# **PEPNEWS**

AUGUST 2021

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

# PEP In-Person Get Together Wednesday, August 4, 2021 at Noon—2 p.m. Cleveland Heights Forest Hills Park Picnic Shelters Picnic shelters 2A and 2B Please bring side dish to share if possible

# From David Brandt

Good News! The Cleveland Heights Senior Center has opened up again and starting with our September, 2021 meeting, we will be meeting in-person again. And, to start it all off in August, we will be having our annual Ice Cream Social in-person on August 4, 2021 but to celebrate, we will be making it a picnic along with the Ice Cream Social!

We have reserved picnic shelters 2A and 2B at the Cleveland Heights Forest Hills Park which is located a few short blocks from the Senior Center. A map is provided below. The date of the picnic is Wednesday, August 4 which is our normal monthly meeting date, but the time has been moved up to Noon-2 p.m. We will provide chicken, ice cream, and beverages. We ask that you provide a side dish if possible.

We at *PEP* are very excited to get a chance to see you all in person and especially in a social gathering such as this. We ask that you email me at dbrandtpep@gmail.com or call me at 440-742-0153 if you are planning on joining us so we can get a better feel of the numbers.

We hope you can join us and we look forward to seeing you!!



Route from Cleveland Heights Senior Center > north on Monticello Boulevard > left/north on Lee Road > becomes Lee Boulevard > left/west on Forest Hills Boulevard > left into Forest Hills Park.

# Parkinson's Disease Question Corner

Email: barbaramarguardt@outlook.com with guestions!

**Question:** How do I increase dopamine naturally?

**Answer:** There are many healthy, and proven ways to increase dopamine naturally.

#### Eat Dopamine-Boosting Foods

Little research has been done to find foods that contain dopamine, but those that do include apples, avocados, bananas, beans, eggplants, oranges, peas, plantains, spinach, and tomatoes. However, the dopamine consumed in food doesn't cross the bloodbrain barrier. If you want to elevate your dopamine level with food, you'll need to take advantage of a workaround. Dopamine is made from the amino acid I -tyrosine, which is commonly found in protein-rich foods. Eating a diet high in I-tyrosine can help ensure that you've got the basic building blocks needed for dopamine synthesis. Here's a list of foods and spices known to contain I-tyrosine or that increase dopamine via other mechanisms:

- Meat, poultry, fish) •
- green leafy vegetables •
- nuts olive oil

oregano

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- sesame/pumpkin seeds •
- sea vegetables

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- beans (legumes) •
- rosemary • watermelon

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beets

chocolate

turmeric

apples

avocados

bananas Fava beans, also called broad beans, are one of the few foods that contain I-dopa, an amino acid that's a direct precursor to dopamine. Unlike dopamine, Idopa can cross the protective blood-brain barrier, ۲ making it the current standard treatment for Parkinson's disease. Foods high in natural probiotics such as yogurt, kefir, and raw sauerkraut may increase natural dopamine production. Surprisingly, 50% of your dopamine is found in your intestines where it is synthesized by gut microbes. So far, there's evidence that dopamine can be synthesized by gut microbes of the Bacillus, Escherichia, and Serratia genera and by the species Lactobacillus plantarum.

The health of your intestinal flora impacts your production of dopamine. An overabundance of bad bacteria leaves toxic byproducts called lipopolysaccharides, which can destroy cells that make dopamine.

#### Dopamine-Boosting Beverages

Billions of people around the world start their day with coffee, tea, or another caffeinated beverage. Caffeine makes you feel more awake and alert, in part, by stimulating the release of dopamine and increasing the availability of dopamine receptors. But caffeine isn't the only compound that enhances dopamine. L-theanine is an amino acid found uniquely in teas such as green tea. Unlike caffeine, L-theanine induces a state of relaxation. It readily crosses the blood-brain barrier to increase brain levels of dopamine, serotonin, and GABA, the neurotransmitter of relaxation. L-theanine is also available as a supplement.

For ten additional ways to increase dopamine naturally, please visit https://bebrainfit.com/increasedopamine/

Ref: https://bebrainfit.com/increase-dopamine/

From David Brandt (Cont'd from Page 1)

#### Saturday, October 23, 2021 – Empower U Taking **Control of Parkinson's Disease**

Presented by the Cleveland Clinic. This will again be a virtual event

- 8-9 a.m.—Connection test and exhibit hall
- 9 a.m.– 3 p.m.–Empower U live stream program. Special guest speakers include Tim Hague Sr., founder of U-Turn Parkinson's Wellness center, Indu Supramaniam, MD Director VA Southwest Parkinson's Disease Research, and Joseph Rudolph, MD Cleveland Clinic.
- You may provide your email address to received information about upcoming Cleveland Clinic events at <a href="https://my.clevelandclinic.org/">https://my.clevelandclinic.org/</a> departments/neurological/depts/neurologicalrestoration/empower-u or by calling 216-444-0998.

#### Sunday, September 19,2021 – 5th Annual Pals in Motion Fundraiser

This year the event will be held at Beachwood High School.

