PEPNEWS

JULY 2022

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

JULY MEETING Wednesday, July 6, 2022 – 2:15 p.m.

e welcome back Steven Gunzler, MD, Parkinson's and Movement Disorders Center Neurological Institute at University Hospitals Medical Center Cleveland and Case Western Reserve University School of Medicine. Dr. Gunzler will provide an update on Research and Treatments in Parkinson's Disease.

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. Thanks so much!

From David Brandt August 27 – Empower U This annual event is put on by the Cleveland Clinic and is expected to be in Summer is always a busy time for Parkinson's related person this year. To be held at the LaCentre events. There have been many events over the last Conference and Banquet Facility in Westlake, OH. few months and please check out some of the More details to follow. upcoming events below. September 18 – Sixth Annual Pals in Motion 5K Run/ July 6 - Dr. Steven Gunzler, University Hospitals at Walk, 1 Mile Walk, Yoga at Beachwood High School, the PEP meeting (more info above) Beachwood, OH. Funds raised benefits InMotion July 12 – PD Support Group at the UH Parma 9 a.m. Education Center, 7500 State Rd., Parma, OH *November 6* – Big Band Brunch Sponsored by Ohio 1-2:30 p.m.; Stephanie Calleber, guest lecturer from Parkinson's Foundation Northeast Region (OPFNE) at Chapman University and Kwengme Park, Executive Caterers in Mayfield Hts., OH More details Occupational Therapist will talk on How Speech & to come. Swallowing are Affected by Parkinson's. We need your donations to continue bringing you the PEP News and for other expenses. A special August 3 – Annual PEP Picnic/Ice Cream Social 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 Noon –2 p.m. at Cleveland Heights Forest Hills Park August 9 – PD Support Group at the UH Parma August Meeting—August 3, 2022 Education Center Richard Huckabee, retired Executive Manager diagnosed with PD in 2013 will speak. He Annual PEP Picnic/Ice Cream Social has participated in many PD related research studies Wednesday August 3, 2022 at Noon - 2:00 p.m. and is a research advocate for the Parkinson's **Cleveland Heights Forest Hills Park Picnic** Foundation. Shelters 2A and 2B

Potential Alzheimer's, Parkinson's Cure Found in Century-old Drug

(Excerpt from www.sciencedaily.com)

new study conducted by researchers at Children's Hospital & Research Center Oakland shows that a century-old drug, methylene blue, may be able to slow or even cure Alzheimer's and Parkinson's disease. Used at a very low concentration – about the equivalent of a few raindrops in four Olympicsized swimming pools of water – the drug slows cellular aging and enhances mitochondrial function, potentially allowing those with the diseases to live longer, healthier lives.

A paper on the methylene blue study, conducted by Hani Atamna, PhD, and a his team at Children's, was published in the March 2008 issue of the Federation of American Societies for Experimental Biology (FASEB) Journal. Dr. Atamna's research found that methylene blue can prevent or slow the decline of mitochondrial function, specifically an important enzyme called complex IV. Because mitochondria are the principal suppliers of energy to all animal and human cells, their healthy function is critical.

"The results are very encouraging," said Dr. Atamna. "We'd eventually like to try to prevent the physical and cognitive decline associated with aging, with a focus on people with Alzheimer's disease. One of the key aspects of Alzheimer's disease is mitochondrial dysfunction, specifically complex IV dysfunction, which methylene blue improves. Our findings indicate that methylene blue, by enhancing mitochondrial function, expands the mitochondrial reserve of the brain. Adequate mitochondrial reserve is essential for preventing age-related disorders such as Alzheimer's disease."

Also impressed is one of Dr. Atamna's co-authors, Bruce Ames, PhD, a senior scientist at Children's and worldrenowned expert in nutrition and aging. "What we potentially have is a wonder drug." said Dr. Ames. "To find that such a common and inexpensive drug can be used to increase and prolong the quality of life by treating such serious diseases is truly exciting."

Methylene blue, first discovered in 1891, is now used to treat methemoglobinemia, a blood disorder. But because high concentrations of methylene blue were known to damage the brain, no one thought to experiment with low concentrations. Also, drugs such as methylene blue do not easily reach the brain.

Dr. Atamna's research is the first to show that low concentrations of the drug have the ability to slow cellular aging in cultured cells in the laboratory and in live mice. He

Parkinson's Disease Question Corner

Email: barbaramarquardt@outlook.com

Question: What natural interventions may be beneficial for Parkinson's disease?

