

PEP NEWS

AUGUST 2022

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



PEP Picnic in the Park
Wednesday, August 3, 2022
Noon—2 p.m.

PEP Annual Picnic/Ice Cream Social
Cleveland Heights Forest Hills Park
Picnic Shelters 2A and 2B

Wheelchair and Walker Friendly

Please Bring Side Dish to Share if possible

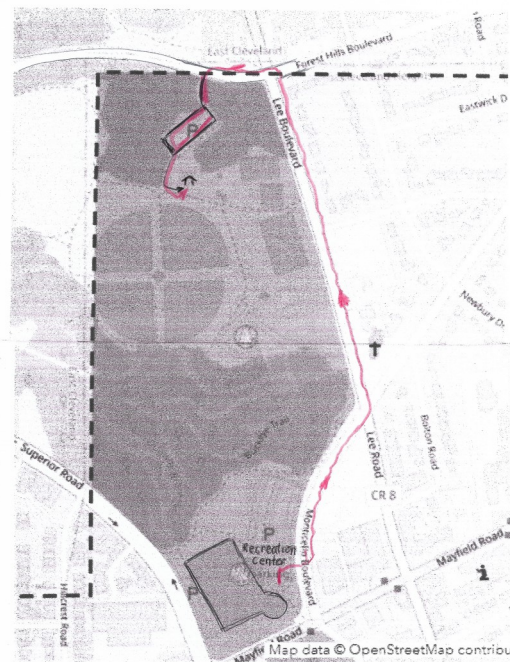
From David Brandt

Last year's *PEP* picnic/ice cream social was such a success, and we are going to have it again Wednesday, August 3, 2022. Just like last year, we will be having it close by to the Cleveland Heights Senior Center where we normally meet.

We have reserved picnic shelters 2A and 2B at the Cleveland Heights Forest Hill Park which is located a few short blocks from the Senior Center. A map is provided on this page with directions from the Senior Center. Please be aware that the time has moved up from our normal 2:15 time as we will start at noon. We will provide the main course, ice cream, and beverages. We ask that you provide a side dish if possible.

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

I wanted to give thanks to Shalom Plotkin for stepping in at our last meeting at the very last hour to do a presentation of How to Prevent Falls at Home. It was very informative and well received. Everyone came away with at least one tip which can be implemented at home. Shalom filled in as our scheduled speaker,
(Cont'd on pg. 2)



Route from Cleveland Heights Senior Center

- >left/north on Monticello Blvd.
- >left/north on Lee Rd.
- >becomes Lee Blvd.
- >left/west on Forest Hills Blvd.
- >left into Forest Hills Park

From David Brandt (Cont'd from pg. 1)

Dr. Steven Gunzler had to cancel due to a family issue. We are trying to finalize him to speak at our October meeting.

Upcoming Events

August 9—PD Support Group at the UH Parma Education Center Richard Huckabee, retired Executive Manager diagnosed with PD in 2013 will speak. He has participated in many PD related research studies and is a research advocate for the Parkinson's Foundation.

August 27—Empower U / This annual event is put on by the Cleveland Clinic and is expected to be in person this year. To be held at the LaCentre Conference and Banquet Facility in Westlake, OH. More details to follow.

September 18—Sixth Annual Pals in Motion 5K Run/Walk, 1 Mile Walk, Yoga at Beachwood High School, Beachwood, OH. Funds raised benefits InMotion. 9 a.m.

November 6—Big Band Brunch Sponsored by Ohio Parkinson's Foundation Northeast Region (OPFNE) at Executive Caterers in Mayfield Hts., OH. More details to come.

10 Tips for Improving Dental Health with Parkinson's

(Excerpt From Parkinson Foundation)

Taking care of your oral health is especially important for people with Parkinson's disease (PD). Parkinson's can impact the health of the mouth, teeth and jaw and make dental care challenging.

Dental Risks Related to PD—Oral health problems arise directly and indirectly from the progression of Parkinson's. PD-related dental challenges may include:

- Too much saliva. Excessive saliva can lead to a fungal infection at the corners of the mouth.
- Too little saliva. Also known as dry mouth, too little saliva can increase the risk of cavities.
- Cavities. A cavity is a breeding ground for bacteria that can easily infiltrate the blood stream and harm other parts of the body.
- Infected teeth and gums. Your mouth can harbor bacteria that may infect devices, such as deep brain stimulation electrodes, prosthetic hips and knees, vascular stents and grafts.

Parkinson's Disease Question Corner

Email: barbaramarquardt@outlook.com

Question: What essential oils are good for Parkinson's?

Answer: Using essential oils may effectively reduce and calm some of the symptoms associated with Parkinson's disease such as depression, sleep trouble, skin inflammation and digestive issues. Helichrysum and Frankincense oil have been shown to reduce inflammation of the brain, and Vetiver oil has been found to reduce tremors.

Rub 2 drops of Frankincense, Helichrysum and Vetiver oil on the temples and neck, two times daily, or put 2 drops of Frankincense on the roof of the mouth.

A company called Young Living Essential Oils carry these essential oils, and can be found online at <https://www.youngliving.com/us/en> or by phone at 1-800-371-3515, and another good essential oil company is doTERRA, and their website is <https://www.doterra.com/US/en/> and they can be reached at 1-800-411-8151.

Ref: <https://organichealthylife.com/holistic-remedies-for-parkinsons-symptoms/>

- Altered face and tongue muscle function. These conditions may affect speech and chewing.
- Swallowing problems. Poorly chewed food can increase the risk of choking and aspiration.
- If you take a medicine with a warning to tell your doctor about infections, make sure to report cavities, loose teeth or inflamed gums. Some immune-suppressing medications can significantly reduce white blood cells, which increases the risk for bacteria-causing dental diseases to spread elsewhere.

