing, cycling, dance, etc.), art and music programs, and support groups. Cathe will speak on everything InMotion has to offer and their hopes for the future.

Cleveland Heights Recreation Center / One Monticello Boulevard, Cleveland Heights, OH 44118

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

From David Brandt

Please note that we have had a change of speakers for our April meeting. Due to a schedule conflict, Ellen Walter from the Cleveland Clinic will now speak at our July meeting and Cathe Schwartz from InMotion will speak in April.

Our April meeting will also feature special food after our speaker to celebrate Spring. A big thank you to Darlene Reid and Marlys Bremer for bringing wings as we welcome the warmer weather.

The 21st Annual Parkinson Symposium presented by the Ohio Parkinson Foundation Northeast Region will happen on Saturday, April 6th at the Hilton Garden Inn Twinsburg, 8971 Wilcox Dr., Twinsburg, OH 44087. Check in begins at 8:30 a.m., and the program begins at 10:00 a.m. and runs through 2:30 p.m.

Scheduled speakers include Amy Chan, PT, who is a Board Certified Clinical Specialist in Neurology at the Cleveland Clinic. She will speak on Parkinson Specific Physical Therapy: Evidence Based Exercise Program to improve function and change your brain.

Also speaking will be Dr. Arman T. Askari. Learn about how an award-winning, published physician at the top of his career is making a difference in life with Parkinson's .

You will learn about resources and services available in the area and get the latest information from vendor tables. Enjoy live music from the Benjamins.

There is no charge for this event and door prizes and a free lunch will be provided. Please register by March 25, 2019 at <http://ohparkinson.com/21st-annual-parkinson-symposium-registration/> or call 800-630-3193. We hope to see you at this wonderful event!

Other events on the calendar:

- ♦ May 5, 2019 Mind, Mood and Motion 12-4 p.m. at the Independence Library. Registration is required by contacting Sally Levy at (614) 505-5729 or slevy@parkinson.org.
- ♦ June 22, 2019 Moving Day Cleveland at Wade Oval in University Circle.

PEP May 1, 2019 Meeting

We welcome Dr. Joseph Little from the BRAIN Center in Hudson. Dr. Little is a chiropractor and lead clinician at The BRAIN Center which offers unique, specialized brain-based neurological and musculoskeletal rehabilitation therapies to treat a wide variety of conditions.

Parkinson's Disease Question Corner

Email barbaramarquardt@outlook.com with questions!

Question: Are pesticides really harmful for Parkinson's?

Answer: Absolutely, yes! Pesticides are harmful for everyone. At this time of year, I would encourage you to look into **organic lawn care**, instead of using harmful chemicals like Roundup that has negative effects on human health.

One company that I like in Northeast Ohio is *Good Nature Organic Lawn Care*. Traditional lawn fertilizers and pesticides pose risks for you, your family, and our environment. Did you know that the Environmental Protection Agency (EPA) has indicated that 95% of commonly used lawn care chemicals are known or probable carcinogens? But now, rather than blanketing our lawns with potentially harmful chemicals, there is a healthy alternative.

With less than one percent of Parkinson's cases caused by genetics, researchers have been looking for the potential risk factors for developing Parkinson's disease (PD). The epidemiological and toxicological evidence is repeatedly identifying exposure to pesticides, as well as specific gene-pesticide interactions, as significant adverse risk factors that contribute to PD.

A huge body of evidence exists on the possible role of pesticide exposures in the elevated incidence of human diseases such as cancers, Alzheimer, Parkinson, amyotrophic lateral sclerosis, asthma, bronchitis, infertility, birth defects, attention deficit hyperactivity disorder, autism, diabetes, and obesity. Most of the disorders are induced by insecticides and herbicides most notably organophosphorus, organochlorines, phenoxyacetic acids, and triazine compounds. [Mostafalou S and Abdollahi M.2017. Arch Toxicol. 91 (2):549-599]

For more in-depth information and numerous articles related to Parkinson's, please visit the *Beyond Pesticides* website, www.beyondpesticides.org

The spring take-away is if you see a sign in a lawn that says to stay off the lawn, it is not safe and should be avoided. With *Good Nature Organic Lawn Care* people are able to walk on the lawn after applications, because it is not harmful.

Also, if you walk your dog on a sidewalk that has recently been treated with harmful chemicals please walk the other way, as you do not want to track this harmful chemical

into your home! Sadly, I also question golf courses and all the pesticides they use, and all the time people spend standing and walking on the chemically treated grass.

To look into a healthier option, please call *Good Nature Organic Lawn Care*. Free quotes are available, and they can be reached in Cleveland at 216-641-9800, and in Akron at 330-836-9800.

