

# PEP NEWS

MAY 2020

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## May Meeting—NO MEETING

Due to the COVID-19 outbreak and the stay at home order, our May meeting has been cancelled. We will reschedule our speakers at a later meeting this year.

### From David Brandt

**A**s I write this column in mid-April, I am homebound like all of you. It has been very strange, but we adjust. As you see from the meeting announcement, we will not have a meeting in May and we will just take a wait and see approach with the following months. I miss seeing many of you at our meetings, and hopefully we will have that opportunity relatively soon.

Because of your inability to attend Parkinson's events, group meetings, and places like InMotion, I at least wanted to let you know of options you have at home using your computer. One can go to the InMotion website at <https://beinmotion.org/> where you can find various videos that Ben Rossi has filmed to walk you through the exercises you have come to count on and continue to need. You can go to the Michael J Fox Foundation at <https://www.michaeljfox.org/> or the Parkinson's Foundation at <https://www.parkinson.org/> to read up on the latest research and learn more about the disease and how people are coping. And, of course, please continue to take walks outside to get fresh air and exercise while enjoying the Spring weather.

### Upcoming Events

**May 16 – 2020 Care Partner Summit** from Parkinson's Foundation. Noon—3:30 p.m., engage and ask your questions online to our various panels

that will address cognitive changes, mental health, self care, planning, and more. Register to attend virtually at <https://www.parkinson.org/Summit>

**June 20 – Moving Day Cleveland** at Wade Oval. This year it will be virtual due to the coronavirus. More details to follow.

**September 13 – Pals in Motion Run/Walk/Yoga/Obstacle Course**—Orange High School

**September 26 \*\*PLEASE NOTE REVISED DATE\*\* – 22<sup>nd</sup> Annual Parkinson Symposium** from Ohio Parkinson Foundation Northeast Region, 10 a.m. - 2:30 p.m. Location: Hilton Garden Inn Twinsburg, 8971 Wilcox Dr, Twinsburg, OH 44087. Check in begins at 9 a.m. and 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 wellbeing 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 Jim Nichols, Jr.  
Barbara Marquardt

David and Norma Harnick

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.

## **Parkinson's Disease Question Corner**

**Email [barbaramarquardt@outlook.com](mailto:barbaramarquardt@outlook.com) with questions!**

**Question:** How does NAD<sup>+</sup> help Parkinson's?

**Answer:** As we age, **NAD<sup>+</sup> levels** drastically plummet. The result is loss of cellular functions and potential accelerated aging. A patented supplement called **nicotinamide riboside** replenishes cellular NAD<sup>+</sup>. Studies reveal how restoring **NAD<sup>+</sup>** may slow or halt certain aging processes, boost brain function, and reduce risk for age-related disorders.

### **NAD<sup>+</sup> and Brain Function**

Longer life means little without an enhanced health span as well. Fortunately, boosting levels of NAD<sup>+</sup> in later life maximizes healthy function and can prevent degenerative disorders. A major cause of diminishing life quality in older age is loss of cognitive function and dementia. Research has found that supporting healthy levels of NAD<sup>+</sup> has **neuroprotective** effects, guarding against age-related loss of brain function including traumatic injury and stroke. Two recent studies utilized experimental mouse models of Alzheimer's disease, the most common cause of dementia in older adults. These mice display changes in the brain similar to those observed in elderly humans, and could be expected to result in significant deficits in cognition.

#### **Impact of Severe NAD<sup>+</sup> Deficit**

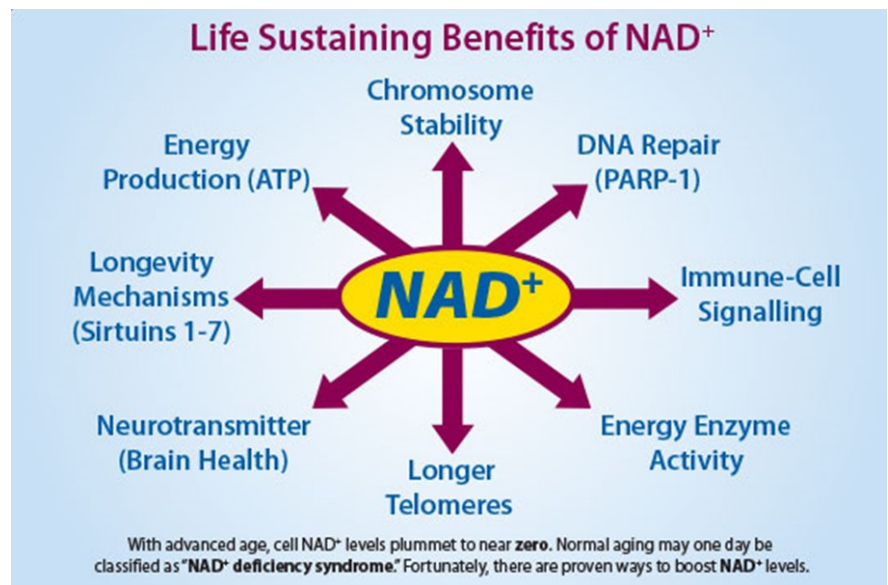
- Tremors
- Depression
- Arterial Stiffness
- Circadian Rhythm Imbalance
- Pro-youth Genes Turned Off
- Restless Leg Syndrome
- Cellular Senescence
- Sarcopenia
- Death

In both studies, giving the mice **nicotinamide riboside** supplements stopped the decline of NAD<sup>+</sup> levels in the brains—and greatly **reduced cognitive deterioration**.

