

PEP NEWS

OCTOBER 2020

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

**October PEP Meeting—There is no Zoom Video Conference Meeting
or In-Person Meeting this month in October**

From David Brandt

My wife Pat and I along with Mariel, our last child still living with us, just recently moved. We had spent the last 29 years raising our family in Bainbridge and decided to move to Cleveland Heights to be much closer to work, closer to activities that we are involved in, and also closer in a lot of cases to family. In addition, I will be within a five-minute drive to our monthly meetings, whenever they resume live. It has been a crazy and hectic time, getting our house ready to sell, packing up, moving, and then unpacking which continues and most probably will continue for a long while!

Time has really gone fast and the change of scenery has been welcome since the coronavirus has been shutting us all in to a great degree. Which reminds me of our missing our monthly meetings and seeing a good number of you on a monthly basis. These times have to be tough for some of us, not getting out and socializing like we want to and feeling isolated.

That is why I am hoping that after our speaker has finished in our next Zoom meeting in November, we can have you stay on to say hi to each other and get updates on what we are doing. I know it is not as easy with Zoom as it is in person, but hopefully we can get some of those friendly smiles back. Speaking of Zoom, if you are technologically challenged (I plead guilty), please call me or other board members or group members and simply ask for assistance. We would be happy to help and happy to see how you are doing at the same time.

November PEP Meeting

Wednesday, November 4, 2020 / 2-4 p.m.

We welcome **Dr. Stephen Gunzler, MD**, who is a **neurologist in University Hospitals Neurological Institute Parkinson's & Movement Disorders Center at University Hospitals Cleveland Medical Center**. He is also Assistant Professor of Neurology at Case Western Reserve University School of Medicine. Dr. Gunzler will speak on exciting research on Parkinson's in which he is the lead doctor.

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

TRIBUTES

Hans and Carol Drescher

Toby Zahler

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.

Parkinson's Disease Question Corner

Email barbaramarquardt@outlook.com with questions!
October 2020: PEP PD Question Corner

Question: What could help decrease stress with Parkinson's?

Answer: Stress is so widespread as to be "pandemic" in today's modern world, but suffering ill effects from stress is *not* an inevitable fact. A lot depends on how you *respond* to these day-to-day stresses. And as you learn how to effectively decrease your stress level, your health will improve as well.

There are many different stress reduction techniques. The key is to find out what works best for you, and stick to a daily stress-reduction program.

One key strategy is to make sure you get **adequate sleep**, as sleep deprivation dramatically impairs your body's ability to handle stress and is yet another risk factor for heart attack. Besides that, other stress management approaches include the following:

- Practice deep breathing, meditation and yoga
- Take an Epsom salt bath
- Get out into nature and take a slow walk
- Surround yourself with uplifting people/laugh
- Listen to music you love
- Use aromatherapy: orange and lavender scents

Ref.: <https://articles.mercola.com/sites/articles/archive/2016/04/10/how-stress-affects-body.aspx>

Hidro, an Olive Extract, Eased Parkinson's Symptoms in Mice, Study Finds

(Excerpt from Parkinson's News Today)

Hidro, a compound extracted from olives, can significantly ease Parkinson's motor symptoms, reduce **alpha synuclein** buildup, and slow **neurodegeneration** in animal models of the disease, a recent study has found.

Though Hidrox is known mostly for its antioxidant effects, its benefits in Parkinson's went beyond a decline in **oxidative stress**; brain inflammation, inflammasome signaling, and programmed cell death were all reduced after treatment with this compound.

The study, "**Anti-inflammatory and Anti-oxidant Activity of Hidrox in Rotenone-Induced Parkinson's Disease in Mice**," was published in the journal **Antioxidants**.

While much remains to unravel in Parkinson's disease, evidence suggests that oxidative stress (the imbalance between the production and clearance of toxic reactive species that are harmful to cells), brain inflammation, and mitochondria malfunction are three major factors contributing to the development and progression of the disease.

In recent years, a molecule found in olive oil, hydroxytyrosol, has gained increasing interest due to its major antioxidant properties. "Hydroxytyrosol has the highest value of antioxidant capacity ever measured," the researchers wrote.

Recent studies demonstrated it also has anti-inflammatory and neuroprotective effects, suggesting it could be a promising approach to reduce the oxidative stress and nerve cell damage observed in Parkinson's.

"Our study does not aim to evaluate a treatment for the cure of PD [Parkinson's disease] but to demonstrate that the use of natural compounds, such as HD [Hidro], could prevent the neurodegenerative process typical of this pathology," the researchers wrote.

Further studies are now required to further understand the molecular alterations induced by Hidrox, and whether its benefits also extend to female animals.

MEND: Metabolic Enhancement for Neurodegeneration

(Excerpt from www.drmariamaricich.com)

Listed below are many of the "healthstyle" choices one can make to increase mental function and reduce the risk of Mild Cognitive Impairment (MCI) and Alzheimer's disease (AD). It is not meant to be exhaustive, and while addressing just one factor is likely to prevent cognitive decline, one does not have to successfully follow all the recommendations for there to be benefit. From Bredesen, D. *Aging* 2014

