

PEP NEWS

OCTOBER 2021

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

OCTOBER MEETING

Wednesday, October 6, 2021 – 2:15 p.m.—**NOTE NEW START TIME of 2:15 p.m.**

We welcome **Susan Darling, DO, MPH /Physician of Integrative & Lifestyle Medicine Department at the Cleveland Clinic.** Dr. Darling will speak on Dietary Recommendations to Lower Neuroinflammation for PD. Please join us for this most informative discussion.

Cleveland Heights Recreation Center / One Monticello Blvd., Cleveland Heights, OH 44118

(Last names A through M please bring ***individually wrapped snacks**)

*Policy of Rec Center prohibits serving food “buffet style”; everything must be individually packaged.
This is a new policy due to the pandemic. Thanks so much!

From David Brandt

We had a nice turnout for last month’s meeting which was the first in-person one in the past 18 months. Dr. Brian Appleby provided a most informative presentation, and it was well received by our veteran *PEP* members as well as several new faces.

On Sunday, November 7th, the Big Band Brunch will be back. This popular annual event is brought to you by the Ohio Parkinson Foundation Northeast Region (OPFNE) as well as Come Dance With Me’s Fred and Dianne Discenzo. It will be held at Landerhaven in Mayfield Hts. at Noon and will feature the very entertaining Swing City Big Band. It is a perfect opportunity to dance and for those who prefer, just sit, listen, and toe tap to the music. And better yet, the food provided by Landerhaven is fantastic!

Like in past years, *PEP* will encourage people to enjoy this by offering to cover the \$20 cost for you and your spouse. To take advantage of that, just mail me at dbrandtpep@gmail.com or call me at 440-742-0153. We hope to see you there!

TO REACH US AT PEP 440-742-0153

dbrandtpep@gmail.com—[Facebook – Parkinson Education Program of Greater Cleveland](#)

Walking with Parkinson’s: Freezing, Balance and Falls

(Excerpt from www.parkinson.org)

Parkinson’s disease (PD) can change the way a person walks. Movement Symptoms like stiff muscles, rigidity and slow movement make it harder to take normal steps. In fact, short, shuffling steps are a common sign of PD, as is freezing, the feeling that your feet are stuck to the floor, for people with mid-stage to advanced PD.

On their own, these changes are distressing enough. But add the fact that Parkinson’s affects balance and they also become dangerous, putting people with PD at risk of falling. The good news is that with exercise and physical therapy, people with PD can improve their balance. What can you do to minimize freezing and avoid falls? Read on to find out.

This is based on latest research and a Parkinson’s Foundation Expert Briefings about Parkinson’s-related freezing, balance and falls hosted by Fay B. Horak, PhD, PT, Professor of Neurology at the Oregon Health & Science University, a Parkinson’s Foundation Center of Excellence. (cont’d. on next page)

Freezing of Gait – Freezing happens when your feet stop moving forward while you are walking, even though you try to keep going. It can be brief and happen erratically. Many people experience freezing as they approach a narrow space, like an elevator door. Usually the legs do not stop moving, instead they tremble or the knees move. This happens because during freezing a person rapidly shifts their weight from foot to foot to take a step.

Trouble With Turning – For people who experience freezing, turning in place is difficult. In fact, it is more likely to set off freezing than walking straight. Turning requires quick adjustments to balance and moving your head, upper body and lower body in sequence. If you have rigidity, this is especially difficult to do.

Dr. Horak and her team found that people with PD turn significantly more slowly than people without PD, and they take as many as four or five steps to make a turn. In addition, people with more advanced PD avoided making turns. When they did, they made them slower.

Ultimately, Dr. Horak's team discovered that a person's risk of falling can be predicted based on the way they made turns. People who made slower turns and took more steps were more likely to fall. Freezing, turning, shortened steps and falls all are related to balance.

Balance and the Brain – Difficulties with balance and walking are linked to the brain changes that take place with PD. For people who don't have PD, balance is automatic, a reflex. But Parkinson's affects the basal ganglia (a part of the brain essential to balance). To compensate, the brain assigns another brain area — an area used for thinking — to take over. The thinking part of the brain, mainly the frontal cortex, can't control balance automatically. The result: for many people with PD, balance becomes less automatic.

This means that when people experience freezing and fall, they can't adjust their balance automatically. Taking small steps to try and regain balance can make things worse, because it involves shifting weight with each step. The brain changes from PD inhibit their ability to take a big step to catch their balance and avoid a fall. For some, the drug levodopa (Sinemet) can help prevent freezing, but does not improve balance.

A person whose balance is less automatic must pay more attention while walking. For everyone, walking slows down when we're talking and thinking slows down when we're walking. This is called the "dual-task cost" and it's higher in people with PD. That tells us that people with PD are using more attention and more cognitive control for balance and gait.

The Route to Better Walking – The good news for people with PD is that with exercise and physical therapy it is possible to cope better with freezing, turn and walk more normally and improve balance. Through practice and sessions, a physical therapist can help people with PD avoid tripping by helping them learn to take larger steps. Additionally, joining an exercise class tailored to people with PD can help. If you take levodopa, be sure to exercise while it is working — the drug helps your body learn and remember motor skills.

Tricks that can help overcome freezing:

- Walk to a regular beat to help prevent freezing. Try a metronome.
- Take large, voluntary marching steps.
- Step over an imaginary line or laser pointer.
- Work with a therapist to find the solution that works best for you.

People respond differently to audio, visual or sensory cues. Dr. Horak and her team are testing a device that provides sensory feedback — vibration on the foot — to stimulate automatic stepping. Another consideration for people who have freezing is anxiety, a common PD symptom. People who have anxiety experience freezing more often. It is a vicious circle — being anxious about freezing can trigger it. Treating anxiety may help freezing.