#### Sunday, November 7, 2021 – Big Band Brunch

Noon-3 p.m. Hosted by Ohio Parkinson's Foundation Northeast Region at Landerhaven in Mayfield Hts.

# What Does the New Alzheimer's Drug Mean for Those with Parkinson's?

(Excerpt from Michael J Fox Foundation)

new Alzheimer's drug — Aduhelm (aducanumab) — has been in the news a lot. It's the first Alzheimer's disease (AD) therapy since 2003 and the first that targets the disease process, rather than only symptoms.

While there are differing opinions about the drug's approval, many people and families with Alzheimer's disease (as well as those with Parkinson's) wonder what it could mean for their care and daily life.

MJFF: Some — not all — people with Parkinson's experience significant thinking and memory changes. What should they and their families know about aducanumab?

Melissa Armstrong, MD, MSc, associate professor and director at the Dorothy Mangurian Clinical-Research Headquarters for Lewy Body Dementia at the University of Florida's Department of Neurology.: Parkinson's disease itself can cause dementia. (This doesn't happen in everyone with Parkinson's.) In these cases, it's not Alzheimer's and it's not linked to amyloid. So we wouldn't expect aducanumab to help because aducanumab targets amyloid protein.

In Parkinson's, the trouble-making protein is alphasynuclein. Researchers believe clumps of this protein may contribute to Parkinson's. They also may contribute to thinking and memory changes in people who have those symptoms. Clinical trials now are testing more than a dozen different therapies against alpha-synuclein with the hope of clearing this protein to slow or stop disease.

It's true that some people with Parkinson's also have amyloid. But clearing amyloid without clearing alphasynuclein, using a new therapy like aducanumab for example, may not help much. (And comes with possible side effects, too.)

In the future, for people with different kinds of brain protein clumps, doctors might be able to use multiple treatments, each targeting a different protein.

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

# Discovery of Nano-Sized Molecules That Might Inhibit Alzheimer's and Parkinson's Diseases

(Excerpt from www.sciencedaily.com)

anosized molecules of a particular chemical element can inhibit the formation of plaque in the brain tissues. This new discovery by researchers at Umeå University, Sweden, in collaboration with researchers in Croatia and Lithuania, provides renewed hope for novel treatments of, for instance, Alzheimer's and Parkinson's disease in the long run.

"This is indeed a very important step that may form the basis of new and efficient treatments of neurodegenerative diseases in the future," says Professor Ludmilla Morozova-Roche at Umeå University.

When proteins misfold they form insoluble fibrils called amyloids, which are involved in several serious diseases such as Alzheimer's and Parkinson's, Corino de Andrade's and the mad cow disease. Amyloid aggregates kill neuronal cells and form amyloid plaques in the brain tissues.

What researchers in Umeå in Sweden, Vilnius in Lithuania and Rijeka in Croatia have discovered is that a particular nanosized molecules can hinder the amyloid formation of pro-inflammatory protein S100A9. These molecules are able even to dissolve already pre-formed amyloids, which has been shown by using atomic force microscopy and fluorescence techniques. The molecules in question are nanosized polyoxoniobates, which is so-called polyoxometalate ions with a negative charge containing the chemical element niobium.

"Further research is needed before we can safely say that functioning treatments can be derived from this, but the results so far have proven very promising," says Ludmilla Morozova-Roche.

The researchers have been working with two different polyoxoniobate molecules, Nb10 and TiNb9. Both turned out to inhibit SI00A9 amyloids by forming ionic interactions with the positively charged patches on the protein surface, which are critical for amyloid selfassembly. The polyoxoniobate molecules that have been studied are relatively chemically stable and water-soluble. The molecules are nanosized. These nanomolecules can also be of interest for other medical applications such as implants thanks to their high biocompatibility and stability.

At Umeå University, two research groups, from the Faculty of Medicine and the Department of Chemistry, have collaborated by addressing the issue from different angles and by applying a wide spectrum of biophysical and biochemical techniques and through molecular dynamics simulations. **PEP NEWS** 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.

### **Ohio State Among First in Nation to Implant New DBS Device**

(Excerpt from OSU Healthbeat)

A team of neurologists and neurosurgeons at the Wexner Medical Center and Neurological Institute is among the first

in the nation to implant a new deep-brain stimulation (DBS) device that will help improve the quality of life of patients with Parkinson's disease. The SenSight Directional Lead System by Medtronic is FDA-approved to treat patients with Parkinson's disease, essential tremor, dystonia and epilepsy. Neurosurgeons Vibhor Krishna, MBBS, and Brian Dalm, MD, in collaboration with neurologists Aristide Merola, MD, PhD, and Barbara Changizi, MD, performed the first two surgeries in the Midwest last week.



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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.

#### September meeting—Sept. 1, 2021

We welcome Dr. Brian Appleby, MD Neuropsychiatrist at University Hospitals and Professor Department of Neurology, Case Western Reserve University. Dr. Appleby will be speaking on Dementia and Parkinson's. This will be our first in person meeting in a long time.