The studies also showed reduced evidence of DNA damage in brain cells, reduced inflammation, and signs that synaptic plasticity was restored. Synaptic plasticity (the ability of the brain to adapt and maintain healthy connections) is typically impaired in older age and in cognitive disorders like dementia.

Another remarkable two-pronged study showed that **nicotinamide riboside** helps protect against the effects of **Parkinson's disease**. In the first part of the study, using a fly model of Parkinson's, nicotinamide riboside **prevented the death of nerve cells** in the brain and preserved motor function. In the second part, using human brain cells harvested from Parkinson's disease patients, the supplement raised levels of NAD<sup>+</sup> and caused improvements in mitochondrial function.

The study researchers concluded that nicotinamide riboside is a promising approach to protecting against Parkinson's disease and likely other degenerative diseases of the nervous system. Call a Life Extension® Wellness Specialist at 1-866-864-3027 with any questions.



## Six Tips to Stay Active While Living with Parkinson's

(Excerpt from <https://parkinsonslife.eu>)

**I**t's no secret that exercise is healthy, but did you know it can even help in the fight against your Parkinson's? Research shows that aerobic activity, in addition to strength, flexibility and balance exercises, can lower your symptoms and raise your sense of well-being. Always consult your doctor before beginning an exercise regimen, but here are six tips to lead a more active life while battling Parkinson's.

1. **Consider making home modifications**—The truth is: most homes simply weren't built to be compatible with the symptoms of Parkinson's and need modifications to make life both manageable and safe. If you can hardly move around your home, the chances of you being able to stick to an active lifestyle are slim. Under the Fair Housing Act in the US, owners must make reasonable accommodations for renters. If you own your home and worry about the cost of changes, there are national and local grants devoted solely to providing safe and comfortable housing for those in need.
2. **Create and maintain an exercise routine**—Schedule specific days and times for exercise to make sure it happens. You can check a local gym or health club to see if they have any classes that work into your schedule. Don't be afraid to try something different! Be sure to give yourself enough downtime and rest between activities, but off-days can be active too. Use them to exercise your creative side with art or writing, or take a walk through your favorite park.
3. **Eliminate distractions**—If you think you'll do better focusing on your own, exercise solo. You may even find that it's beneficial to tell friends and family that you'd rather not chat while walking. This is a great way to keep you a part of group outings while still getting to focus on your movements.
4. **Dance**—Whether you bust a move in the privacy of your bedroom or join a dance class with a friend, dancing is an excellent way to get your heart pumping and your joints moving. You can

improve your range of motion, flexibility, and balance – not to mention your mood – all from dancing.

5. **Try martial arts**—One study observed participants with mild to moderate Parkinson's symptoms and found that tai chi training improved maximum range and directional control of standing balance, functional reach, and stride length. Picking up this kind of hobby is a great way to exercise, improve your mood, meet new people, and develop a new passion.
6. **Go high-intensity**—Research suggests that high-intensity interval training may be more effective at improving Parkinson's symptoms. The best part is, you can adjust any workout at your own comfort. You can try adding sprints to your daily walk, or increase your speed for thirty second-bursts throughout your bike ride. If you have a dog, challenge him to a race across the yard and then go for a relaxing walk together. The more you can incorporate your exercise into your regular routine, the better.

Leading an active life while battling Parkinson's can be tricky, but it's definitely possible. You can start small by adding enjoyable exercises into daily tasks – folding laundry is much more fun while dancing! Soon, you'll be eager to find more ways to make exercising a part of your everyday life.

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## Phone-Based CBT Added to Usual Treatment Eases Depression With Parkinson's

(Excerpt from Reuters Health)

**P**arkinson's disease patients with depression who receive telephone-based cognitive behavioral therapy (CBT) in addition to usual treatment may experience a greater improvement in mental health symptoms, a randomized trial suggests.

For the study, 72 patients (age 65.22 +/- 9.63 ) and their caregivers were recruited from August 2015 through September 2017. Patients had Parkinson's disease for an average of six years and depression for nearly three years. Most were taking antidepressants, and many were already receiving other kinds of talk therapy. (Cont'd on pg. 4)

## PEP NEWS

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### **Cont'd from Page 3**

Patient-caregiver dyads were randomized into an intervention group that received weekly, one-hour sessions of cognitive-behavioral therapy by telephone over three months, while also continuing their usual medical and mental health care, or into a control group that received usual care along with clinical monitoring by study staff and a resource list including major PD foundations and national and local mental health resources.

The cognitive-behavioral sessions in the intervention group focused on teaching new coping skills and thinking strategies tailored to each participant's experience with Parkinson's disease. Their care partners, such as a spouse, another family member, or a close friend, were trained to help the patient use these new skills between sessions. After the three months, participants could choose to continue the sessions up to once a month for six months.

In the intervention group, 40% met the criteria for being "much improved" in their depression symptoms, compared with no participants in the control group. At the six-month follow-up, participants in the intervention group had maintained their improvements in mood.

The study did not include people with very advanced Parkinson's disease or with dementia, so the results may not apply to them. Also, while insurance coverage for telemedicine is growing, it is not yet available in all cases or all states.



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Facebook – Parkinson  
Education Program of  
Greater Cleveland

Partial grant support provided by OPFNE



[ohparkinson.com](http://ohparkinson.com)

**PEP June 3, 2020 Meeting—To Be Determined.**

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