

JUNE 2024

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

JUNE MEETING—Wednesday, June 5, 2024 – 2:15 p.m.

We welcome **Charles Babbush, DDS, and Founder of Papa's Path**. A long time Oral Surgeon, Charles was diagnosed with Parkinson's in 2017 which led to his retirement. He underwent successful DBS surgery and started a new path. To that end, the family has organized Papa's Path, a multi-pronged effort to create a community for those who have been afflicted by Parkinson's. The Babbush Family Fund has been established for education, research and innovation at University Hospitals.

Cleveland Heights Senior Activity Center/One Monticello Blvd., Cleveland Heights, OH 44118

JULY MEETING / Wednesday, July 3, 2024

We welcome **Alexis Santangelo, CNP from University Hospitals** in their Parkinson's & Movement Disorders Center. She will discuss Intimacy and Parkinson's.

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

From David Brandt

The National End Parkinson's Act was introduced in the Senate in March of 2023. This bill requires the Department of Health and Human Services (HHS) to carry out a project to prevent and cure Parkinson's disease (PD - a progressive brain disorder that causes unintended or uncontrollable movements) & related conditions. Among other components of the project, HHS must (1) implement and periodically update a national plan to coordinate and guide efforts to prevent, slow the progression of, and cure the disease; and (2) improve diagnosis, treatment, and care of those with the disease. HHS must also annually assess the preparations for and response to the increased burden of PD. In addition, the bill establishes a council, comprised of federal and nonfederal stakeholders, to advise HHS on and make recommendations concerning the prevention and treatment of PD.

The bill was passed by the House of Representatives in December of 2023 and was then passed on to the Senate. The bill was read twice and referred to the Committee on Health, Education, Labor and Pensions where it has been sitting ever since. It has to be acted on by the end of this year or else it dies and then must be reintroduced.

Our senators need to hear from you to request that they act. You can call the US Capitol Hill switchboard at 202-224-3121 and asked to be connected to their offices.

Upcoming Events

Saturday, June 1 – Moving Day Cleveland sponsored by the Parkinson's Foundation at the Cleveland Metroparks Brookside Reservation, 3900 John Nagy Blvd. in Cleveland. Activities begin at 11 a.m. and the walks begin at 12:30 p.m. Register at MovingDayCleveland.org, 614-918-7307

Thurs., June 13 – Dance for PD Educational Enrichment Seminar at InMotion Presented by David Leventhal. Registration required at 216-342-4417/Suggested donation \$25

Fri., June 14 – Living In Motion 9:30 a.m. – 12:30 p.m. at In Motion. This is an opportunity for people affected by Parkinson's Disease to learn about InMotion as well as other resources available to them. Keynote speaker will be David Leventhal, Founding teacher and program Director for Dance with PD.

Wed., August 7 – PEP Picnic. More details to follow.

Sat., August 17 – Empower U Expo: Taking Control of Parkinson's Disease presented by Cleveland Clinic Held at the John S. Knight Center in Akron The expo format returns this year. More information and registration details will follow.

PD Question Corner

Email: barbaramarquardt@outlook.com

Question: What is a Chiropractic Neurologist (CN)?

Answer: The Chiropractic Neurologist chooses to focus his/her practice on neurologically based problems. Chiropractic professionals, as well as all allopathic physicians, are trained in the diagnosis and treatment of a variety of conditions.

Chiropractic Neurologists are educated to observe subtle changes in specific parts of the nervous system with specialized training that helps the doctor to see beyond the symptoms and discover the underlying cause of pain or disease.

Typically, a Doctor of Chiropractic who specializes in neurology serves in the same consulting manner as a medical neurologist. The difference is that the type of care or applications of a Chiropractic Neurologist do not include drugs or surgery. A Chiropractic Neurologist is trained to use safe, natural, non-invasive health therapies.

Specifically, Chiropractic Neurologists have tremendous success in treating a variety of conditions including movement disorders, dystonia, post-stroke rehabilitation, radiculopathy, chronic pain, vertigo, head injuries, and nerve entrapment syndromes that are consequences of lesions in the central or peripheral nervous system.

