

PEP NEWS

NOVEMBER 2020 Barbara Marquardt, Editor, M.Ed., MCHES, WCP, RYT



November PEP Meeting—Zoom Video Conference Meeting

November—Via ZOOM! – Wednesday, November 4, 2020 at 2-4 p.m.

We welcome **Dr. Steven Gunzler, MD** who is a neurologist at **University Hospitals Neurological Institute Parkinson's & Movement Disorders Center at UH Cleveland Medical Center**. He is also **Assistant Professor of Neurology at Case Western Reserve University School of Medicine**. Dr. Gunzler also served as site principal investigator in two clinical studies of a device to measure symptoms of Parkinson's disease. He served as co-investigator of a large study of the symptoms and examination findings in Parkinson's disease subjects with and without the LRRK2 genetic mutation. He is the author of more than a dozen peer-reviewed research articles, editorials and invited reviews, as well as four book and encyclopedia chapters. He has presented research projects and case reports at numerous international, national and regional peer-reviewed medical conferences. He will speak on Parkinson's Disease Overview and Research Update.

This will be Zoom call and we invite you to stay on after our speaker to catch up with each other as we miss our snack/drink/talking time at the end of our meetings.

If you receive this newsletter via email/PDF copy, just click on this link to join the Zoom Meeting in November: <https://us02web.zoom.us/j/88234428183> 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/88234428183> in the address bar of your browser.

From David Brandt

I had a chance to talk with Cathe Schwartz, Chief Executive Officer at InMotion to get an update with that wonderful group and she indicated that they are targeting an early November opening date for their new building. It increases the size from about 12,000 square feet to over 20,000 which will mean that when they resume in-person classes, they won't have to limit the number of people who can attend and also allow caregivers to participate. They are tentatively hoping to resume in person classes after the first of the year, of course, subject to the coronavirus. In the meantime, please take advantage of their virtual classes by visiting their website at <https://beinmotion.org/>

Speaking of virtual classes or seminars, there are so many available for you to participate in. I am listing just a few of the many that are coming up in the near future.

Parkinson's Foundation: The Dance of Relationships and Romance Nov. 10, 1 p.m., EST

Davis Phinney Foundation: Mental Wellness for Parkinson's Care Partners Nov 12, 1 p.m., MST

Davis Phinney Foundation: Health Disparities and Parkinson's: Inequities in Parkinson's Research Dec 2, 11 a.m., MST

Also, we thank Therese Grida for planning a fun and uplifting event for PEP friends and local seniors. This is an outdoor event called Cookies and Caroling which will be Dec 8, 2-2:45 p.m. at the South Euclid Senior Center Northside parking lot, 1370 Victory Dr. Off Mayfield behind the Giant Eagle. Please RSVP to 216-291-3902.

Finally, I want to again thank the Laretta K. Peters & Richard R. Peters Charitable Foundation for another grant they have provided PEP. Mr. Peters, himself a victim of Parkinson's Disease, intended to further public awareness and provide support for those struggling with this disease.

Parkinson's Disease Question Corner

Email barbaramarquardt@outlook.com with questions!

Question: I am looking to clean up my Parkinson's health and environment, do you have a suggestion of where I could start?

Answer: Yes, please check out The Environmental Working Group, (EWG) online at www.ewg.org. The Environmental Working Group's mission is to empower people to live healthier lives in a healthier environment. With breakthrough research and education, they drive consumer choice and civic action.

They are a non-profit, non-partisan organization dedicated to protecting human health and the environment. They work for you. Do you know what's in your tap water? What about your shampoo? What's lurking in the cleaners underneath your sink? What pesticides are on your food? How about the farms, fracking wells and factories in your local area? Do you know what safeguards they use to protect your water, soil, air and your kids? Which large agribusinesses get your tax dollars and why? What are GMOs? What do they do to our land and water?

More than two decades ago EWG set out to answer these questions, and more, and to empower YOU to get to know your environment and protect your health.

You may reach EWG Headquarters at:
1436 U St. NW, Suite 100
Washington, DC 20009
(202) 667-6982

Ref: <https://www.ewg.org>

Medical Marijuana for Parkinson's Disease in Ohio

(Excerpt from www.ohiomarijuanacard.com/parkinsons)

Does Parkinson's Qualify for Medical Marijuana in Ohio?

People have been suffering from Parkinson's disease for hundreds of years. It's estimated that 1 million individuals in the United States are living with Parkinson's, 35,000 of which live in the

State of Ohio are experiencing this illness, but it is the most common among older people.

Fortunately, medical cannabis is now available in Ohio for everyone who suffers from Parkinson's disease. Although there is no quick fix for this condition, the important thing is that medical marijuana can offer a more complex relief to its symptoms.

What Exactly Is Parkinson's Disease?

