

PEP NEWS

SEPTEMBER 2019 Barbara Marquardt, Editor, M.Ed., MCHES, WCP, RYT

SEPTEMBER MEETING

Wednesday, September 4, 2019 – 2 p.m. till 4 p.m.

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.

Cleveland Heights Recreation Center / One Monticello Boulevard, Cleveland Heights, OH 44118
(Last names N through Z please bring light refreshments)

From David Brandt

I am fortunate to be on vacation as I write this. We have been doing much hiking and walking and it reminds me of the importance of exercise for those with Parkinson's. Exercise improves mobility and it also improves thinking, memory, and reducing fall risks. As mentioned by Parkinson's Foundation, while any level of physical activity is beneficial, to reap the greatest rewards, you should:

- Ask your doctor for a physical therapist referral for PD-safe exercise tips
- Exercise safely; know your limits
- Exercise consistently; researchers think that the more you do, the more you benefit
- Exercise indoors and outdoors. Changing routines can keep you motivated

Here are some upcoming events in the area.

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.

November 3 – Fifth Annual Big Band Brunch Sponsored by Ohio Parkinson Foundation Northeast Region and Come Dance With Me. 12:00 Noon – 1:30 Fabulous Brunch and 1:00 – 3:00 Music by Swing City. More details to follow.

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

Ear Stimulation Improves Parkinson's Symptoms

(Excerpt from articles.mercola.com)

In 2016, a case study was published using caloric vestibular stimulation (CVS), a form of neuromodulation, in a 70-year-old man with Parkinson's disease. He self-administered the treatment at home "via a portable, solid-state, device that discharged time-varying thermal waveforms via ear pieces housed in a headset." (Cont'd on page 3)

Five Must Know Health Benefits of Blueberries

(Excerpt from blogs.mercola.com)

If you're craving a sweet and juicy snack that's as healthy as it is delicious, look no further than blueberries. Small but mighty, blueberries are a powerhouse of nutrition in the perfect bite-sized package. The top seven health benefits of blueberries include:

Brain health protection – Blueberries contain health-promoting anthocyanins — flavonoids found in fruits with blue, red or dark purple hues — as well as other beneficial phytochemicals, including caffeic acid, catechin, quercetin, kaempferol and tannin. These phytochemicals boast antioxidant, anti-inflammatory, antiviral and anti-proliferative properties, and are believed to play a beneficial role in brain aging and neurodegenerative disorders.

Intestinal health protection – Thanks to the antimicrobial and antioxidant effects of polyphenols, blueberries can help reduce inflammation-inducing bacteria and increase the amount of healthy bacteria in the gut, when combined with probiotics.

Heart-healthy properties – Research has shown the flavonoids in berries can help protect against heart disease by reducing oxidative stress and inflammation, while enhancing capillary strength and inhibiting platelet formation. Blueberries can also help lower blood pressure, when eaten in moderation.

Type 2 diabetes prevention – Studies show adding blueberries to your diet may be beneficial for the prevention of Type 2 diabetes, thanks to their ability to help improve insulin resistance. Fermented blueberries in particular are thought to be especially beneficial for Type 2 diabetes.

Cognitive benefits – When studying participants who enjoyed blueberry smoothies for breakfast, researchers found they performed better on mental tasks five hours after drinking the smoothie, compared to those who drank smoothies without blueberries in them. The study suggests that blueberries provide the brain with a boost in blood flow and oxygen, which leads to improved memory and concentration.

As a standard recommendation, you should keep your total fructose consumption below 25 grams per day,

including fructose from fruit. If you have high blood pressure, insulin resistance, diabetes, heart disease or other chronic diseases, you should limit your fructose to 15 grams or less per day until your condition has normalized.

One cup of blueberries has 7.4 grams of fructose, so if you limit your intake from other sources, you can eat a cup of blueberries a day and still be well within the healthy limits.

The Snack Bar Designed for People with Swallowing Disorders

(Excerpt from www.theheartysoul.com)

We should take a moment to appreciate the people in this world who go out of their way to improve the quality of life for others. While we sit back and enjoy our avocado toast, poke bowls and Beyond Burgers, it is estimated that 1 in 25 people suffer from dysphagia, a swallowing disorder that essentially takes all the joy away from food. Often times those with dysphagia are limited to only consuming pureed and baby foods.

Thankfully companies such as Hormel, have dedicated their business to creating a series of pureed meal kits for breakfast, lunch, and dinner that focus on taste. However, a new startup called Nutraphagia has also presented a tasty option – a satisfying snack bar that literally melts in your mouth.

EAT Bars were brought to fruition by Tia Bagan, a speech therapist based out of USA. Throughout her 15 years of practice, Tia has provided patient care for acute hospital care, outpatient, rehabilitation, day rehab, skilled and long term care facilities. In her own independent research of dysphagia products, she continued to see a discrepancy between the needs of her patients and the current offerings in the market. This was the seed that blossomed into Nutraphagia.

