

PEP NEWS

JULY 2020

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



July Meeting—NO MEETING

Due to the COVID-19 outbreak, our July meeting has been cancelled.

August Meeting—Via ZOOM! – Wednesday, August 5, 2020 at 2-4 p.m.

We welcome Dr. Assef Shaikh, a Neurologist at University Hospitals and Neuroscientist at the Department of Neurology, Louis Stokes Cleveland VA Medical Center. Dr. Shaikh was the recipient of the prestigious American Academy of Neurology Alliance Founders Award. Dr. Shaikh will be talking on "Recognizing Off Periods in Parkinson's". Please register for this meeting by calling 833-462-7452 and register for Private Event Code 5950

From David Brandt

Obviously, we are precluded from meeting in person, so the next best thing is to meet with our local speakers virtually. We are starting that in our August meeting with Dr. Assef Shaikh, and we will have others speak virtually as well in the upcoming months.

I hope you will embrace the Zoom technology that we will be using. Some of you may have already had experience with Zoom as you have chatted with your loved ones or maybe with your doctor. I envision these meetings to be interactive like our meetings have always been. We will certainly miss our socializing after the meeting, but we are hopeful those will be coming back in the not so distant future.

You will need to register for our first Zoom meeting in August. Just call 833-462-7452 to register for Private Event Code 5950. You will then receive an email with a link which is how you will enter the meeting in August. There will be a host that will assist you if you are having trouble accessing the meeting.

PLEASE NOTE A CHANGE TO THE 22ND ANNUAL PARKINSON SYMPOSIUM

Due to safety concerns, the 22nd Annual Parkinson Symposium put on by the Ohio Parkinson Foundation Northeast Region has regretfully announced that the date been pushed back from this coming September to Saturday, April 10, 2021. At this point, the time and

place remain the same, 10 a.m. - 2:30 p.m. Location: Hilton Garden Inn Twinsburg, 8971 Wilcox Dr., Twinsburg, OH 44087. More details will be made available closer to that date.

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

TRIBUTES

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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. No one involved with the newsletter receives financial benefit from any programs/products listed.

12 of the Best Domestic Tools for People with Parkinson's Resources & Tools

(Excerpt from parkinsonslife.eu)

Kitchen

1. Plate guard

Plate guards can be subtly fitted onto ordinary plates to help those who can only eat with one hand or have an unsteady grip. The inward facing slopes helps with food collection and prevents spillages.

2. Tailor-made cutlery

Electronic stabilizing handles are designed specifically to help people with hand tremors. The utensils are tailor-made to counteract the effect of tremors and have inbuilt sensors and motors to help combat tremors.

3. Kettle pouring stand

Making your morning 'cuppa' has never been easier with kettle tippers that helps users pour boiling water without lifting the kettle up – reducing the risk of spills. The frames handily wrap around your kettle, and are held in place with a secure Velcro strap.

Bathroom

4. Foam tubing

Sliding easily over popular household items such as hairbrushes and toothbrushes, foam tubing gives users a firmer grip – making everyday grooming easy and quick.

5. Electric razor

Parkinson's symptoms like dyskinesia and tremors can make completing everyday tasks like shaving difficult or dangerous. An electric razor is one simple swap that can speed up a morning routine and avoid nips and cuts.

Living Room

6. Grabber tools

Ergonomically designed to mimic how a finger and thumb pick things up, hand grip grabber tools help users reach for things high or low, small or large around the house without stretching or bending.

7. Touch lamps

Touch table lamps help to avoid a struggle with tricky light switches. Simply touch the bases lightly to

control the light output and reach the desired brightness, making it that bit easier when settling in for bed.

Bedroom

8. Reading rest

For those who find it hard to keep a book still, consider a reading rest for a more comfortable reading experience. Simply clip the book in and adjust the angle for when in bed or at a desk.

9. Button and zip hook

You can find many easy-to-use, low-cost hooks that help combat fiddly buttons and zips while dressing and undressing.

10. Elastic laces

Get out of the door quicker in the mornings by turning lace-up shoes into slip-ons. Elasticated laces eliminate the need to bend down and tie and untie shoes before leaving the house.

Study

11. RollerMouse

A wireless RollerMouse sits directly in front of the keyboard and the cursor can be moved by touching the rollerbars lightly. Users can switch control between hands when fatigue sets in – improving accuracy and increasing the amount of time spent online in comfort.

12. Keyguards

Keyguards are placed above the keys on a standard keyboard and stop people with hand tremors hitting unwanted keys whilst typing. While it slows down typing speed, it improves accuracy and comfort.

Scientific Basis for the use of Antioxidants in the Treatment of Neurodegenerative Disorders

(Excerpt from NaturalNews.com)

Researchers from Nigeria discuss scientific evidence supporting the use of plant-derived antioxidants for the management of neurodegenerative diseases. Their review was published in The Journal of Phytopharmacology.

Neurodegenerative diseases (NDDs) are ailments that disturb the brain by disrupting the normal functions of neurons.

