

PEP NEWS

APRIL 2020

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

April Meeting—NO MEETING

Due to the COVID-19 outbreak and the closure of the Cleveland Heights Senior Center, our April meeting has been cancelled. We will reschedule **Dr. Aasef Shaikh, Neurologist at University Hospitals** at a later meeting this year.

From David Brandt

As you can see from the meeting announcement above, our April *PEP* meeting has been cancelled due to the COVID-19 virus which has closed the Cleveland Heights Senior Center. We will let you know about the May meeting in our next newsletter. See what the Michael J. Fox Foundation has to say about the virus and Parkinson's in an article in this newsletter.

The other big cancellation is the 22nd Annual Parkinson Symposium which was slated for April 4th. That event has been rescheduled for Saturday, August 29th at the same location. All of the original speakers have been confirmed for this date. The details are listed below in the calendar of events.

Upcoming Events in The Area

May 5 – Get Moving at Topgolf. Learn about the role of exercise in Managing Parkinson's disease and safe ways to incorporate more movement into your daily lives. This program is open to those with PD and their care partners. No previous golf experience required. There is no charge to attend, but registration is required. <https://www.parkinson.org/events/2020/Topgolf-Cleveland> or call 614-890-1901. It will be held at Topgolf Cleveland at 5820 Rockside Woods Blvd in Independence.

June 20 – Moving Day Cleveland at Wade Oval. More details to follow.

August 29 – 22nd Annual Parkinson Symposium from Ohio Parkinson Foundation Northeast Region 10 a.m. - 2:30 p.m., at Hilton Garden Inn Twinsburg 8971 Wilcox Dr., Twinsburg, OH 44087. Check in at 9 a.m. Highlights include Attorney John Baumann who was diagnosed with PD at age 41 and is now an internationally recognized speaker. Also "Be Alive" with Drums Alive!. Experience this evidence based participatory journey to brain and body health, fitness and well-being with music, movement and rhythm that is designed to renew the spirit and ignite your passion. Door Prizes and Free Lunch Provided.

TRIBUTES

In memory of Robert J Cvelbar
Barbara Marquardt

Ida Howze

In memory of Susan Jones
Bill Jones

Ralph and Dianne Knepper

Roy Miller

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

Ask the MD: Coronavirus and Parkinson's

(Excerpt from <https://www.michaeljfox.org/>)

Editor's note: The information below was posted on March 11, 2020. Public health resources and status updates surrounding COVID-19 are rapidly changing, often day by day. Please visit the [Centers for Disease Control and Prevention \(CDC\) website](https://www.cdc.gov/) or your [state health department websites](#) for the most recent information and guidance.

As Coronavirus Disease 2019 (COVID-19), a new respiratory virus that originated in China, continues to spread around the world, people with Parkinson's disease (PD) may understandably be worried about what this could mean for them and their health. For most people, COVID-19 causes mild symptoms, similar to the common cold. But for some, it can cause more significant symptoms, including difficulty breathing and pneumonia. While we don't know specifically how the virus affects people with PD or other neurological diseases, we do know that older adults and people with serious medical conditions, such as heart or lung disease, may be at higher risk of experiencing more significant illness.

To put the situation in context, we spoke with movement disorder specialist Susan Bressman, MD, Mirken Family Professor of Neurology at Icahn School of Medicine and Director of the Bonnie and Tom Strauss Movement Disorder Center, Mount Sinai Health System.

While no one is yet an expert on COVID-19 and Parkinson's, Dr. Bressman says, "Information on COVID-19 is changing daily, but I can tell you what I am telling my own patients as of today."

The Michael J. Fox Foundation for Parkinson's Research (MJFF): Should people with Parkinson's be more concerned about getting COVID-19 than other people?

Susan Bressman (SB): I think of COVID-19 as being like a really, really bad flu. We're learning more about it — how it spreads, the odds of getting it, how we can treat it — but we still need more information.

Having Parkinson's, by itself, may not put you at an increased risk of getting COVID-19 or, if you do get it, having a more significant illness. For example: If you

are 50 years old, newly diagnosed and otherwise healthy, it's hard to say more than "you should take standard precautions." But if you are older and have advancing Parkinson's that significantly affects your movement, or if you have other conditions such as heart, lung or kidney disease, you may need to take more precautions, such as not traveling or avoiding routine doctor visits. Because Parkinson's is so individualized, it's hard to make a blanket statement. If you aren't sure which category you fall into, talk with your doctor. But here's my takeaway: Be careful and don't take risks you don't have to take.

MJFF: Are there specific ways COVID-19 might affect someone with PD differently from someone without PD?

SB: We don't yet know specifics on how the virus might affect a person with PD. But any infection — a urinary tract infection, pneumonia or the flu, for example — can temporarily worsen Parkinson's symptoms. So someone with COVID-19 would probably see an increase in their usual symptoms — more difficulty moving or more "off" time, for example. And COVID-19 treatment focuses on managing symptoms, such as cough, fever and pain, because there is not yet a treatment that targets the virus itself. Always talk with your doctor and pharmacist before taking any medications, including over-the-counter medications. Some cough and cold medications should not be taken with certain Parkinson's medications (MAO-B inhibitors, such as Azilect/rasagiline or Xadago/safinamide), so it's always good to check.

