

# PEP NEWS

FEBRUARY 2022

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

## FEBRUARY MEETING

Wednesday, February 2, 2022 – 2:15 p.m.

**W**e welcome **Michael Ungar, ACE- Certified Personal Trainer, FAI - Functional Aging Specialist, At Home Senior Fitness, LLC.** Michael has his own business and will discuss fitness for Seniors.

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

(Last names N through Z 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

After a two-year absence due to COVID, the popular 22<sup>nd</sup> Annual Parkinson Symposium, put on by the Ohio Parkinson Foundation Northeast Region (OPFNE), is back. This year it will be held Saturday, April 9 at the Hilton Garden Inn located at 8971 Wilcox Dr., Twinsburg, OH 44087. It will run from 10:00 a.m. to 2:30 p.m. with check in beginning at 8:30 a.m.

It will feature Attorney John Baumann who after being diagnosed with PD at 41 years old in 2002, transformed himself into an internationally recognized speaker. He will talk on “Living Your Best Life with Parkinson’s”.

Also featured will be Carrie Jean Ekins and Dean Owens from Drums Alive! Who will present an evidence based, participatory journey to brain and body health, fitness and wellbeing with music, movement and rhythm.

There is no charge for this event – door prizes and a free lunch will be provided. You can register after February 14, 2022 at <http://ohparkinson.com/events/> or call 800-630-3193. Your phone registration will be your confirmation.

*Once again, we deeply appreciate a grant from the Lauretta K. Peters & Richard R. Peters Charitable Foundation. Mr. Peters, himself a victim of Parkinson’s Disease, intended to further public awareness and provide support for those struggling with this disease.*

## Cleveland Clinic Launches First of Its Kind Brain Study with 200,000 Participants For 20 Years

*(Excerpt from WKYC -TV Cleveland)*

**T**he Cleveland Clinic says they’re launching a “landmark study” to better understand why millions of people around the world suffer from brain diseases “with the goal of pinpointing disease biomarkers early – well before clinical symptoms present themselves.”

The Cleveland Clinic Brain Study, which was announced Wednesday morning, is said to be the largest clinical study ever done for brain disease.

*(cont’d. on page 2)*

## Cleveland Clinic ...*(Cont'd. from Pg. 1)*

Officials say the effort will collect data from up to 200,000 neurologically healthy individuals throughout a 20-year period in an effort to identify ways to prevent and cure neurological disorders.

"One in every six people around the globe has a neurological disease such as Alzheimer's disease, Parkinson's disease, multiple sclerosis, stroke or epilepsy," the Cleveland Clinic said in a press release. "While the medical community has learned to manage some symptoms of brain disorders, it remains challenging to predict who will become sick or how to cure – or even stop the progression of – these diseases once they are diagnosed."

The study is led by Andre Machado, M.D., Ph.D., and Imad Najm, M.D., of Cleveland Clinic's Neurological Institute. The Cleveland Clinic said the effort also enlists a multidisciplinary team of physicians and scientists from across the global health system. The study, which started at Cleveland Clinic's main campus, will also expand to additional sites.

"Disrupting neurological diseases is one of the greatest challenges of our time and motivates our clinicians and scientists every day," said Dr. Machado, chair of the Neurological Institute and the Charles and Christine Carroll Family Endowed Chair in Functional Neurosurgery. "By launching a study of this magnitude, we have the potential to discover causes of neurological disorders and what happens before symptoms become obvious – the silent phase. Our hope is to change the course of neurodegeneration, with the long-term goal of curing diseases in their earliest stages, years before symptoms are even seen. Achieving this will be a great gift to our children and grandchildren. We can make neurological care better for the next generations."

The Cleveland Clinic said the initial phase of this study will enroll 10,000 volunteers throughout the first five years. Each will be examined and thoroughly investigated. This includes:

- Adults ages 50 and older with no known neurological disorder.
- Neurologically healthy adults ages 20 and older who have a first-degree relative diagnosed with multiple sclerosis.