Barriers to Dental Health in PD—Symptoms of PD may hinder your ability to maintain proper oral hygiene, and can potentially worsen dental problems.

Cont'd on Page 3

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.

Dental Health with PD *(Cont'd from pg. 2)*

Movement Symptoms - Nearly half of all people with PD have difficulty with their daily oral hygiene regimen, due to movement symptoms such as rigidity and tremor. These symptoms also make going to the dentist more difficult and uncomfortable, as weakened swallowing ability can increase the risk of choking during treatment.

Additionally, people with PD who have been on medications like levodopa for several years may begin to develop involuntary movements, which can affect the jaw and cause cracked teeth and teeth grinding. This may create problems during dental exams and at home.

Non-movement Symptoms - Non-movement symptoms of Parkinson's, such as apathy, depression, and forgetfulness, may lead a person with PD to pay less attention to their daily dental health. People who experience cognitive changes also may be more likely to miss dental appointments and less likely to report dental pain to their care partners or dentist, leaving issues unaddressed for too long.

10 Tips for Improving Dental Health

1. Stay hydrated. Always eat and drink in an upright position, taking small bites and sips.
2. Brush after every meal for two minutes. If it is not possible to brush after a meal, rinsing the mouth with water will help.
3. Remove dentures after each meal, brush and rinse them. Brush or clean dentures in a solution at night.
4. Use a toothbrush with a large-handled grip and soft bristles. If you prefer an electric toothbrush, be sure it is an oscillating, rotating power toothbrush.
5. Do not use products that include alcohol, as they make dry mouth conditions worse. Your dentist can recommend special products like toothpaste and gels that can help with dry mouth and other oral health problems.
6. Floss. If movement symptoms make flossing difficult, consider using a water pick instead.
7. Avoid using mouthwash. Mouthwashes are typically discouraged for people with PD because of the risk of choking. Ask your doctor or dentist if it is safe for you to use mouthwash.
8. Notify your dental office of your PD symptoms. This will help the dentist and the staff provide better treatment.
9. Schedule dentist appointments wisely. Plan short dental appointments for the time of day your symptoms are most effectively controlled.

10. Have your dental health providers work collaboratively with your other healthcare providers to improve oral health-based quality of life.

If you have concerns about your oral health or you are experiencing dental challenges that may be related to PD, contact your doctor or dentist. Your care team can help you find strategies to take care of your dental health.

September Meeting—September 7, 2022

We welcome Kathy Wendorff and Neerja Bhushan, Occupational Therapist, as they will lead two break groups, those with PD and their caregivers. More details to follow in the next newsletter.

Research Finds Four Hours of Exercise a Week may Ease Early Parkinson's

(Excerpt from <https://www.sciencedaily.com>)

Individuals with early-stage Parkinson's Disease who engage in one to two hours of moderate exercise twice a week may have less issues with movement and activities later, according to a new study.

The study, published in *Neurology*, the medical journal of the American Academy of Neurology, found that those who exercised regularly over five years did better on cognitive tests and had slower progression of the disease in several aspects.

Researchers evaluated 237 people with early-stage Parkinson's. The average age of participants was 63 years old, and they were followed by researchers for up to six years.

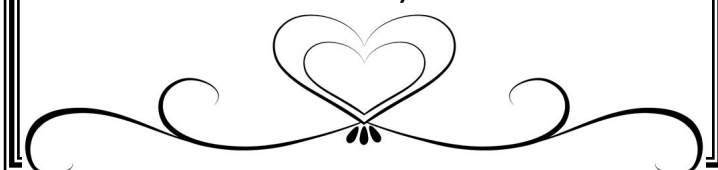
According to the study, participants' exercise levels at the start of the research were determined by a questionnaire that measures time and intensity during the previous week of leisure, household, and occupational activities. Common

(Cont'd on last page)

TRIBUTES

Hans and Carol Drescher

In memory of Sylvia Steen
Therese Trybala



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.

Four Hour of Exercise *(Cont'd from page 3)*

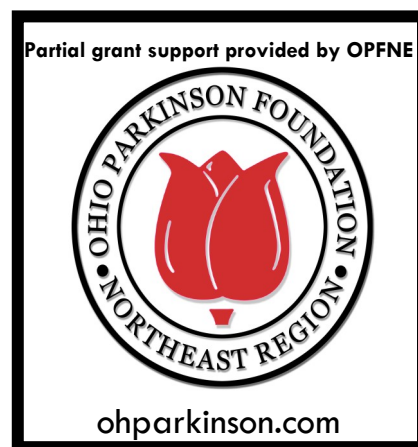
cognitive tests were used to assess people's verbal and memory skills and how much time it took to complete mental tasks.

Researchers found that people's physical activity level at the start of the study was not associated with the progression of their Parkinson's later. Instead, they found it was more important to maintain physical activity over time.

People who got at least four hours per week of moderate-to-vigorous exercise like walking or dancing had slower decline in balancing and walking five years later, compared to those who did not get that much exercise, according to the study.

"Our results are exciting, because they suggest it may never be too late for someone with Parkinson's to start an exercise program to improve the course of their disease," said study author Kazuto Tsukita, MD, of Kyoto University in Japan and a member of the American Academy of Neurology. "That's because we found that to slow progression of the disease, it was more important for people with Parkinson's to maintain an exercise program than it was to be active at the beginning of the disease."

While integrative practitioners can keep this in mind when creating treatment plans for their patients with early Parkinson's, they should note that the study does not prove that maintaining an exercise program will delay the effects of Parkinson's disease.



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

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