

PEP NEWS

AUGUST 2019

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



AUGUST MEETING

Wednesday, August 7, 2019 – 2 p.m. till 4 p.m.

Ice Cream Social preceded by country dances, polkas, and waltzes. Join hands with friendly folks. Chuckle, laugh, relax. Who should dance? All not-so-steady-on-the-feet folks: Bring your canes, walkers, wheelchairs, and propellers. Steady-on-the-feet dance angels will demonstrate country moves and partner with those so inclined. Mandolins, guitars, flute, and piano players will fill our space with traditional tunes at gentle tempos. Country dances that have been modified for safe mobility, will be taught by Kathy Wendorff and her husband, Carl. The Ice Cream Social will be organized by Bob Eckardt, known for his ice cream topping talents. See you there!

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

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

From David Brandt

We are getting into the dog days of summer. When it gets hot, just keep in mind how not long ago we were lamenting the winter cold and the rainy spring. Such is life in Northeast Ohio. You have a chance to cool off during our Ice Cream Social. Hopefully you can join us!

August is a busy month on the Parkinson's calendar. Both University Hospitals and the Cleveland Clinic have all-day events; one east side and one west side. Please note that the Empower U listed below has stopped taking reservations but may have openings toward the end of July so please check their website.

August 10 – Empower U Taking Control of Parkinson's Disease Presented by the Cleveland Clinic at the LaCentre Conference & Banquet Facility in Westlake. This education-driven, one-day event provides a positive, interactive approach to helping individuals take control of their disease, maintain their identity, and improve their quality of life. Special guests include Jimmy Choi, American Ninja Warrior Athlete and PD advocate; David Zid, co-founder of Delay the Disease; and Benjamin Walter, MD, Medical Director and Staff Neurologist at the Cleveland Clinic.

August 10 – Caring for a Loved One Presented by Caregiver Action Network. This lunch and learn will help caregivers clearly articulate their personal health goals; work with doctors so they can better point to treatment options; develop plans that meet your family's goals. There is no cost

for this and you will also receive a caregiver kit. The event takes place at the Brookdale Westlake Village from 10 a.m.-2 p.m. Call 202-454-3965 to register.

August 24 – Tenth Annual Parkinson's Boot Camp Presented by University Hospitals Neurological Institute at the Doubletree By Hilton Cleveland East in Beachwood. Experience this hands-on event where you will learn exercise techniques, mind and body wellness practices, and invigorating skills to manage your Parkinson's. Registration and Continental Breakfast from 8:30-9:30 a.m. Program is from 9:30 a.m. – 3 p.m. Lunch included. There is also a Care Partner Session. Please call 216-983-6683 to register.

September 15 – Third Annual Join the Movement Presented by Pals In Motion at the Orange High School. 5K Run/Walk, 1 mile walk, Outdoor Yoga, Challenge Obstacle Course, 100-Yard Dash Relay for ages 12-18. You can register online at www.palsinmotion.org.

October 12 – New Frontiers in Research and Care Presented by Parkinson's Foundation at the Holiday Inn in Independence. The program highlights the Parkinson's Foundation national research initiatives. Participants will learn how research has shaped current treatments and identify new care strategies to help with managing Parkinson's symptoms. The program may include moderately scientific terms and concepts. There is no charge to attend but registration is required. Lunch is provided. Contact Sally Levy at (614) 505-5729 to register.

Short Bursts of Exercise Enhance Brain Function, Study Finds

(Excerpt from naturalblaze.com)

Most people know that regular exercise is good for your health. New research shows it may make you smarter, too.

Neuroscientists at OHSU in Portland, Oregon, working with mice, have discovered that a short burst of exercise directly boosts the function of a gene that increases connections between neurons in the hippocampus, the region of the brain associated with learning and memory.

The research is published online in the journal eLife.

"Exercise is cheap, and you don't necessarily need a fancy gym membership or have to run 10 miles a day," said co-senior author Gary Westbrook, M.D., senior scientist at the OHSU Vollum Institute and Dixon Professor of Neurology in the OHSU School of Medicine.

Previous research in animals and in people shows that regular exercise promotes general brain health. However, it's hard to untangle the overall benefits of exercise to the heart, liver and muscles from the specific effect on the brain. For example, a healthy heart oxygenates the whole body, including the brain.

"Previous studies of exercise almost all focus on sustained exercise," Westbrook said. "As neuroscientists, it's not that we don't care about the benefits on the heart and muscles but we wanted to know the brain-specific benefit of exercise."

So the scientists designed a study in mice that specifically measured the brain's response to single bouts of exercise in otherwise sedentary mice that were placed for short periods on running wheels. The mice ran a few kilometers in two hours.

The study found that short-term bursts of exercise – the human equivalent of a weekly game of pickup basketball, or 4,000 steps – promoted an increase in synapses in the hippocampus. Scientists made the key discovery by analyzing genes that were increased in single neurons activated during exercise.

One particular gene stood out: Mtss1L. This gene had been largely ignored in prior studies in the brain. "That was the most exciting thing," said co-lead author Christina Chatzi, Ph.D. The Mtss1L gene encodes a protein that causes bending of the cell membrane. Researchers discovered that when this gene is activated by short bursts of exercise, it promotes small growths on neurons known as dendritic spines – the site at which synapses form.

