

# PEP NEWS

FEBRUARY 2021

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

## February PEP Meeting — February 3, 2021

We welcome Nathan Gradisher, Provider Relations Mgr. for the Hospice of the Western Reserve. Nathan will be talking on Self-Care & Self-Compassion: Tools to Thrive. This will be a Zoom meeting and the link is: <https://us02web.zoom.us/j/86185942686>

It is also important to remember that if you cannot join us via Zoom, please join the meeting by calling 1-646-558-8656 — Meeting ID is 861 8594 2686

## Email Address Request

Please send Katherine or Dave your Email Address — You will still receive the newsletter in the USPS mail but will also receive it via Email.

This will be very helpful to you to participate in any future Zoom meetings because you'll just be able to click on a link. Email one of us!

Katherine.A.Kaminski@gmail.com  
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TO REACH US AT PEP 440-742-0153 dbrandtpep@gmail.com — Facebook — Parkinson Education Program of Greater Cleveland

## From David Brandt

As we get close to going a full year without an in-person meeting, once again I encourage our members to take advantage of webinars/virtual meetings that one can join as well as exercise videos. Here are a few samples of upcoming events that you may wish to join.

**Tuesday February 16- 9-11 a.m., EST** — New Frontiers in Research & Care presented by Parkinson's Foundation. Join us for this important program highlighting the Parkinson's Foundation research initiatives including PD GENERation: Mapping the Future of Parkinson's Disease. You can register at <https://www.parkinson.org/events/2021/NewFrontiers-MNDK> OR call, 761-545-1272

**Saturday, February 20-9 a.m.-3:15 p.m., MST** — Victory Summit — The Newly Diagnosed presented by Davis Phinney Foundation. During this event, you will hear from and interact with movement disorder specialists, neuropsychologists, and physical therapists on how to live well and thrive with Parkinson's. You can register at

<https://davisphinneyfoundation.org/events/#1605228777632-a8d8a254-ad5b>  
[davisphinneyfoundation.org/events](https://davisphinneyfoundation.org/events)

As mentioned before, you can always view exercise videos at the InMotion website <https://beinmotion.org/> in order to help assist you in maintaining your exercise routines.

## March PEP Meeting—March 3, 2021

To Be Announced

## TRIBUTES

In Memory of Judith Weidenthal  
Daniel Weidenthal, M.D.

Sylvia Steen and Valerie Schloss

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

## Trial Begins for Potential Parkinson's Drug after \$1.4 Million Grant from Michael J. Fox Foundation

(Excerpt from <https://www.michaeljfox.org>)

**L**ast August, German biotech MODAG announced positive safety results from its first trial of the oral drug anle138b in people without Parkinson's — MJFF provided \$1.26 million for the development of the therapy in 2015. The drug is designed to dissolve alpha-synuclein clumps and prevent new ones from forming with the goal of stopping disease with fewer side effects. To continue progress on anle138b, the Foundation awarded MODAG another \$1.4 million.

**I**n late December 2020, MODAG announced the initiation of the trial in people with Parkinson's. If found safe, larger trials will examine its efficacy in slowing Parkinson's and related diseases.

### From Parkinson's Foundation

#### Newly Diagnosed?

This Newly Diagnosed kit is designed to help you get started on your journey to living well with Parkinson's disease. The kit includes: pocket folder, introductory letter to someone newly diagnosed, 5 Steps brochure, PD Fact Sheet, info card and Key Questions for Your Doctor Visits.

One kit per person please. Please call 1-800-4PD-INFO (473-4636) for more information.

(Excerpt from Davis Phinney Foundation)

**I** believe that too many people are intimidated by the doctor/patient relationship and consequently don't advocate for themselves and don't get the care they need. My hope is to help people become strong advocates for themselves so they can take advantage of all of the great care available to them on this journey of living well with Parkinson's.

That's why I've chosen to share the five ways I learned to maximize my time with my doctors. I hope these will be helpful to you, too.

1. **SCHEDULE STRATEGICALLY** — When you make your appointment, give as much information as possible to the scheduler so they know how much time to book for your appointment.

Experience says to make your appointment so you're the first one on the schedule in the morning or the first after their lunch hour. Mondays are always busy so try to avoid those if you can. Also, schedule your appointments with as much advance notice as possible so you have the best chance of getting the times you want.

2. **BE PREPARED** — The days of showing up at the doctor's office and getting all the time we need to get our questions answered are ancient history. Therefore, it's up to us to be as prepared as possible and to be clear on exactly what we need from our doctors.

Before you go...

- Review your notes from your last appointment, if you had one
- Make a list of any new symptoms, problems or concerns you have
- Write down a list of questions you want answers to before you leave their office

3. **GIVE ADVANCE NOTICE** — Send an agenda to your doctor a couple of days before your appointment. This agenda will help to aid your memory during the appointment, and it'll also help your doctor focus on what's most important to you before he or she even walks in the room.

4. **TAKE A CARE PARTNER** — If at all possible, take someone with you. Ideally, it would be a loved one who has first-hand knowledge of how you've been doing and how you've been feeling, but that's not necessary. Anyone who cares about you enough to join you would be fabulous.

5. **DEBRIEF AND TAKE ACTION** — If you have time that day, debrief your appointment with the person who joined you and make sure you're clear about the information you were given and the action steps the doctor prescribed.

