

PEP NEWS

MARCH 2022

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

MARCH MEETING

Wednesday, March 2, 2022 – 2:15 p.m.

We welcome **Dr. Camilla Kilbane, MD Center Director University Hospital's Parkinson's Disease and Movement Disorder Center.** Dr. Kilbane will provide an Update on PD and Things Coming Down the Pipeline.. Please join us for this informative meeting.

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

It has been a full two years since the pandemic hit us. *PEP* stopped meeting in-person after our March 2020 meeting and it was not until we got together in August 2021 for our picnic that we got to see each other, other than in our Zoom calls. We are still trying to be very careful, for the most part all wearing masks and sitting apart. But we are getting together, and I think that is important. Not everyone feels that way and many have not resumed venturing out to our meetings yet (the weather doesn't always help!). But hopefully as the latest surge is dying down, our *PEP* group can continue to provide assistance in not only bringing you great speakers and information, but also give you a chance to speak and interact with fellow members, both those with PD and their caregivers.

Speaking of great speakers, please join us this month as we have Dr. Camilla Kilbane stopping by to give us an update on PD over the past year.

Upcoming Events

April 9, 2022 – 22nd Annual Parkinson Symposium

10 a.m. – 2:30 p.m. at the Hilton Garden Inn, 8971 Wilcox Dr., Twinsburg, OH 44087. It will feature

Attorney John Baumann, internationally recognized speaker talking on “**Living Your Best Life with Parkinson's**”. Also featuring **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 and door prizes and a free lunch will be provided.** You can register at <http://ohparkinson.com/events/> or call 800-630-3193.

June 11, 2022 – Moving Day Cleveland 2022 This annual event put on by the **Parkinson's Foundation Great Lakes Chapter** will be from 11 a.m. – 1 p.m. at Brookside Reservation/Cleveland Metro Parks (right next to the zoo). This is the same place it was last year, in the parking lot, but there is a paved circular track right beside the lot that we will be using for the actual walk this year. The website is now live and people can sign up their teams! www.movingdaycleveland.org. They will also be offering the participants a discounted zoo admittance voucher just like last year.

TRIBUTES

Maxine Jacqmin
In Honor of David Jacqmin

Sleep and Parkinson's: Non-Motor Quality of Life

(Excerpt from parkinson.org)

Restorative sleep is vital for optimal physical, mental and emotional health. Sleep disorders are one of the most disabling non-motor symptoms of Parkinson's disease (PD), affecting more than 75% of people with PD.

A recently published study in the Journal of Parkinson's disease, "Slow Wave Sleep and EEG Delta Spectral Power are Associated with Cognitive Function in Parkinson's Disease" (Wood et al., 2021), investigated the relationship between sleep and cognition.

There are four stages of sleep: one for rapid eye movement (REM) and three others for non-REM (NREM) sleep. Stage three, or slow wave sleep (SWS), is one of the three non-REM sleep stages, and is considered to be the deepest and the most restorative of the four stages of sleep. During SWS, the brain produces slow, deep waves, called delta waves, and can be measured using an electroencephalogram (EEG) in a medical office during a sleep study.

Cognitive issues affect about 30% of all people with PD. These symptoms can negatively impact everything from thinking and memory to problem-solving. People with PD may experience:

- Mild cognitive impairment: feelings of distraction or disorganization, along with finding it difficult to plan and accomplish tasks.
- Significant cognitive impairment: inability to perform common tasks such as making coffee, comprehending complex sentences and problems telling apart non-familiar faces. Often associated with caregiver distress, worse day-to-day function, diminished quality of life, poorer treatment outcomes, greater medical costs and increased mortality.

In this observational study, 32 people with PD were enrolled; 16 had high levels of deep sleep (more than 15.8% in SWS) and 16 had low levels (less than 15.8% in SWS). There were no significant differences between the groups in terms of age, disease duration,

stage or medications taken known to affect sleep — although more women had high levels of deep sleep than men.

Results

Participants with high amounts of slow wave sleep performed better in the following areas:

- **Global cognition:** the main measurement of overall cognitive function
- **Executive function:** brain functions that include attention or concentration, needed to multitask and solve problems
- **Language:** analyzes cognition decline through a neuropsychological test that asks participants to name as many similar items (such as animals) as possible in a minute
- **Processing speed:** helps show how the brain processes information. Participants are asked to name a color that is written using a different color

What do these results mean?

Sleep dysfunction is common in people with PD. While it is well-known that poor sleep worsens motor symptoms, this study demonstrates a significant relationship between slow wave sleep (SWS) and cognitive function: Those with higher SWS had better cognition than those with lower SWS. These findings have far-reaching quality-of-life implications.

As suggested by the study authors: the percentage of SWS is potentially a modifiable protective factor. For example, there are prescription medications (such as sodium oxybate) that increase SWS in Parkinson's, as well as non-pharmacologic interventions, such as exercise, which have been shown to increase SWS in both non-PD populations. Thus, it is imperative that sleep quality issues in the PD population garner more attention, including, but not limited to, a more robust exploration of possible interventions, and an improvement in disseminating currently known sleep improvement information.

TO REACH US AT PEP 440-742-0153

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April Meeting—April 6, 2022

To Be Announced

The Top 5 Exercises to Fight Parkinson's

(Excerpt from The Parkinson Alliance)

The science is clear: exercise is clinically proven to significantly help people with Parkinson's live well and manage their symptoms. This means it's time to get moving! But exercise shouldn't be a chore or a dreaded, though helpful, habit. You deserve to find your fitness groove, moving in ways that feel good to you and – dare we say it! – are even fun.