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Parkinson's Disease Question Corner

Email barbaramarquardt@outlook.com with questions!

Question: How much water should I drink? ?

Answer: As a general rule, drink half of your body weight (in pounds), in ounces. For example, if you weigh 200 pounds, you should drink 100 ounces of water per day. Drink more if you perspire due to heat or exercise. Urine should be a light yellow/straw color. If your urine is darker, you may be under-hydrated. If your urine is clear, you may be taking in too much fluid, or under-absorbing the water you drink.

Remember, caffeinated beverages don't count in your daily fluid intake, since caffeine can be dehydrating. If you're going to choose an additional caffeinated drink, we recommend green tea, which has less caffeine and lots of other benefits.

Ref.: <https://www.drkarafitzgerald.com>

Scientific Basis for the use of Antioxidants in the Treatment of Neurodegenerative Disorders

*Cont'd from Page 2
(Excerpt from NaturalNews.com)*

Common symptoms of NDDs include problems with stability, inhalation, movement, reflexes, motor skills and heartbeat.

Studies suggest that NDDs are caused by defective protein degradation and aggregation, oxidative stress, free radical generation, impaired cell energy transformation and mitochondrial dysfunction.

These events are further supported by the production of pro-inflammatory signaling molecules.

On the other hand, antioxidants have the ability to boost the body's defenses and sustain the structural and functional integrity of cells. They do so by scavenging free radicals and neutralizing their harmful effects, thus preventing oxidative stress and the onset of inflammation.

Because of these activities, antioxidants have the potential to prevent NDDs.

Antioxidants have been shown to promote health by slowing down aging and fighting free radicals.

Plant-based foods are excellent sources of antioxidants, such as vitamins E and C, flavonoids and polyphenols.

Vitamin C is a powerful antioxidant that can reduce oxidative damage caused by pollutants, anxiety and poor diet. Through its biological activities, vitamin C can help lower the long-term risk of NDDs. Although NDDs have no definitive cures at present, scientists believe they can be managed.

NDD management mainly revolves around reducing their symptoms and increasing the quality of life of patients.

The use of natural antioxidants, either from diet or supplements, for the management of NDDs offers a variety of health benefits and has become an attractive alternative to conventional medications.

Based on scientific evidence presented by multiple studies, the researchers concluded that consumption of plant-based foods can reduce the risk of neurodegenerative diseases, particularly those caused by neuronal dysfunction.

Estrogen Therapy for Men? Maybe.

(Excerpt from Parkinson's Foundation)

Men are more likely to develop Parkinson's disease (PD) than women, and the onset of PD in men happens at a younger age. However, women with PD have a higher mortality rate, and once they have Parkinson's, progression is faster. Research suggests that women get the disease at later in life when compared to men, at least in part, due to the natural protection estrogen provides. There are studies that have demonstrated that hormone replacement therapy (HRT) can provide dopaminergic neuroprotection in both young and menopausal female mice.

Could the female sex hormone, estrogen, be a therapeutic approach for delaying or reducing PD symptoms for men?

Recently published in the Journal of Neuroscience, a study titled, "Female Sex and Brain-Selective Estrogen Benefit α -Synuclein Tetramerization and the PD-like Motor Syndrome in 3K Transgenic Mice" (Rajsombath,

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Nam, Ericsson, & Nuber, 2019) investigated this possible therapeutic neuroprotective effect.

What is a 3K mouse? A type of mouse bred for research studies with a change in alpha-synuclein (a protein central to PD) that mimics the toxic form found in PD. Mice help researchers test how treatments and chemicals in the brain can impact PD.

Using mice called 3K that show motor and neural changes associated with PD, researchers injected male mice under the skin with the hormone therapy DHED. What makes DHED so special is that it was designed to only activate estrogen in the brain. This matters because estrogen therapy has been associated with an increase in cancer in other parts of the body.

Results – Like the sex differences found in people with PD, 3K male mice developed PD-like symptoms faster than female mice. Also, male mice treated with DHED had:

- Improved clasping abilities
- Improved balance
- Improved down-climbing
- Better clearing of risky alpha-synuclein (protein clumps in the brain)
- Improved gait
- Healthier dopamine neurons

What Does This Mean?

Study focused on the 3K male mice and how they responded to estrogen therapy, DHED. When the male mice were treated with the DHED, they showed improvements in all the motor functions tested. They also showed significant improvements in the brain, including healthier dopamine neurons and lower amounts of alpha-synuclein at risk for clumping. Remember, clumped alpha-synuclein becomes Lewy Bodies — a hallmark of PD.

It is also important to note that the successful development of the 3K model itself – which duplicates many differences in male and female PD at motor, cellular and molecular levels – is a significant step forward in closing the gender gap in PD research. Having a model that helps unravel how the pathology differently affects the two sexes informs new avenues of research that could lead to the development of tailored medications and interventions to meet the distinct needs of men and women with PD.

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ohparkinson.com



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