The American Chiropractic Neurology Board conducts certification activities to uphold the standards of practice in the health care specialty of Chiropractic Neurology. The Board also conducts recertification to enhance the continued competence of the Board Certified Chiropractic Neurologist.

The Board administers issues the credential of Diplomate of the American Chiropractic Neurology Board (DACNB) to assure doctors have demonstrated the knowledge, skills and abilities of a qualified chiropractic neurologist.

Ref.: <https://www.neurochiro.com/faq/what-is-a-chiropractic-neurologist/>

DISCLAIMER: The material contained in this newsletter is intended to inform. PEP makes no recommendations or endorsements in the care and treatment of PD. Always consult your own physician before making any changes. No one involved with the newsletter receives financial benefit from any programs/products listed.

How Pets Can Protect Cognitive Health in Older Adults

(Excerpt from www.psychiatry.org)

Pets offer a range of benefits for our physical and mental health. Several recent studies add to the list, finding that pet ownership can help slow cognitive decline and prevent dementia in older adults.

In a study of nearly 8,000 older adults, published in JAMA Network Open in January, researchers found that among those living alone, having a pet was associated with a slower rate of cognitive decline (specifically composite verbal cognition, verbal memory and verbal fluency). The study used data from the English Longitudinal Study of Ageing, an ongoing study, over an eight-year period.

They did not see the same positive impact of pet ownership among those living with someone else. That is, there were no differences in rates of cognitive decline between pet owners living alone and pet owners living with others.

Cognitive decline is common with older age and can potentially harm quality of life and lead to additional caregiver and financial/healthcare system burdens. Identifying high-risk populations and promoting changes in modifiable risk factors are important public health approaches. Previous research has found that older adults living alone are at higher risk of dementia and cognitive decline than those living with someone else. The number of people living alone has been increasing in recent years.

The authors note that while many older adults may not be able to or want to change their situation of living alone, adding a pet may be manageable or acceptable for some. Findings concluded “preliminarily suggest that pet ownership might completely offset the association of living alone with faster rates of decline in verbal memory and verbal fluency among older adults.” *(cont'd on Page 3)*

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How Pets Can Protect Cognitive Health in Older Adults (Cont'd from Page 2)

Another study, published in 2023 in Preventive Medicine Reports, identified specific positive impacts of dog ownership: dog owners had a lower risk of dementia compared to non-dog owners. The study looked at data from more than 11,000 older adults over a 4-year period and adjusted for background factors. This study also examined the impact of potential factors contributing to lower risk of dementia including physical activity and social connection.

The authors suggest that dog owners are more likely to have a regular exercise habit as a result of walking the dog and having a dog may also help to create connections and reduce isolation and loneliness. Previous research has found that dog owners who walk their dogs are 2.5 times more likely to achieve moderate physical activity at least 150 minutes per week than non-dog walkers. Dog walking has also been associated with social interaction among older adults.

The study found that while dog owners overall saw dementia-reducing benefits, those who regularly walked their dogs and were not experiencing social isolation had a significantly lower risk of dementia. "Dog care might contribute to the maintenance of physical activity, including having an exercise habit, and social participation even in the face of restrictions to interactions such as those experienced during the COVID-19 pandemic," concludes authors.

A third study looked at impact of pet ownership on daily activity function in adults with Alzheimer's. Researchers in Finland followed a group of more than 220 older adults with mild Alzheimer's living in their homes over a five-year period – pet owners had significantly better daily activity function and slower disease progression compared to non-pet owners. It concludes that the significant positive effects suggest that having a pet may support daily activity and slow the progression of Alzheimer's.