Cont'd. on pg. 3



TO REACH US AT PEP 440-742-0153
dbrandtpep@gmail.com

Facebook - Parkinson Education Program of Greater Cleveland

Nutrition

1. Eliminate simple carbohydrates – improves insulin signaling and reduces insulin competition for neprilysin and insulin degrading enzyme (IDE) needed to breakdown the AD-related protein, AB.
2. Eliminate gluten and processed foods – Gluten may, in some people, induce ongoing inflammation; and chronic inflammation is a risk factor for AD. As it is difficult to determine an individual's response to gluten (aside from overt celiac disease) and as gluten does not have great nutritional value, it can be eliminated.
3. Increase vegetable consumption – provide greater nutrition with fewer calories, and higher fiber for improved digestion.
4. Increase consumption of tocopherols – increase intake of blueberries
5. Increase fish consumption – Omega 3 intake thus increased, is also good for vascular function.
6. Probiotic balance – Consume yogurt or kefir, or take probiotics, particularly after antibiotic use.
7. No food consumption between dinner and breakfast for a total of 12 hours – Fasting triggers “autophagy” a process that clears protein debris from brain.
8. No food consumption for 3 hours before sleep – Food should be well-digested before sleep.
9. Coffee or tea – Caffeine affects “cyclic AMP” and may reduce AB plaque formation; caffeine itself improves cognitive performance.
10. Coconut oil or Axona – Enhance medium chain triglyceride effects, including weight moderation and provision of ketogenic energy source for the brain.

Supplements (if needed)

1. Methylcobalamin (B12) – A vitamin key to mental function. Ongoing B deficiency can lead to permanent loss of mental function. Excessive alcohol consumption can lead to B deficiency. Found in meat, shellfish and dairy, but some medical conditions can lead to deficiency.
2. D3- Another vitamin critical to mental functioning, can often be lower in older people.
3. Fish oil – A source of omega 3 oils, good for vascular function.
4. Coenzyme Q or ubiquinol, α-lipoic acid CoQ or ubiquinol, α-lipoic acid, PQQ (polyquinoline

quinone), NAC (N-acetyl cysteine), ALCAR (acetyl-L-carnitine), Se, Zn, resveratrol, ascorbate, and thiamine all improve mitochondrial function (cellular energy production).

5. Curcumin (turmeric) – Anti-inflammatory and anti-oxidant, can be taken as a supplement or used in food.
6. Synaptic structural components – Synapses are cell structures through which signal are sent by neurons in the brain, to support maintenance of synapses, citicholineand omega 3 such as docosahexaenoic acid (DHA) can be taken.
7. Resveratrol –Is “anti-aging” and increases the effects of sirtuin T1.
8. Pantothenic acid (vitamin B5) – This nutrient is required for acetylcholine production. ACh is the neurotransmitter of the cholinergic system, the system impaired in AD.

Sleep

1. Melatonin (0.5 mg) – Improves sleep quality, important for clearance of protein debris in the brain.
2. Tryptophan (500 mg, 3 times a week if awakening) – Also to improve sleep.
3. Increase sleep duration – to at least 7-8 hours. Sleep is critical for consolidation of memory.
4. Treat sleep apnea – In some people, breathing is labored or impaired during sleep, disrupting sleep; a “CPAP” (continuous positive airway pressure) mask may be necessary.

Lifestyle factors

1. Strict oral hygiene and care – Dental decay, and the release of bacteria into the body from the mouth, can be increased in older people, leading to ongoing inflammation. Can also cause heart problems.
2. Exercise – 30 min – 1 hour 4-6 days a week. Increases brain-derived neurotrophic factor (BDNF), and is good for many aspects of brain function.
3. Stress reduction – yoga, meditation, “positive” personal interaction, and exercise.
4. Spatial memory challenges – learn new routes and maps
5. Stimulate all the senses – tactile, hearing (music), art, smell, and taste.
6. Socialize – maintain social interactions.

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Parkinson Education Program
of Greater Cleveland
2785 Edgehill Rd.
Cleveland Heights, OH 44106

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.

MEND: Cont'd from Pg. 3

7. Brain stimulation – This goes far beyond crossword puzzles, continue to learn, teach, and participate. Try brain training software if you want.

Blood tests/Medical Care

1. C Reactive Protein – Have CRP levels determined in blood; elevated levels suggest ongoing inflammation. The source of the inflammation should then be identified and treated. Curcumin (turmeric) can lower inflammation.
2. Homocysteine – Often elevated in AD sufferers. One should have blood levels determined. Increased folic acid and B vitamin, and lower animal protein consumption can lower HC.
3. Hormones – including thyroid hormones and cortisol (stress hormone) levels.
4. Insulin – Test for insulin production and resistance.
5. Treat hearing loss – Have hearing tested and, if needed, get and use hearing aids.
6. Treat loss of vision –Keep correction up to date.
7. Review all medications and dosages
8. Test for heavy metal effects/toxicity - Chelation therapy if warranted
9. Maintain bone density – treat as necessary

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Roasted Vegetables and Olive Oil Recipe

- 10 organic carrots
- 2 medium organic sweet potatoes (1 1/2 lbs.)
- 6 organic garlic cloves
- 1 tablespoon fresh chopped organic rosemary (substitute 2 organic teaspoons dried)
- 2 tablespoons organic olive oil
- 3/4 teaspoon kosher salt
- Fresh ground pepper



INSTRUCTIONS

1. Preheat the oven to 450°F.
2. Clean and peel the carrots and chop into 1-inch chunks. Clean the sweet potatoes and chop into 1-inch chunks (leave the skins on). Finely mince the garlic. Place all of the vegetables in a bowl.
3. Drizzle the olive oil on the veggies, add the rosemary, kosher salt and fresh ground pepper. Toss to evenly coat the vegetables.
4. Line a baking sheet with unbleached parchment paper. Spread the vegetables on the sheet and bake for about 30 to 35 minutes, until tender and browned.

Ref.: <https://www.acouplecooks.com/thanksgiving-roasted-vegetables/>