- Volunteers are not required to be Cleveland Clinic patients.
- "Participants will undergo yearly assessments including neurological examination, bloodwork, eye retina scans, brain MRIs, EEG and sleep studies and other cognitive function tests," according to the Cleveland Clinic's press release. "Using advanced computing tools, researchers will collect data points from the study volunteers. Collectively, these data points will form a trend line to capture the genetic risk factors, and invisible molecular, structural, neurophysiological and cognitive/memory changes in the brain over time. Researchers will seek 'disease fingerprints' to help guide diagnostic and preventative medicines.

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

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

### **TRIBUTES**

In Memory of Judith Weidenthal  
Dr. Daniel T. Weidenthal

In memory of Raymond Brandt  
and in Honor of Marilyn Brandt  
Dr. Christopher Brandt and Dr. Beth Sersig

In Memory of her Parents  
Susan Swisher

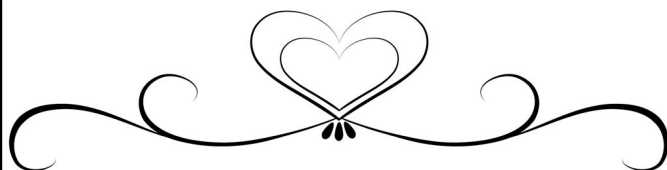
Alan and Sally Tatar

Sylvia Steen

Robert and Barbara Eckardt

In Honor of Marilyn (Grandma) Brandt  
Anna Brandt

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



## Chris Cosentino: A Winter Warmer Recipe for Parkinson's Disease

(Excerpt from <https://parkinsonslife.eu/>)

**W**hen Chris Cosentino – a chef based in San Francisco, US – debuted on the US reality TV show 'Top Chef Masters', he was competing on behalf of the Michael J Fox Foundation for Parkinson's Research. As the winner of the show's fourth season, he raised US \$141,000 for the charity. Cosentino said that competing on behalf of the Michael J Fox Foundation was a way to honor his uncle, who lived with the condition – and use his passion for cooking to help fund research and increase awareness. Here, he shares a winter warmer recipe for braised green dandelions. "This dish is based on a simple premise," says Cosentino. "The bread acts as a vessel for catching all the great broth, filled with nutrients and flavor from braising the greens."

He adds: "This is a classic old-school way of cooking greens to get the best out of them. Bitter greens are great for you. They have so many nutrients, aid in reducing inflammation and aid in digestion."

### Ingredients

- ♦ 2 tbsp. olive oil
- ♦ 1 yellow onion, finely diced (about 1 cup)
- ♦ 1 head garlic, split crosswise
- ♦ 5 dried chili such as guajillo, seeded
- ♦ 1lb dandelion greens, tough stems removed, leaves cut crosswise into wide strips
- ♦ 5 1/2 cups chicken stock
- ♦ 4 inch piece pecorino cheese rind
- ♦ Kosher salt and freshly ground black pepper
- ♦ 3 tbsp. fruity extra-virgin olive oil, for drizzling
- ♦ 6 baguette slices
- ♦ 1 lemon
- ♦ Wedge of pecorino cheese for shaving

(Cont'd on last page)

## Parkinson's Disease Question Corner

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

**Question:** Question: I am headed to Florida this winter, and I am looking for a new practitioner to help with my Parkinson's, any suggestions?

**Answer:** Yes, I would check out Chiropractic Neurologist and Naturopath, Dr. John Lieurance, ND, DC, RMA, BS, DABCN (Board Eligible) in Sarasota, Florida. He has been involved in an integrated practice for over 25 years, practicing with MD's, DO's, AP's, PT's & DPM's in an integrated setting. With the successful integration of Neurology, Chiropractic, Naturopathy, LumoMed and Nutrition, he sees excellent clinical results! He uses some of the most cutting edge treatments to treat others with many chronic conditions. A few of these treatments are: CVAC, 10 pass hyperbaric ozone, silver IV, IV laser (LumoStem), hyperbaric oxygen, the shoemaker protocol and other natural means. These treatments have been proven very successful for treating many chronic neurological and chronic infection conditions. Dr. Lieurance believes that toxins and infections are at the root of many conditions including Autoimmune, Parkinson's, Alzheimer's, Inner Ear Conditions, and most Degenerative Neurologic Conditions.