Parkinson's Disease is a progressive neurological disorder that damages and, eventually, kills brain cells. The disease affects neurons that produce dopamine and control movement.

Thus, people suffering from Parkinson's disease often struggle with impaired coordination, muscle cramps, and tremor.

What Causes These Symptoms?

As neurons die, the level of dopamine in the brain goes down, affecting the movement. Given this, people who suffer from the disease may appear to have an abnormally stiff way of walking, as Parkinson's disease can cause a freezing of parts of the body.

Primarily, Parkinson's Disease affects people who are over their fifties, because usually, there are no noticeable symptoms of the disease until that age.

Along with the so-called freezing or tremors, Parkinson's disease may also cause swallowing difficulties, muscle pain, blinking, drooling, or even constipation. A number of patients also report low blood pressure, stiff muscles, slowed or monotone speech, and stooped posture. *(Cont'd on Page 3)*



Medical Marijuana for Parkinson's Disease in Ohio

(cont'd from pg. 2)

Although there is no cure for Parkinson's disease yet, we do have some medications used in conventional treatment that increase the dopamine level in the brain.

However, as each over-the-counter medication masks one or two symptoms at max, people are prescribed something we can refer to as a pharmaceutical cocktail. Such a combination of drugs may involve a number of side effects, namely nausea, vomiting, confusion, hallucinations, low blood pressure, and uncontrolled movements.

How Does Medical Marijuana Help With Parkinson's Disease

As we mentioned before, many drugs prescribed for the disease are accompanied by some significant, negative side effects over time. These, on the contrary, are not present in medical cannabis, which offers a combination of pain relieving, antioxidative and anti-anxiety qualities all in one.

Many medical marijuana patients report consuming cannabis calms tremors very effectively, and studies suggest that marijuana can actually help with Parkinson's Disease.

In 2014, researchers from Tel Aviv University decided to conduct a study with 22 patients suffering from Parkinson's Disease. The study showed that 30 minutes after smoking cannabis, patients improved significantly in their motor skills.

Additionally, marijuana appeared to ease such symptoms as slow movement, tremors, and rigidity. Patients also reported significant progress in pain relief and sleep improvement.

Another study conducted by Spanish scientists in 2011 aimed to determine whether or not THC improves motor abilities among rats and mice affected with a motor disease. The researchers found out that THC has promising pharmacological profile for ameliorating parkinsonian symptoms

More importantly, thanks to neuroprotective properties of both THC and CBD, marijuana may

protect neurons from damage and help them rejuvenate, which means that the plant can be helpful for slowing the progression of Parkinson's Disease.

As the studies confirmed, cannabis reduces oxidative stress in brain cells, and therefore, it helps to protect them against neurodegenerative damage and death.

(Excerpt from Fox Insights)

Earlier this year, we launched a survey on cannabis use in people with Parkinson's through our online clinical study, Fox Insight.

After nearly 2,000 Fox Insight participants responded, we learned that some people with Parkinson's who used cannabis reported mild improvements in sleep, anxiety, pain and tremor, but side effects were common.

The results pave the path for clinical trials testing cannabis as a potential treatment and also point to an opportunity for education, as approximately a third of respondents were not aware of what dosage they were taking and did not discuss use with their doctor.

TRIBUTES

The Laretta K. Peters & Richard R. Peters
Charitable Foundation

Carrie Turk

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 2785 Edgehill Rd., Cleveland Heights, OH 44106

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.

PEP NEWS

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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.

SPECIAL OFFER FOR ONLINE TAP WORKSHOP PRESENTED BY DANCE FOR PD

The Ohio Parkinson Foundation Northeast Region is offering a special opportunity to sign up for Online Tap Workshop with Dance For PD founding teacher Misty Owens. Dance For PD is a program of the Mark Morris Dance Group.

This is a six class series for people living with Parkinson's and their care partner designed to improve rhythm and musicality while exploring and developing basic tap technique. You can tune in live or on-demand.

Join live on Thursdays November 5, 12, 18 and December 3, 10, 17; 4:14 - 5:30 pm ET or tune-in on demand through December 23. Thanks to the generous support of OPFNE, you can register for just \$30. Limited slots are available. Please call Fred Discenzo at 440-227-9159 or email him at fmdiscenzo@gmail.com with assistance to register or for questions. Tap shoes are not required.



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

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Facebook – Parkinson
Education Program of
Greater Cleveland

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ohparkinson.com

December PEP Meeting—December 2, 2020

We welcome both **Cathe Schwartz, Chief Executive Officer at InMotion** and **Lori Gum, Development Manager at Parkinson's Foundation, Great Lakes Chapter**. Cathe will provide us an update on InMotion and their offerings as well as their new building. Lori will likewise give us an update on Parkinson's Foundation, Great Lakes Chapter and the services they provide.