In effect, the study showed that an acute burst of exercise is enough to prime the brain for learning. In the next stage of research, scientists plan to pair acute bouts of exercise with learning tasks to better understand the impact on learning and memory.

Available: Stairlift

It is about five years old and is in very good condition. Dismantling and reinstallation would have to be done the same day if handled by Acorn. I would pay for the dismantling. The reinstallation by Acorn would cost approximately \$1,000 plus new batteries which would cost about \$500. The result would be a very good \$10,000 stairlift for the price of about \$1,500. The stairlift can be reconfigured to a straight run as well. Any interested party can reach me at 440-591-4761. My e-mail address is rpfarinacci@yahoo.com.



Parkinson's Disease Question Corner

Email barbaramarquardt@outlook.com with questions!

Question: I am having a hard time sleeping at night with Parkinson's, any suggestions?

Answer: We all know high-quality sleep is vital for both healing and sustained wellness. Sleep is a time when the body is quite busy, during the night, we restock our supply of hormones, process significant toxins, repair damaged tissue, generate vital white blood cells for immunity, eliminate the effects of stress, and process heavy emotions.

Unfortunately, we have an epidemic of sleep disorders – from trouble falling asleep to often-interrupted sleep to actual insomnia. There are, however, several straightforward remedies that can help. Sleeping soundly also often increases our motivation to make further lifestyle changes (e.g. when well rested, it is always easier to eat more healthily).

Sleep is ultimately a gift of the pineal gland! We fall asleep due to the gifts of the pineal gland, a small ant-sized lobe near the middle of our skull in the interbrain. Following our circadian rhythm, the pineal gland secretes a neurotransmitter and hormone called melatonin. Melatonin suppresses the activity of other neurotransmitters and helps to calm the brain (in part by countering the stress hormone cortisol from our adrenal gland). And as we become drowsier, the brain slowly begins to turn off our voluntary skeletal muscle functions, so we don't move around too much and try to act out our dreams or disrupt the body's internal revitalization work. (Note this is also why it's so hard to move your limbs or shout out in response to a nightmare.)

For ideal sleep, melatonin should be rising steadily and cortisol should be rock-bottom low at bedtime. But there's a catch: the pineal gland secretes melatonin largely in response to darkness. And our evening cortisol levels are lowest in environments with low noise. With our addictions to TV, video games, and email in the evening, however, our evening activity choices can get in the way of these natural pro-sleep chemical shifts. These devices mostly display full-spectrum light which can confuse the brain about

whether it's nighttime or not. We also, unfortunately, tend to watch shows or view email that can be loud and/or stressful (e.g. the evening news, a crime show, work email, or ever-longer to-do lists). Digesting a heavy meal eaten later in the evening can also prevent or interrupt sleep.

We see over and over again the power of these "sleep hygiene" principles to improve or fully remedy poor sleep. Simple changes can be quite powerful.

1. **Choose more calming, quieter evening activities** that resonate with you and help you to relax, both mentally and physically (e.g. reading a book, taking a bath, going for a light stroll outdoors, and playing with a pet).
2. **Turn off all full-spectrum light** for a full 1-2 hours before bedtime. This means no email, TV, or smart phone apps.
3. **Avoid amping up your brain.** Avoid activities such as budgeting, balancing your checkbook, next-day-planning, or stressful conversations in the full hour prior to bedtime. Also no caffeinated food or drink at all after 2pm (e.g. tea (even green), coffee, soda, chocolate, mate); yes, it *can* affect you that many hours later.
4. **Make it quiet but not too quiet.** If noise is an issue in your bedroom (too little OR too much), soft foam earplugs and/or the white noise of a fan.
5. **Mind the temperature.** Rooms that are too hot or too cold tend to wake us up. In addition to waking us up to mess with the bedding, temperature extremes naturally increase our stress hormones that promote wakefulness.
6. **Have a relaxing ritual at night.** Herbal tea (e.g. lavender, chamomile, valerian, passionflower) can help one to relax and set the tone for sleep. A hot bath with Epsom salts may work well. Or perhaps 10 minutes of gratitude journaling or reading an inspirational or spiritual book.
7. **Quiet the digestion.** This is a particularly powerful one that surprises many. For insomnia or light, restless sleep, it is best to have no food at all for a full three hours before bed.

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.

Parkinson's May Originate in the Gut, Says New Study

(Excerpt from parkinsonslife.eu)

A new study, published in medical journal 'Neuron', has found evidence to suggest that Parkinson's may originate in the gut. As part of the study, researchers at Johns Hopkins University School of Medicine, US, injected abnormally folded alpha-synuclein – a protein closely connected to the development of Parkinson's – into the gut of over 100 mice.

After one month the misfolded protein had spread to areas of the brain, with researchers saying the animals' symptoms closely mirrored the condition in humans. The results follow on from a study in Sweden in 2017, when a team of researchers at the Karolinska Institute found similar results.

Ted Dawson, professor of neurology at Johns Hopkins University and co-author of the research said: "It supports and really provides the first experimental evidence that Parkinson's disease can start in the gut and go up the vagus nerve."

TRIBUTES

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ohparkinson.com

PEP September 4, 2019 Meeting

Please join us in welcoming PEP members Gayle Kustin and Ellen Richman as they discuss how they prepare for going on cruises with minimal inconveniences related to disabilities. Their husbands have Parkinson's and a stroke respectively and they have recently completed a cruise. Their tips can be very useful as you may anticipate making a trip.