Ref. <https://www.whygoodnature.com/why-good-nature-why-organic-lawn-care>

www.beyondpesticides.org/resources/pesticide-induced-diseases-database/parkinsons-disease



Natural Prescriptions for Parkinson's Disease (Excerpt from www.lifeextension.com)			
The Parkinson's Prescription: Natural Treatments for Multiple Causes			
Causative Factor	Diagnostic Test	Medical Treatment	Natural Approach
Dopamine loss	P300 brainwave- brain voltage	Levodopa, ropinirole, COMT inhibitors	Tyrosine, vitamin B6, zinc, DHEA, phenylalanine
GABA and serotonin loss	Brain map (QEEG)	Paxil®, Effexor®, other antidepressants	L-theanine, vitamin B12, GABA, inositol, St. John's wort, tryptophan
Inorganic toxins/ heavy metals (iron, manganese, copper)	EDTA challenge, RBC serum heavy metals lead, cadmium, (zinc)	D-penicillamine, BAL	IV chelation, zinc, CoQ10
Organic toxins (MPTP, pesticides, hydrocarbons)	Pesticide levels, fat biopsy	(None established)	Glutathione, N-acetylcysteine, methionine, cysteine, sulfur
Oxidative stress	Homocysteine, vitamin B12, serum vitamin E and C, selenium, beta-carotene	Selegiline, antidepressants (e.g., Zoloft®, glutathione, polyphenols, Wellbutrin®)	Super Alpha Lipoic Acid with Biotin, curcumin, bioflavonoids, tocotrienols
Inflammation	CRP, ESR, TH/TS, interleukin 6 and 8	COX-2 inhibitors (e.g., Vioxx®, Celebrex®)	NSAIDs (e.g., aspirin, ibuprofen), green and black tea, Nexrutine®
Diminished vascular flow, stenosis, mini-strokes	MRI, MRA, PET scan, ultrasound, ABI	Statins (e.g., Zocor®, Lipitor®)	Aspirin, niacin, red yeast, chelation, IV HDL, policosanol
Hormonal deficiencies	DHEA, testosterone, estrogen, progesterone	HGH injections, adrenal hormone, testosterone, estrogen, progesterone	Super MiraForte, HGH secretagogues, DHEA
Petrification: calcium in the brain and blood vessels with amyloid, mini-strokes	Ionized calcium, calcitonin, para-thyroid, progesterone, bone density studies	NMDA antagonists, calcium channel blockers (e.g., Procardia®)	Calcium, boron, strontium, calcitonin, vitamin D
Electrical loss or pause	BEAM (QEEG), PET scan	ECT	CES, TCMS
Metabolic loss	P300 brainwave, PET and SPECT scans	(None established)	CoQ10, creatine, phosphatidylserine, acetyl-L-carnitine, acetyl-L-carnitine

Tips for Daily Living: 12 Ways to Boost Your Brain Power

(Excerpt from www.parkinson.org)

Do you ever walk into a room and forget why? Next time, try closing your eyes to jog your memory. Your brain is a mysterious organ that researchers are still trying to better understand. Brain Awareness Week is a global campaign that raises public awareness about the progress and benefits of brain research, including research into the causes of Parkinson's disease (PD) and how to treat it. This year we wanted to provide you with 12 ways you can enhance your cognitive function, starting right now:

1. **Keep Learning**

Choose activities that keep your brain working. Set out to complete a complex goal or learn something new. Start with watching a new video on our YouTube channel.

2. **Eat a Healthy Diet**

Following the Mediterranean Diet can help people with Parkinson's slow levodopa absorption into the brain. This diet not only helps the brain, but can reduce blood pressure and cardiovascular disease.

3. **Take a Book with You**

Reading is a complex task that requires multiple parts of the brain to work together. A complex book can improve memory and cause positive neurological changes that last even after you stopped reading.

4. **Stay Social**

Staying social has been proven to help retain cognitive sharpness. Surround yourself with people who make you laugh and smile, or make new friends at Parkinson's support groups.

5. **Keep Calm**

Stress of any kind can temporarily worsen PD symptoms. Meditating just 15 minutes a day can bring a sense of calm and the ability to

see things more clearly.

6. **Get Enough Sleep**

Maintain a regular sleep schedule; get up and go to bed the same time every day.

7. **Keep Track of Medications**

Establishing a daily routine helps keep you on track with medications and exercise regimens. It can also help with sleep and digestion issues.

8. **Increase Your Heart Rate**

Intense exercise can improve efficiency of your brain cells using dopamine and lessen PD symptoms.

9. **Give Your Brain a Workout**

Creativity in everyday life provides excellent mental stimulation. Vary your activity to keep the mind strong and healthy. Draw, paint or write your My PD Story.

10. **Groove to the Music**

Listening to music can improve memory. Singing and dancing to a song helps cognitive and physical functions. Research shows that exercise, social stimulation and singing can help postpone PD symptoms.

11. **Drink Caffeine**

Several studies have shown that caffeine may reduce the risk of developing Parkinson's. A cup a day may also help with motor symptoms, boosting memory and lowering the risk of depression.

12. **Laugh Out Loud**

Laughing stimulates different areas in the brain. Some studies show laughing can also improve short-term memory. Watching a funny movie or cat video is also a natural stress reducer.



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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.

TRIBUTES

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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

Products to Help People Live better with PD

(Excerpt from blog.patientslikeme.com)

In the Bathroom

- Biotene toothpaste or mouthwash "helps with dry mouth caused by meds"
- A raised toilet seat and a stool at the bathroom counter can be helpful, as well as a walk-in shower, if possible, some members say.
- Another member uses an electric toothbrush, a hand-held shower attachment and a bath bench "that sits w/ 2 legs inside and 2 legs outside the tub... this allows you to sit down and then raise and swing your legs up and over the tub instead of stepping over and risking a fall. [found a health aid supply store/ Lowe's, etc.]"



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AT PEP

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