Popular POM Juice Producer Among California's Leading Users of Paraquat

(Excerpt from <https://www.ewg.org/>)

The Wonderful Company, California-based maker of pomegranate juice (POM), is the state's second-largest user of paraquat – a toxic herbicide banned in over 60 countries – a new Environmental Working Group investigation finds. Studies have found a strong connection between paraquat exposure and an elevated risk of Parkinson's disease (PD). The chemical has also been

TRIBUTES

In Memory of Gerald "Jay" Vukcevic

Arlene Vukcevic

Cynthia Johnston

Sandra and Dale Chryst

The Ray and Marilyn Brandt Family Fund

linked with non-Hodgkin lymphoma and childhood leukemia. "Despite their claims to shun 'dangerous chemicals,' its actions are unnecessarily endangering farmworker communities throughout California," said Scott Faber, EWG senior vice president for government affairs and co-author of the analysis. "With dozens of countries banning paraquat due to its health hazards, it's clear that use of the chemical is unnecessary for crop production." Wonderful's brands include POM pomegranate juice, Landmark Vineyards wine and Fiji Water, among others.

In 2021 alone, Wonderful sprayed more than 56,000 pounds of paraquat on California fields where it grows pistachios, almonds and pomegranates, according to state and county records analyzed by EWG. EWG is sponsoring state legislation, introduced by Assemblymember Laura Friedman (D-Burbank), that would ban the use of paraquat in California by January 2026.

Paraquat is mostly used by U.S. growers to clear fields of weeds and leftover crops before planting almonds, corn, peanuts, soybeans, wine grapes and other crops. The herbicide can remain in soil for years. It can also linger in dust or drift on air currents, creating exposure risks for residents in nearby communities. A recent EWG investigation found that Latinos in some California communities with high poverty rates are exposed to far higher amounts of paraquat than people elsewhere.

"Decades of research have demonstrated that paraquat is connected to serious health harms," said Olga Naidenko Ph.D., EWG vice president for science investigations. "That's particularly true for those in proximity to application and storage of this pesticide, including farmworkers, their families and people who live, work and study near agricultural areas where it's being sprayed." Only the J.G. Boswell Company, a major crop grower, used more paraquat in California than Wonderful in 2021. Boswell applied more than 58,000 pounds of paraquat on cotton, tomatoes and other crops. Together the two companies sprayed 27% of all the paraquat used in California that year, EWG's latest investigation found. Syngenta, paraquat's manufacturer, has for decades hidden its knowledge of the chemical's health risks.

The New Lede, an independent journalism initiative of EWG, and The Guardian recently revealed that Syngenta actively sought to mislead Environmental Protection Agency regulators about the link between paraquat and PD.

The EPA has dismissed such research released in February. The agency also ignores the risk of exposure for people working living on or near farms. "To protect farmworkers and others fully, the EPA must follow the science and ban the use of paraquat," Faber said. "But states shouldn't wait for the federal action. To protect their residents and public health, CA and other states should follow the lead of more than 60 countries and ban paraquat as soon as possible."

PEP NEWS

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Non-Invasive Focused Ultrasound Helps Alleviate Parkinson’s Symptoms

(Excerpt from Parkinson’s Foundation)

People with Parkinson’s disease (PD) experienced significant improvement in **tremors, mobility** and other movement symptoms after undergoing a minimally invasive procedure using focused ultrasound, a study published in the *New England Journal of Medicine* shows.

Focused ultrasound is a treatment that emits high-intensity sound waves into the brain, guided by magnetic resonance imaging (MRI). Where these waves cross, they create high energy, which creates heat, destroying a specific area in the brain connected to tremor. It is considered non-invasive because it does not involve incisions or holes in the skull.

This study examined the safety and efficacy of focused ultrasound in a randomized trial of 94

participants with Parkinson’s to target their movement symptoms with the goal of improving them.

The study found that:

- Nearly 70% of participants who received treatment responded successfully to treatment after three months of follow-up.
- About 66% of participants in the treatment group who had initial success continued to have a positive response from the treatment a year later.
- A third of the participants had no side effects. Among those who did, most participants experienced mild to moderate symptoms and adverse reactions.



What cars do sheep drive?
Lamborghinis.