To Prevent Falls, Exercise – Exercise is the only intervention that significantly reduces a person's risk of falling, among older people without PD as well as people with Parkinson's. Research is beginning to show how exercise changes the brain for the better and can help people with PD gain back some of their automatic balance reflex. Many kinds of exercise can improve a person's balance. Consider trying:

Tai Chi: a moving meditation where movements involve shifting the body's center of mass back and forth over the feet. Studies found fewer falls among people with PD who practiced Tai Chi three times a week.

Dance: to dance tango, a person has to walk backward and sideways, take big steps and both follow and lead — good ways for people with PD to practice balance control.

Boxing: the rapid arm movements provide good balance training.

Agility boot camp: completing different tasks in a series of stations can improve balance.

What is the best exercise? The one you actually do. Choose exercise that makes you sweat and do it three times a week. As you improve, make it more challenging. According to the Parkinson's Foundation Parkinson's Outcomes Project, increasing physical activity to at least 2.5 hours a week can slow decline in quality of life.

(cont'd. on last page)

Parkinson's Disease Question Corner

Email: barbaramarquardt@outlook.com with questions!

Question: I recently read how bad Electromagnetic Frequencies (EMFs) are for your health, any simple tips on how I may reduce my exposure?

Answer: Great question! It is so important to protect yourself from these invisible EMFs on your body and in your home.

The benefits of reduced EMF exposure include:

- Mental Health - Improved mood, healthy emotional responses, and normal coping abilities.
- Focus & Performance - High quality sleep, optimal memory and recall function, clear-headedness, and normal cognitive function.
- Physical Health- Normal blood pressure levels, healthy weight maintenance, normal digestion, and youthful skin and healthy aging.

Two EMF protection necklaces on the market today:

1. **Harmony Pendant**
 - Visit their website at <https://www.harmonipendant.com/pages/emf-protection>
 - or call (323) 310-2484
2. **Q-Link**
 - Visit their website at <https://www.shopqlink.com>
 - call 1 (800) 246-2765; direct : 1 (425) 643-9939
 - Representatives Available M-F, 9 a.m.—5 p.m., Pacific

In your home, it is best to turn your Wi-Fi off at night or when not in use.

Ref: <https://www.harmonipendant.com/pages/emf-protection> and <https://www.shopqlink.com>

Eight Ways to Reduce Your EMF Exposure

(Excerpt from thewholejourney.com)

1. **Put a Barrier Between you and Laptop:** Keep your laptop away from your lap (I know, the irony!) and if necessary, use a Lap-Pad or put a pillow barrier between you.

2. **The Power of Plants:** NASA researchers have done studies and research on the best and most efficient ways to clean the air in space stations, and they recommend 15-18 plants for an 1800 square foot home or apartment. Plants can absorb toxins through their leaves and serve as a natural way to filter the air in your home. The plants we recommend include peace lily, chrysanthemum (pot mum), cactus (absorbs EMFs and reduces computer radiation and indoor pollution), and Aloe (used medicinally in support of detoxification and digestive health but also against radiation and EMF exposure).
3. **Salt Lamps:** Salt lamps act as natural negative ion generators, ionizing the atmosphere, and help in neutralizing EMF radiation.
4. **Spend Time in Nature:** Grounding in nature is the best way to reach optimal mental and physical health, even just 15-30 minutes at a time. Grounding products, such as a grounding mat can be beneficial as well.
5. **Keep Your Cell Phone Away From Your Head:** Use your phone speaker instead of holding it up to your ear and avoid making calls when you have poor service. The National Toxicology Program found an increase in brain cancer from overexposure to cell phones. We don't have many published studies regarding cell phone frequencies because they have not been around long enough for us to see the effects of long-term use. In the meantime, please get a qualified, tested, and proven shield with a silicon-based microprocessor to put on the back of your phone to reduce its EMFs. One example is by airestech.
6. **Ditch the Blow Dryer:** Did you know that a hair dryer can emit roughly 40 milligauss to 20,000 milligauss in EMFs? To put this in context, a microwave emits 100-500 milligauss. Try air-drying your hair a couple days a week or take advantage of dry shampoo. This is also a beauty tip.
7. **Not So Smart Meters:** If possible, avoid installing smart meters into your house. They are electronic devices which automatically record electrical energy usage for monitoring and proper billing. Thousands of people and their families are feeling the effects of smart meters and often complain of dizzy spells, fatigue, ear ringing, anxiety, heart palpitations and disrupted sleep. You can call your power company and pay a fee to have them remove the smart meter and replace it with an old-school analog meter.
8. **Antioxidant Rich Foods:** Anti-inflammatory, antioxidant-rich foods to help negate the effects of EMFs, so stock up on those.

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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.

Conclusion from Walking with Parkinson's: Freezing, Balance and Falls

Changes in the brain that take place with PD affect a person's balance. This, combined with difficulty walking because of stiffness, freezing or shortened steps, puts people with PD at risk of falling. No medications are effective for these issues. Only exercise has been proven to help. Find ways to exercise that you enjoy, get help if you need it and walk with more confidence.

Partial grant support provided by OPFNE



ohparkinson.com

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

TRIBUTES

Hans & Carol Drescher

Regina Eatman

Saul Ludwig

Dr. Lee Maxwell

In Memory of Bill Sweet
Jane Sweet

Meeting—November 3, 2021

We welcome back Fred & Dianne Discenzo from Come Dance With Me. They donate their time locally to provide dance sessions for people with Parkinson's and their caregivers.

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.