

# PEP NEWS

AUGUST 2020

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## August PEP Meeting—Zoom Video Conference Meeting

### 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 will be talking on "Recognizing Off Periods in Parkinson's". The talk is sponsored by Inbrija, and you can register for this meeting by calling 833-462-7452 between 8 a.m. and 8 p.m., Monday through Friday, and request to register for Private Event Code 5950 on their Zoom platform. They will then forward you the link to the Zoom call that you can connect to from your cell phone or computer by inputting the link they provide you into the address bar of your browser.

### From David Brandt

We will be having our first *PEP* meeting since March on August 4. It, of course, will be done through Zoom Video Conferencing since we cannot meet in person, but my hope is that you will be able to join us so that our speakers can continue to inform you on various topics related to Parkinson's. It will be the same time and date as our meetings have always been, the first Wednesday of the month at 2:00 p.m.

The August meeting is done through Acorda and Inbrija's Zoom platform (they are sponsoring the talk) so you will need to register in advance by calling their toll free number. The meetings after that starting in September, you will not have to register in advance as we are thankful that Right at Home will allow us to use their Zoom platform.

As I mentioned in last month's column, I envision these meetings to be interactive like our meetings have always been. We encourage your questions. We will certainly miss our socializing after the meeting, but we are hopeful those will be coming back in the not so distant future.

I hope to see you and hear you at our next meeting!

### PLEASE NOTE A CHANGE TO THE 22ND ANNUAL PARKINSON SYMPOSIUM

Due to safety concerns, the 22<sup>nd</sup> 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. at the Twinsburg Hilton Garden Inn. More details will be made available closer to that date.

### TRIBUTES

Frank Raspey

In Memory of Dean Vattrus  
Phyllis Vattrus

**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.

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

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

**Question:** I am looking for a Holistic Center that treats Parkinson's without all the nasty drug side effects, do you know of an office in Ohio?

**Answer:** Yes, Dr. Theodore J. Cole, MA, DO, CTN, FAAIM, BCIM, of *Ohio Holistic Healing*, and his office is located in West Chester, Ohio, 7760 W. VOA Park Drive, West Chester, OH 45069.

Phone Number: 1-513-563-4321

Website: <http://www.ohioholistichealing.com>

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### **Looking Ahead: Parkinson's, COVID-19 & the New Normal**

*(Excerpt from Parkinson's Foundation)*

**A**s the **COVID-19** pandemic continues to evolve and society slowly begins to reopen, what does the new normal look like for the Parkinson's disease (PD) community?

**On June 10, Michael S. Okun, MD, Parkinson's Foundation National Medical Director and Executive Director of the University of Florida's Norman Fixel Institute for Neurological Diseases, answered your questions about the next stage of life with COVID-19 and Parkinson's.**

#### **When it comes to COVID-19 today, what does the PD community need to know?**

The last few months have answered some questions for us. For instance, living with Parkinson's does not put you at a higher risk of contracting COVID-19, but it does make it harder for you to recover if you contract it. This is because people with PD have slight differences in their immune systems. We also know that having COVID-19 increases your already elevated risk of getting pneumonia. Also, Hydroxychloroquine is not a viable treatment for COVID-19.

#### **What should I be doing right now?**

1. The best treatment is prevention and the best prevention is to wear a mask.
2. Until we have a vaccine, stay in full-on prevention mode.

3. Maintain social distance.

Fight cabin fever, get outside, go on walks, but be careful and take precautions.

#### **Does vitamin D help prevent you from getting COVID-19?**

Preliminary research is pointing to the possibility that COVID-19 patients with higher levels of vitamin D have an easier time fighting the virus. If you have Parkinson's, you are most likely safe to take a multi-vitamin that has vitamin D. Avoid high dosages and keep in mind that going outside is a natural source of vitamin D. We will need confirmation on this research and we also caution not to over dose with vitamin D until we know more. The amount of vitamin D in a multivitamin is usually safe.

#### **How long should I wear a mask?**

As long as COVID-19 is around, wear a mask. Wear a mask until the CDC recommends you don't need to wear one for your specific zip code.

#### **Should I wear a cloth or surgical mask?**

They are both good, but a surgical mask is better. Some covering is better than none. COVID-19 is found more on the outside than inside of a mask, so try to avoid touching the front of your mask, then your face or eyes.

#### **Can I attend exercise classes again?**

When you attend an exercise class or go to a gym, you breathe heavier as you exercise and your chance of spreading the virus rises. Exercise instructors can spread the virus from student to student and class to class, while people in the class can spread it among themselves. A mask helps, but if you take it off during the class, you increase your risk. Continue to avoid big exercise classes. Instead, get back to one-on-one sessions with your physical or occupational therapist or try to see a personal trainer. Make sure you both mask up during the session. It's always a good idea to get out and walk or try online classes.