We asked Stacey Macaluso and Ali Zaman, the experts at Prime PD, a digital wellness and exercise studio for people with PD, about the best exercises for movement disorders. Here are their pro picks:

1. **HIIT (High Intensity Interval Training)** – HIIT is about riding the cardio rollercoaster. The key is to interchange short bursts of intense exercise where you give it your all with short periods of low-intensity rest. For example, this could mean cycling or jogging or even walking as fast as you can for a minute, followed by 30 seconds of a slower pace. The number of times you flow through the ups and downs of this workout roller coaster and the length of each interval can be tailored to you or your workout that day. The longer the workout, the more intense it is. **Benefits:** Improved balance, better muscle control, enhanced cognition, reduced stiffness, and a boost in overall wellbeing. Researchers have even found that HIIT stimulates nerve growth and function.
2. **Boxing** – A boxing class is a full-body workout in a non-combat style. When tailored to people with Parkinson's, it will typically include:
 - ♦ Stretches and warm-up exercises to prepare the body and prevent injury.
 - ♦ Punching speed bags for coordination, heavy bags for strength, or shadow boxing for focus and rhythm
 - ♦ Vocal exercises
 - ♦ Footwork and other agility exercises for balance
 - ♦ The uplifting power of socialization and community **Benefits:** Increased strength; improved hand-eye coordination; better posture; a stronger core which may lead to a better gait;

improved balance, agility, and reaction time; and better cognitive processing.

3. **Yoga** – Whether you're looking to roll out a yoga mat and flow from the ground up or move from pose to pose from your chair, yoga is an adaptable practice that can benefit both your body and mind. While we often think of yoga as moving between a series of poses, or asanas, it's part of a larger framework that includes philosophy, chanting, and selfless service. **Benefits:** Yoga visibly reduces tremors, improves the steadiness of your gait, increases balance, eases anxiety, builds strength, improves confidence, and promotes peace, relaxation and better sleep.

(Cont'd on last page)

Parkinson's Disease Question Corner

Email: barbaramarquardt@outlook.com with questions!

Question: Could intranasal Glutathione (GSH) supplementation help Parkinson's?

Answer: Yes. Glutathione can be delivered as an atomized solution using a Rhino Clear Sprint atomizer. This atomizer is applied to the nasal passages and sends small particles of GSH into the sinuses. The atomized GSH particles enter the bloodstream to effectively increase levels systemically. Intranasal delivery has proven to be the best way to deliver this supplement at home.

GSH's essential role in toxin removal and the immune system make it an effective supplement for treating many conditions. Diseases that have an onset during old age are often associated with declining levels of glutathione. This decrease leads to an inability to eliminate free radicals that cause cell damage. Diseases that have been associated with decreased GSH include Parkinson's, autism, and CIRS. According to Dr. Mark Hyman on his blog:

"In treating chronically ill patients with Functional Medicine for more than 10 years, I have discovered that glutathione deficiency is found in nearly all very ill patients. These include people with chronic fatigue syndrome, heart disease, cancer, chronic infections, autoimmune disease, diabetes, autism, Alzheimer's disease, Parkinson's disease, arthritis, asthma, kidney problems, liver disease and more."

An important possible application of glutathione includes: Parkinson's and Neurodegenerative Diseases: Glutathione depletion is one of the first warning signs of Parkinson's and other neurodegenerative diseases. Administration of intranasal glutathione (GSH) in Parkinson's patients has been shown to significantly increase bioavailable levels in the brain.

<https://www.woodlandhillspharmacy.com/glutathione-supplementation/>

<https://drhyman.com/blog/2010/05/19/glutathione-the-mother-of-all-antioxidants/>

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.

4. **Dance** – Show off your moves! Dance classes invite you to experience the joys and benefits of music and movement while creatively addressing a range of symptoms, from balance to cognition, motor skills, depression, and physical confidence. Classes often include stretching, breath work, coordination, and movement flows. **Benefits:** Develop strength, fluidity, flexibility, stamina, and balance. Improve cognition.
5. **Tai Chi/Qigong** – Create harmony with tai chi and qigong (pronounced ‘chi kung’). These gentle exercises use slow, fluid movements with deep breathing to improve your wellbeing in body and mind. **Benefits:** Promotes relaxation, reduces stress and tension, improves walking ability and posture, increases strength and balance. Those who practice regularly report fewer falls, better motor control, and even improved quality of life.

BROCCOLI AND SALMON CRUSTLESS QUICHE

This delicious dish can be made using whatever vegetables happen to be in season and, as it's high in protein, it's a great healthy option. It can also be modified for people with chewing and/or swallowing problems

14 oz. broccoli florets (fresh or frozen)	1 extra yolk
14 oz. smoked salmon	1 tbsp. dill
2/3 tsp. cream or soy cream	salt and pepper
2 oz. grated Emmental cheese	cayenne pepper
3 eggs	nutmeg

1. Break broccoli into florets, cut salmon in fine strips, chop dill
2. Preheat oven to 350°
3. Cook broccoli in lightly salted water, rinse in cold water; drain
4. Mix cream, eggs, spices
5. Finely chop broccoli florets
6. Grease or line a baking dish
7. Layer broccoli, salmon strips, cream mixture, sprinkle with cheese
8. Bake for 25 minutes
9. Leave quiche on a cooling rack; eat warm or cold

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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

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