

**AUGUST 2024**      **Barbara Marquardt, Editor, M.Ed., MCHES, WCP, RYT**

 **August Meeting—Wednesday, August 7, 2024 / Noon – 2 p.m.**  
Annual PEP Picnic/Ice Cream Social  
Cleveland Heights Forest Hills Park Picnic Shelters 2A and 2B 

**From David Brandt**

← from 1 Monticello Blvd, Cleveland Heights, OH 44...  
to Forest Hill Park, 68139001, Cleveland Heights, ...

**O**nce again we will be having our PEP Picnic in the Park and it will be located close by to the Cleveland Heights Senior Center where we normally meet.


9 min (0.5 mile)

via Lee Blvd  
Mostly flat



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 the directions from the Senior Center. Please be aware that the time has been 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!!

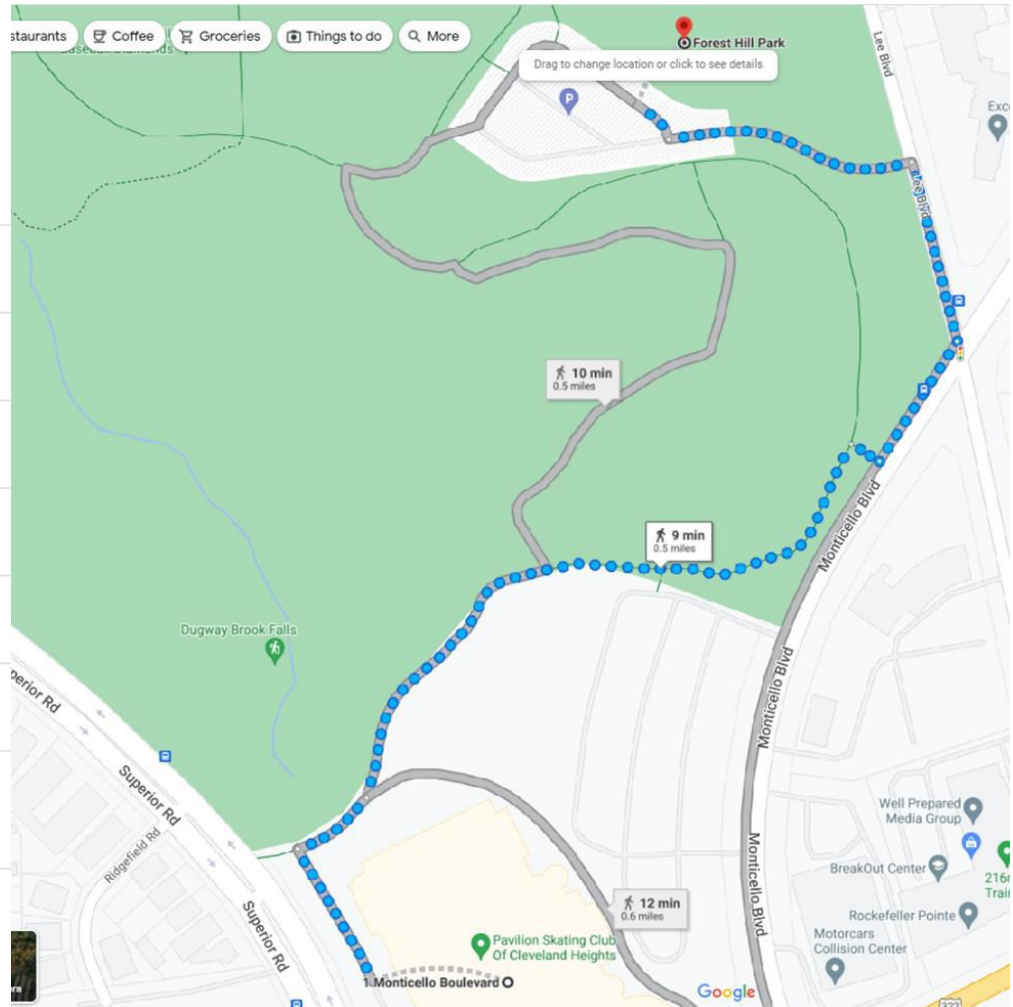
*Continued on Pg. 2*

 Use caution—walking directions may not always reflect real-world conditions

**1 Monticello Blvd**  
Cleveland Heights, OH 44118

- ↑ Head northwest  
236 ft
- ↪ Turn right  
138 ft
- ↶ Slight left  
0.2 mi
- ↪ Turn right toward Monticello Blvd  
66 ft
- ↶ Turn left onto Monticello Blvd  
210 ft
- ↶ Turn left onto Lee Blvd  
305 ft
- ↶ Turn left  
390 ft
- ↪ Turn right  
Destination will be on the right  
72 ft