#### **Is it safe to undergo elective surgery again?**

It depends on your hospital. How many COVID-19 patients do they have? Do they have enough

*(Cont'd on Page 3)*

## Looking Ahead: Parkinson's, COVID-19 & the New Normal *(Cont'd from Pg. 2)*

protective gear for staff and patients? Right now, the risk of contracting COVID-19 in hospitals is low. In many cases, I would say you can undergo elective surgery, like deep brain stimulation.

### Should I get the antibody test?

In a perfect world, an antibody test will tell you if you have been exposed to COVID-19, and if you have, your chance of reinfection would be very low. However, we still do not have enough data to prove their effectiveness. Know that there are different types of tests — some are better, such as PCRs (polymerase chain reaction) and others are only accurate half the time.

### Is feeling demoralized caused by the social distance?

Isolation can worsen a lot of things, like non-motor symptoms. Do not ignore feelings of demoralization or depression, which we see in 20% of our patients. Talk to your professional health workers, like a physiatrist, social worker or therapist.

### Can quarantine be causing my dad to slow down?

With quarantine and social distance, we are seeing that some of our patients are getting worse — slower with walking, talking and symptoms. You can safely start moving around, take walks, get outside while wearing a mask. When you walk choose times and places without crowds.

### My community is not following social distancing guidelines. What should I do?

You will start to see restaurants and places where people are not wearing a mask. Fight the urge to stop wearing the mask. If you are a member of my family or a patient, I strongly recommend you wear a mask. This is not the time to stop all precautions.

### Can I see my grandchildren and/or children now?

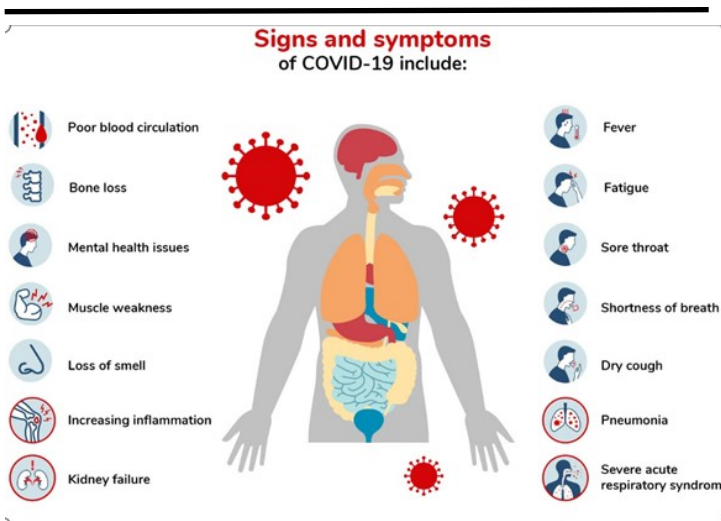
Remember, we do not have a treatment or vaccine yet, but we do know that when people wear a mask, we are not seeing transmission. The best option is to see them virtually. If you really want to see them, do not hug them, try to keep 12-feet apart, and wear a mask.

## Will there be a second wave? Will COVID-19 come back?

We really do not know. What we are seeing is that as we relax the restrictions, there seems to be a rise in numbers. The good news is that we are better prepared to deal with it.

## What do you think will happen next on the COVID-19 front?

We will get through this. I do believe we will have a vaccine, but it is going to take time. We must remain careful, we can get out of the house, but do not overdo it.



## Tips to Help Combat Coronavirus

- ◆ Wash your hands
- ◆ Address diabetes and hypertension
- ◆ Boost immunity with nutrients
- ◆ Increase vitamin d intake
- ◆ Vitamin c is vital
- ◆ Try pre-, pro- and sporebiotics
- ◆ Use quercetin
- ◆ Get plenty of sleep
- ◆ Get adequate sunshine
- ◆ Exercise boosts immunity
- ◆ Stay hydrated



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

## 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.

#### September PEP Meeting

September 2, 2020 / 2-4 p.m.

We welcome **Dr. Benjamin Walter** from **The Cleveland Clinic Center for Neuro-Restoration**. Dr. Walter has been very active in the Parkinson community and has spoken many times to our PEP group.

If you receive this newsletter via email/PDF copy, just click on this link to join the Zoom Meeting in September:

<https://us02web.zoom.us/j/5548150790>

Meeting ID: 554-815-0790

If you receive this newsletter via USPS mail, and if you have a computer or cell phone, you can join the meeting by entering exactly:

<https://us02web.zoom.us/j/5548150790>  
in the address bar of your browser. Add the Meeting ID: 554-815-0790 if requested.



**TO REACH US AT**  
**PEP 440-742-0153**

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Facebook – Parkinson  
Education Program of  
Greater Cleveland

Partial grant support provided by OPFNE



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

This blueberry smoothie recipe takes only 5 minutes to make, and is made with 5 easy ingredients that are most likely in your kitchen. It's creamy, smooth, delicious, and perfect for breakfast or a snack.

Combine all of the ingredients in a blender.

- 1 cup almond or coconut milk
- 1/2 cup coconut yogurt
- 1 cup blueberries, frozen
- 2 tablespoons chopped walnuts
- 1 banana, frozen
- 1 cup ice cubes

Blend until smooth and creamy.