If there's any confusion or misunderstanding of what you and your care partner heard during the appointment, call the doctor's office and let them know you would like clarification on that issue. Finally, get into action. And stay in action every day.

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

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

**Question:** Could you please suggest simple steps to improve my memory with Parkinson's?

**Answer:** I believe the best memory-enhancing program is called the Bredesen Protocol, named after Dr. Dale Bredesen. As a neuroscientist, he's found that memory loss results from an imbalance in the brain's neuroplasticity signaling.

The Bredesen Seven (or "B7") is simply a term to introduce the seven main strategies used in the protocol. In the seven distinct, yet complementary strategies that create neuroplasticity — the ability of the brain to heal, grow new neurons and synaptic connections, in response to stimuli. Each of the strategies alone can promote neuroplasticity, but when practiced together, they create a powerful synergy.

Seven Strategies to Optimize Brain Health

1. **Nutrition:** The most effective nutrition for support of brain health and prevention of cognitive decline includes a mildly ketogenic, plant-rich, highly nutritive diet combined with nightly fasting of a minimum of 12 hours with at least 3 before bed.

2. **Exercise:** Increase your movement throughout the day. Avoid sitting for extended periods. Incorporate a daily walk, preferably outdoors, work up to a minimum of 30 minutes. Walk with a purpose, as if you were late to an appointment. Vary your speed and add periods of running as you're able.

Additionally, adopt a strength training program 3 to 4 times per week. Exercise increases cerebral blood flow and brain-derived-neurotrophic factor (BDNF), which has important cognitive support effects. Exercise also helps to improve oxygenation, improve sleep, reduce overall stress, optimize BMI (body mass index), improve insulin sensitivity, and improve overall brain and body physiology in numerous ways.

3. **Sleep:** Adopt a sleep hygiene program that allows you to get 7 to 8 hours of quality restorative sleep every night — without noise, lights, or Wi-Fi. Sleep is vital for memory consolidation and the optimal functioning of the glymphatic system to clear cerebral toxins, including beta-amyloid. Additionally, sleep promotes metabolic health, reduces inflammation, and upregulates the immune system.

4. **Stress:** Stress, especially chronic, unresolved, or severe stress, may be a key contributor to cognitive decline. While stress is unavoidable, you can learn to control your reaction to it. We encourage you to adopt a daily stress management practice that could include any of these: mindfulness, meditation, Neural Agility, Dynamic Neural Retraining System, HeartMath, prayer, tai chi, qigong, or yoga.

Additionally, you can build daily stress management habits that include time for self-care, not over-scheduling, using lists, unplugging from technology, avoiding multi-tasking, exercising, and getting adequate quality sleep.

5. **Brain Stimulation:** It's important to stay mentally active, to "upsize" our brains. Our brains continue to develop new neurons throughout our lives in response to social and mental stimuli, as well as healing from trauma or injury. You can upregulate this by staying socially active, building a support system, having a strong purpose in life, and engaging in lifelong learning opportunities. Additionally, even simple pleasures like listening to music and dancing can help to promote new neural pathways. Consider daily brain training to keep your brain challenged. Use Brain HQ or any similar program. Keep it fun and challenging with sessions lasting no longer than 20 to 30 minutes, three times per week.

6. **Detox:** Avoidance of "dementogens," chemical agents that impact our cognition, is a vital part of optimizing brain health. Ensure that the air you breathe, the water you drink, the home you live in, the food you eat, and the toiletries, cosmetics, and cleaning supplies you use are as toxin-free as possible. It's especially important to avoid exposure to mold, which is turning out to be a major contributor to cognitive decline, especially in genetically susceptible individuals. Additionally, practice good hygiene to reduce inflammation and maintain intact internal barriers (gut lining, blood-brain barrier, oral, nasal) as well as external (skin, nails, hair). Oral health, of your teeth, mouth, and lips is emerging as an important opportunity to intervene to protect cognitive health if mercury is high from dental amalgams, you experience frequent cold sores, or have any sign of gum disease.

(Cont'd on Page 4)

## PEP NEWS

Parkinson Education Program  
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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.



(Cont'd from Page 3) –

**7. Supplementation:** Supplements are supplemental, but if you're suffering from a specific nutritional deficiency that affects your cognitive health, they can be a very important contributor to healing. In fact, Dr. Bredesen has specific biomarker goals for the

necessary nutrients to optimize brain health. Given your unique genetics, level of stress, and other environmental impactors, your need for supplementation may change over time. In general, we find that the longer people practice the protocol—combining a nutrient-dense diet with a healing lifestyle—their need for supplementation

**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.

decreases. – For more information contact: Apollo Health, 1.800.450.0805, Email: [info@ahnphhealth.com](mailto:info@ahnphhealth.com)

Ref.: <https://www.apollohealthco.com/simplifying-the-bredesen-protocol/>

### Another Special Offer For Online Tap Workshop Presented by Dance For PD

The Ohio Parkinson Foundation Northeast Region is again 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 Tuesdays, February 2- March 9, from 11 AM - 12:45 PM (EST) or tune in on-demand through March 16. 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](mailto:fmdiscenzo@gmail.com) with assistance to register or for questions. Tap shoes are not required.