Tia's EAT Bars launched in January of this year, but these have been her passion project over the last 3-years. She came up with the idea when she was working with nursing homes and hospitals. Her patients were looking for something that "tasted

(Cont'd on last page)

Parkinson's Disease Question Corner

Email barbaramarquardt@outlook.com with questions!

Question: Could hormones help with Parkinson's symptoms?

Answer: Recent research suggests that Estrogen improves Parkinson's Disease symptoms. Brain-selective estrogen treatment improves the symptoms of Parkinson's disease in male mice, according to new research published in *JNeurosci*. These findings may help explain the sex differences in Parkinson's disease and could lead to estrogen-based treatments.

Parkinson's disease is characterized by the death of neurons involved in movement, which may be partially caused by gene mutations for the protein α -synuclein. The mutated, shorter form of the protein clusters in neurons, resulting in their death, while the longer form resists clumping.

Estrogen is thought to protect movement neurons from Parkinson's disease, but how is unknown. Since the patients more susceptible to Parkinson's disease -- men and post-menopausal women -- have low estrogen levels, estrogen treatment might be an effective way to delay and reduce symptoms.

Silke Nuber and colleagues at Harvard Medical School treated mouse models of Parkinson's disease with brain-selective estrogen and compared the motor performance of males and females before and after treatment. The female mice showed less severe symptoms at a later age, but estrogen still improved their symptoms. In male mice, the estrogen treatment reduced α -synuclein breakdown and buildup and helped with severe symptoms, suggesting that estrogen could be a viable treatment option for Parkinson's patients with low estrogen levels.

Ref. Society for Neuroscience. "Estrogen improves Parkinson's disease symptoms: Insight into sex-based differences could lead to new treatments." ScienceDaily. ScienceDaily, 12 August 2019. <www.sciencedaily.com/releases/2019/08/190812130859.htm>

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.

Ear Stimulation Improves Parkinson's Symptoms *(Cont'd from page 1)*

After using the device twice a day for 20-minute sessions over a period of three months, the man had a 50% reduction in both motor and non-motor symptoms of Parkinson's disease, and the relief persisted for at least five months after the treatment was stopped.

At the time, the researchers concluded, "Caloric vestibular stimulation may offer a novel, home-based method of relieving everyday symptoms of Parkinson's disease, and merits further evaluative study." That further research — a double-blind, placebo-controlled, randomized study — was recently published in the journal *Parkinsonism & Related Disorders*.

It involved 33 people with Parkinson's disease who received either CVS or a placebo treatment. Participants administered CVS at home twice daily for eight weeks. Those who received the active CVS treatment had greater reductions in motor and non-motor symptoms, including improved movement and mobility, than those in the placebo group.

The treatment also helped the participants carry out everyday activities and led to "improvements in decision-making, memory, mood and sleep." The improvements in symptoms were still apparent five weeks after the end of active treatment, but they started to recede by 24 weeks' follow-up.

"At six months' follow-up, most of the gains had returned to baseline status although there was some evidence of residual effect," the researchers noted. "These clinical improvements were obtained without significant safety concerns; no serious adverse events likely to be device-related were reported, and subjects described their experience with the device as largely positive."

In other words, the ear stimulation appears to be an effective and safe form of treatment that patients can use in their own homes to get symptom relief. As for why the device works, the researchers suggested it may help to synchronize neural activity.

PEP NEWS

Parkinson Education Program
of Greater Cleveland
17930 Birch Hill Drive
Chagrin Falls, OH 44023

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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.

Snack *(Cont'd from page 2)*

good," was "calorie dense," and "melted quickly". When these bars were developed, these sold out rapidly on their first Amazon launch.

These snack bars consist of meringue surrounded by a flavored Greek yogurt coating. Currently available in Dark Chocolate, White Chocolate, Strawberry, Lemon. Each serving provides 200-calories and her bars are GMO-free, gluten-free, nut-free and Kosher.

When the combination of yogurt and meringue mix with moisture, they dissolve rapidly. While Tia has developed both Chocolate and Strawberry flavors, Lemon was the initial flavor as according to Tia, the taste of citrus helps to stimulate the production of saliva, which further supports the dissolving of these bars.

It's wonderful for those with dysphagia can now enjoy something convenient, that isn't the same pureed meal that they're used to. Explore EAT Bars on their [website](#), you can purchase a pack of 12 bars for \$21.49 or subscribe and save.

TRIBUTES

Royal and Brenda Ashburn

Regina Eatman



**TO REACH US
AT PEP**

440-742-0153

dbrandtpep@gmail.com

Facebook – Par-
kinson Education
Program of
Greater Cleveland

Partial grant support provided by OPFNE



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PEP October 2, 2019 Meeting

To be announced.