MJFF: Should I cancel my regular doctor visit?

SB: That depends on your symptoms, age and transportation to the visit. Having Parkinson's and being older doesn't mean you can't go out at all. Say, for example, you are 70 years old and you aren't doing well (you are having significant "off" times) and you have a car you can take to the doctor's office. It might be a good idea to go in. If, on the other hand, you are stable and you'd have to take public transportation to the appointment, it might be okay to skip.

(Cont'd on page 3)

Ask the MD: Coronavirus and Parkinson's (cont'd from pg. 2)

Remember you can always call and speak with your doctor about anything that's going on. My clinic also is setting up telemedicine visits, which will be really helpful. Ask if your doctor's office offers that option.

MJFF: Should I stay home from all activities?

SB: If you have a serious medical illness, such as cancer, heart disease, diabetes or any other disease that compromises your immune system, and you are over the age of 60, you may want to limit your outside activities. Meaning, you might want to go shopping or to an important doctor's appointment and then right back home. But unless you feel sick or have been advised to stay home, I don't think you have to avoid all outside activity.

MJFF: What should I do if I feel sick?

SB: If you have symptoms, such as a cough, fever or shortness of breath, call your doctor, local emergency room or urgent care, or 911. They can advise you on what to do next and/or prepare for your arrival.

MJFF: Should I stock up on medication?

SB: Some insurance companies are lifting restrictions that typically allow only a one-month supply of certain medications at a time. If you can, try to have a three-month supply of medication. If cost is an issue, as it may be for many people, make sure you have at least a one-month supply and talk with your doctor and pharmacist about other options. And get your drugs delivered, either through your local pharmacy or an insurance mail-order service.

MJFF: What else can people with Parkinson's do to prepare?

SB: Check in with your support system. Make sure you have people you can call on to run errands if you need groceries or other supplies. And check out the Center for Disease Control recommendations for protecting yourself.

Parkinson's Disease Question Corner

Email barbaramarquardt@outlook.com with questions!

Question: I am looking for a new device to assist my brain function, any insights?

Answer: Brain photobiomodulation (PBM) is an exciting field in neuroscience and self, brain stimulation.

Photobiomodulation therapy is defined as the utilization of non-ionizing electromagnetic energy to trigger photochemical changes within cellular structures that are receptive to photons. Mitochondria are particularly receptive to this process. At the cellular level, visible red and near infrared light (NIR) energy are absorbed by mitochondria, which perform the function of producing cellular energy called "ATP". The key to this entire process is a mitochondrial enzyme called cytochrome oxidase c, a chromophore, which accepts photonic energy of specific wavelengths when functioning below par.

Several major institutions, including the US Veterans Affairs and Boston University School of Medicine are engaged in research with the brain photobiomodulation company, Vielight.

The Vielight Neuro Gamma is a powerful brain photobiomodulation (PBM) device. It is one of two next-generation near infrared (NIR) wearable devices, suitable for use at home.

The patented combination of transcranial and intranasal stimulation makes the Neuro Gamma ideal for comprehensive brain photobiomodulation, by simultaneously stimulating the ventral and cortical brain areas.

At present, Vielight's engineering team is able to extract one of the highest amounts of power in the world from a near infrared LED source. Difference between the Alpha and Gamma. The Vielight Neuro Gamma's 40 Hz pulse rate correlates with EEG gamma brain oscillations, which has a stronger effect on memory and cognition enhancement. This pulse rate differs from the 10 Hz pulse rate of the Vielight Neuro Alpha, which has an overall effect on neuronal health.

(Cont'd on page 4)

PEP NEWS

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

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 Disease Question Corner

(cont'd from page 3)

Neurons contain mitochondria. The process of utilizing the non-ionizing electromagnetic energy (light) to energize neuronal mitochondria triggers a cascade of beneficial cellular events. Some potential effects are: *neuroprotective effects, self-repair mechanisms and enhanced function.*^[1] [1] : "Neurological and psychological applications of transcranial LEDs", Department of Psychology and Institute for Neuroscience, University of Texas.

Click here for a video explaining Vielight technology has been posted to the PEP of Greater Cleveland Facebook page.

To find out more how Vielight's Neuro Gamma (Brain PBM) product could help your Parkinson's and for additional information, their website is <https://vielight.com> or call, 1-877-355-8012.

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.



TO REACH US AT
PEP 440-742-0153

dbrandtpep@gmail.com

Facebook – Parkinson
Education Program of
Greater Cleveland

Partial grant support provided by OPFNE



ohparkinson.com

PEP May 6, 2020 Meeting

We will have two speakers. We welcome **Greg Wainscott** from **Boston Scientific** who will present on the topic of Deep Brain Stimulation surgery to treat PD. This will cover the surgical process, candidacy, how DBS works, advantages/disadvantages, and the implantable technology as well.

We will also have **Shelly Ben-haddouche, Neuroscience Account Executive** who will talk on advanced PD and how Duopa fits in for certain patients.