

PEP NEWS

MAY 2019

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

MAY MEETING

Wednesday, May 1, 2019 – 2 p.m. till 4 p.m.

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.

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

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

From David Brandt

Please note that we've included information on page two this month that was difficult to read in our previous newsletter. If you're not familiar with diagnostic tests, you can match yourself in a specific column and discuss further with your physician. I found this chart to be very informative, and perhaps you will as well. We will resume Barbara's question corner next newsletter.

Please remember to visit our Facebook Page for more information / Facebook – Parkinson Education Program of Greater Cleveland <https://www.facebook.com/Parkinson-Education-Program-of-Greater-Cleveland-538407166282079/>

Moving Day Cleveland presented by Parkinson's Foundation Ohio is coming up on Saturday, June 22, and I am pleased that PEP has two ways to help donate to this very worthy cause. We have arranged with Café Tandoor to have 15% of their proceeds from lunch and dinner on Wednesday May 22, to be donated to the Parkinson Foundation Moving Day fundraiser. Here are the details:

- ♦ Lunch 11:30 a.m. – 2 p.m.
- ♦ Dinner 5:30 p.m. – 10 p.m.

Café Tandoor was partially chosen because of their award winning Indian cuisine which have so many ingredients that are recommended for those with Parkinson's. Please join us for lunch or dinner!

The second way to help is to donate directly to the Moving Day website under our own Team Get PEP! Here are the directions on how to Donate to Team Get PEP!

- ♦ Go to www.movingdaywalk.org
- ♦ Click on DONATE at top near center of the screen
- ♦ In the search box, type Kathy Wendorff team Get PEP
- ♦ Donate

We look forward to seeing you at Café Tandoor on Wednesday, May 22 and then at Moving Day Cleveland on Saturday, June 22 at Wade Oval in University Circle.

Other events on the calendar:

May 5, 2019 – Mind, Mood, and Motion from 12-4 p.m. in Independence. Registration is required by contacting Sally Levy at 614-505-5729 or slevy@parkinson.org.

PD Wearable Device – Voice-On-Light Bracelet Lets You See When Your Voice Is Loud Enough

(Excerpt from Hope Parkinson Newsletter)

Speech, voice, and swallowing changes in Parkinson's Disease are very common. About 89% of people with PD will experience a decrease in communication ability or swallowing at some point in the disease process because of motor and sensory changes. Often, people with PD think they are talking loudly enough when they actually are speaking very softly. This misperception results from sensory deficits in PD. Staying loud enough to have a conversation can be a challenge for both the speaker and the listener!

(cont'd on last page)

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, cholesterol, 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

New Developments in the Link Between Parkinson's and Pesticides

(Excerpt from www.beyondpesticides.org)

Using low doses of the herbicide paraquat and common proteins found in food called lectins, researchers were able to recreate the symptoms of Parkinson's disease in rats. Results of this study, published in the journal *Parkinson's disease*, provide scientists with fresh insights into the development of the disease, and a new model to test potential remedies. Paraquat, a neurotoxic herbicide with a well-established body of literature linking it to Parkinson's disease, is currently undergoing a registration review by the U.S. Environmental Protection Agency, and groups like the Michael J. Fox Foundation are calling for its ban.

Researchers based their study on the Braak Staging hypothesis of Parkinson's, which posits that the disease is brought on by foreign agents entering the body through the gut or nose and making their way to the brain. Rats were exposed to low doses of paraquat combined with lectin every day for a week. After two weeks, the animals' motor function was tested and compared to an unexposed control group.

Rats exposed to lectin and paraquat exhibited Parkinson-like symptoms. Primary author R. Alberto Travagli, PhD, notes, "After observing that these animals did indeed show symptoms of Parkinsonism, we wanted to double check and make sure we weren't looking at animals that had these symptoms for another reason." To check, Dr. Travagli indicates, "We administered levodopa, which is a common medication for Parkinson's disease. We saw a return to almost normal types of motor responses, which was a clear indication that we were looking at some sort of Parkinsonism."

Lectin, which is often found in healthy foods like raw vegetables, eggs, and dairy, combined with paraquat in the gut and triggered the formation of a misfolded protein called alpha-synuclein, a foreign agent that likely plays a role in the development of Parkinson's. Alpha-synuclein travels from the gut to the brain via the vagus nerve. Thus, to confirm the etiology of the symptoms exposed rats were experiencing, researchers removed the vagus nerve of a population of test rats and administered the same combination

of lectin and paraquat. No rats within this group developed Parkinson-like symptoms.

"We were able to demonstrate that if you have oral paraquat exposure, even at very low levels, and you also consume lectins — perhaps in the form of uncooked vegetables, dairy or eggs — then it could potentially trigger the formation of this protein alpha-synuclein in the gut," said study coauthor Thyagarajan Subramanian. "Once it's formed, it can travel up the vagus nerve and to the part of the brain that triggers the onset of Parkinson's disease."

Scientists also administered both paraquat and lectin alone to rat populations, but did not see the same pathology in either groups tested.

Researchers indicate that these results provide new avenues for intervention to prevent Parkinson's in humans. For example, there could be dietary changes that could delay onset, or drugs (including antibiotics), such as squalamine, that act to remove alpha-synuclein from the gut.

Any herbicide implicated in the development of a disease, which is expected to double in diagnosis over the next 20 years, raises serious questions about compliance with safety standards. A large body of scientific studies strongly implicates this chemical in the development of Parkinson's disease. Earlier this year, research published in the journal *Cell Reports* implicated paraquat for its ability to create senescent cells that cause inflammation in the brain.

Beyond Pesticides strongly supports the Michael J. Fox Foundation's stance that paraquat should be banned for use in the United States. The chemical has already been banned in the European Union since 2007, yet the United States still imports the chemical from throughout the world.

Join us in urging Congress and EPA to ban the use of paraquat by sending a letter today. And for more information on the connection between pesticides and Parkinson's see [Beyond Pesticides' Pesticide Induced Diseases Database](#).

TRIBUTES

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Sylvia and Michael Brown  Stuart Taylor

PEP NEWS

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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.

PD Wearable Device

(cont'd from pg. 1)

Mary Spremulli, PD speech and swallowing expert in the Fort Myers, Florida area, was inspired to create a new device when one of her Parkinson's patients told her they needed help practicing speech exercises for loudness at home. The Hi-VOLTTM 4PD is a sporty and easy to use Voice-On-Light bracelet that helps you feel the effort it takes to stay loud enough to be heard in conversation wherever you go. The Voice-On-Light Bracelet is a useful tool to help answer the question, "Am I speaking loudly enough?"

How it works – The Hi-VOLTTM Voice-on-Light Bracelet's light is activated only if the wearer speaks loudly enough. The light does not stay on, but is triggered when the voice reaches the right level of loudness. The device can be used to strengthen your voice at home using the audio practice CD, or alone as a reminder wherever you go. The Hi-VOLTTM Voice-on-Light Bracelet can be purchased for \$22, or \$32 with the Practice@ Home Audio CD. For more information about products and programs to support voice use wherever you go, visit VoiceAerobicsDVD.com.



PEP June 5, 2019 Meeting

We are pleased to welcome Dr. Solomon Zarea, D.O., Psychiatrist for Compassionate Cleveland, who will speak on Medical Cannabis and Parkinson's. Compassionate Cleveland has experienced medical marijuana doctors who provide personalized medical and behavioral health care, in order to optimize the treatment and reduce the risks of Cannabis.

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



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Partial grant support provided by OPFNE



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