Answer:

- **Coenzyme Q10 (CoQ10)** Patients with PD appear to be deficient in CoQ10. Supplementation may slow the progressive deterioration of function in PD, (Shults 2002) and have a neuroprotective effect.
- Creatine Creatine deficiency is associated with neurological damage. Some studies indicate supplementation may slow disease progression.
- Omega-3 fatty acids Levels of omega-3 fatty acids in nerve cell membranes decrease with age, oxidative stress, and in neurodegenerative disorders such as PD. Supplementation may favorably modify brain function and protect brain health.
- Nicotinamide riboside Decline in NAD+, a cofactor critical for regulating cellular energy balance, is associated with PD. Administering nicotinamide riboside, an NAD+ precursor, may offer benefits in PD patients.
- B vitamins B vitamins (erg, folate, B12, B6, etc.) lower homocysteine levels. Many studies have shown B vitamins to have beneficial effects in PD patients, and supplementation may be recommended in patients taking L-DOPA.
- Vitamin D PD patients tend to have lower serum vitamin D levels than those without the disease. Studies have shown that higher levels of Vit. D protect against the onset of PD symptoms.
- Other natural interventions that may benefit PD patients include carnitine, green tea, resveratrol, wild green oat extract, pyrroloquinoline quinone (PQQ), organic coffee, and others.

Ref: <u>https://www.lifeextension.com/protocols/</u> neurological/parkinsons-disease#

believes methylene blue has the potential to become another commonplace low-cost treatment like aspirin, prescribed as a blood thinner for people with heart disorders.

Dr. Atamna's research, funded by the Bruce and Giovanna Ames Foundation, was conducted at Children's research institute and will continue when Dr. Atamna assumes a position as a professor of Neuroscience at The Commonwealth Medical College in Pennsylvania.

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.

Parkinson's

what people see

tremors

what people don't see

anxiety bladder issues central pain cognitive issues constipation depression difficulty sleeping fatigue involuntary movement loss of smell muscle spasms restlessness sciatica sexual dysfunction skin cancer slowed movement speech changes stiff muscles

Ref: <u>http://parkinsonsecrets.com</u>

Vibrating Gloves May Support People with Parkinson's

myparkinsons team

(Excerpt from parkinsonslife.eu) cientists at Stanford University, US, have begun testing vibrating gloves which could help slow or reverse several symptoms of Parkinson's. The gloves work by vibrating at the fingertips in a specific pattern – which is designed to address abnormal patterns created by the brain in Parkinson's and send signals to areas of the brain that are under-stimulated.

ith a clinical trial on the horizon, it is hoped that the gloves could be used to address challenges with tremor, speech and walking and balance in those with the condition.

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TRIBUTES

In Memory of Dettmar Tietjen Nancy Tietjen

In Memory of Raymond Brandt Mazie and Mike Adams

In Memory of Robert J. Cvelbar Jim Nichols, Jr. Chuck Godale Dick Roberts Barbara Marquardt



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This Type of Food May Lower Death Risk in Parkinson's Disease

(Excerpt from Knowridge Science Report)

Scientists from Penn State found people with Parkinson's disease who eat more flavonoids—compounds found in richly colored foods like berries, cocoa and red wine—may have a lower mortality risk than those who don't. They found that when people who had already been diagnosed with Parkinson's disease (PD) ate more flavonoids, they had a lower chance of dying during the 34-year study period.

Additionally, eating more flavonoids before being diagnosed with PD was linked to a lower risk of death in men, but not in women. The research is published in Neurology and was conducted by Xinyuan Zhang, et al.



In this study, the researchers analyzed data on 599 women and 652 men who had recently been diagnosed with PD. Participants were asked how often they ate certain flavonoid-rich foods, such as tea, apples, berries, oranges and orange juice, and red wine.

The team found that the participants in the group of the highest 25% of flavonoid consumers had a 70% greater chance of survival than the lowest group. The researchers also analyzed the effects of individual flavonoids. They found that those in the top 25% consumers of anthocyanins—found in red wine and berries—had a 66% greater survival rate compared to those in the lowest 25%.

The team says flavonoids are antioxidants, so it's possible they could be lowering chronic neuroinflammation levels. It's also possible they may interact with enzyme activities and slow neuron loss and could protect against cognitive decline and depression, which are both associated with higher mortality risk.