If you are not headed to Florida and are interested in speaking with him, he does offer consultations and virtual medical management. Dr. Lieurance can be reached at 1-941-330-8553, ext. 3, or at [www.ultimatecellularreset.com](http://www.ultimatecellularreset.com)

Ref: [www.ultimatecellularreset.com/about-dr-john/](http://www.ultimatecellularreset.com/about-dr-john/)

### March Meeting—March 2, 2022

We welcome **Dr. Camilla Kilbane, Interim Movement Disorder Center Director and Medical Director,** Deep Brain Stimulation Program at University Hospitals.

## Could Traumatic Brain Injury Accelerate the Onset of Parkinson's Disease?

(Excerpt from <https://parkinsonslife.eu/>)

**U**ndergoing a traumatic brain injury (TBI) – a sudden injury that damages the brain – may be linked to Parkinson's onset at an earlier age, new research suggests. The study, led by researchers in the US, examined data from the National Alzheimer's Coordinating Centre (NACC) database and assessed whether TBI was associated with age of disease onset, survival and the degeneration of dopamine-producing nerve cells in the brain.

(Cont'd on last page)

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

## PEP NEWS

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

### Address Service Requested

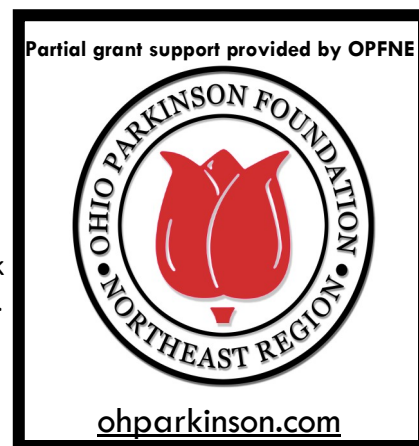
We try to keep our roster current. If you no longer wish to receive this bulletin or would like to receive it via email instead, notify Katherine.A.Kaminski@gmail.com or call 216-513-8990.

**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.

### Winter Warmer Recipe for PD *(Cont'd from previous page)*

In a large pot over medium heat, warm two tablespoons of olive oil. Add the onion and garlic and cook, stirring occasionally, until the onion is translucent, about five minutes. Add the chilies and continue to cook, stirring, until lightly toasted, about five minutes more.

Add the dandelion greens and toss and stir occasionally until wilted. Add the stock and pecorino rind, bring to a simmer, cover and cook until tender, 20–30 minutes. (Bigger greens will take longer to cook.) Season with salt and pepper and then stir in the three tablespoons extra-virgin olive oil to balance the bitterness of the greens. While the dandelion greens are cooking, prepare a medium fire in a charcoal or gas grill or preheat a stove-top grill pan over medium-high heat. Grill the baguette slices, turning once, until etched with grill marks on both sides and crisp, about two minutes on each side. Remove from the heat and rub one side of each slice with the whole lemon, releasing the natural oils of the zest to flavor the bread. To serve, place each baguette slice in an individual bowl. Place the dandelion greens over the bread, dividing evenly, and then ladle the liquid over the top (the liquid is the best part). Using a vegetable peeler, shave a few pecorino curls over the top and then drizzle with a little extra-virgin olive oil. Grind a little pepper over each bowl and serve right away.



**Traumatic Brain Injury** *(Cont'd from previous page)* – They found that while there was no significant association with age of death or greater impact on dopamine-producing nerve cells, results showed that TBI was linked to a 4.9-year earlier age of Parkinson's onset. Reflecting on the results, the researchers wrote that traumatic brain injury "appears to accelerate Parkinson's onset without altering age of death". However, the researchers also cautioned that "the nature of this relationship remains unclear".