**Forest Hill Park**  
68139001, Cleveland Heights, OH 44118



## From David Brandt *(Cont'd from Pg. 1)*

### Upcoming Events

**Saturday, August 3 – 9 a.m. through Sunday, August 4 at 9 a.m. / 2<sup>nd</sup> Annual 24 Hour Walk for Papa's Path**: Meet at the Beachwood Pavilion Path, move to the Beachwood High School Track at dusk and then end at UH Ahuja Medical Center. There is no charge for the walk. Donations welcome. Click here for more information <https://papaspath.org/24-hour-walk/>

**Wednesday, August 7 – PEP Picnic**. Meet at Forest Hills Park in Cleveland Heights at Noon. We will provide the main course, ice cream and beverages. Please provide a side dish if possible. See front page of this newsletter for directions.

**Saturday, August 17 – Empower U Expo: Taking Control of Parkinson's Disease** presented by Cleveland Clinic. Held at the John S. Knight Center in Akron. There is no cost. The expo format returns this year. Registration required online at [clevelandclinic.org/empoweru2024](http://clevelandclinic.org/empoweru2024). If you need assistance registering on the computer, call Katherine Kaminski at 216-513-8990, and she'll be happy to help you.

**Sunday, September 15 – Pals in Motion Event** begins at 9 a.m. at Beachwood High School / Will feature a 5K Run/Walk, 1 Mile Walk, Music, Art Activities. Here's more info. <https://beinmotion.org/pals/>

TO REACH US AT PEP 440-742-0153 [dbrandtpep@gmail.com](mailto:dbrandtpep@gmail.com)—

[Facebook – Parkinson](#)

Education Program of Greater Cleveland

### September 4, 2024 Meeting

We are pleased to have Kathy Wendorff, Cherry Monahan, and Richard Huckabee talk about Planning for Your (Unplanned) Hospital Visit. Join us for this very informative session with the speakers providing real recent experiences.

**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 Disease Question Corner

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

### **Question: What is the truth about Ensure?**

Beware: Dangerous Chemicals in Ensure Nutrition Drinks--- Ensure is owned by Abbott Nutrition, one of the worst examples of a Big Food corporation masquerading as a healthy option you'll ever see. The business has deep ties to the medical market and you can discover their items in almost every healthcare facility today, which is bad news for millions of clients who are just trying to get healthier.

**The Truth About Ensure** – Ensure is a brand by Abbott that makes medical “dietary shakes and drinks.” It makes huge claims to clients such as “# 1 Physician Recommended” and “Worldwide Leader in Nutritional Science” however in truth, their products are as far away from a well-balanced meal as you can get. Regretfully, these items are frequently offered to clients in very poor health, who require appropriate nutrition the most. Instead, when consuming these items they are getting **preservatives**, fillers, and chemicals.

To make matters worse, Abbott Nutrition belongs to the notorious pro-GMO company the Grocery Manufacturers Association, and to this day has provided nearly a million dollars to fight against GMO labeling in the United States. To read the entire article about Ensure, and for further details about the ingredients, please visit: <https://youngofficial.com/beware-dangerous-chemicals-in-ensure-nutrition-drinks/>

A healthy option is Hammer Phood Meal Replacement, (MRP). Compared to any other MRP, Hammer Phood shines because of what is NOT in it. It boasts a short, clean ingredient deck, featuring:

No cheap protein source, No added sugars  
NO artificial ingredients, No emulsifiers, No trans fat

Questions on Hammer Phood, 800-336-1977 or email: [support@hammernutrition.com](mailto:support@hammernutrition.com)

To learn more, visit their website: <https://hammernutrition.com/collections/fuels/products/hammer-phood>

Ref.: <https://youngofficial.com/beware-dangerous-chemicals-in-ensure-nutrition-drinks/>

## 10 Early Signs

(Excerpt from Parkinsons Foundation)

**I**t can be hard to tell if you or a loved one has Parkinson's Disease (PD).

Below are 10 signs that you might have the disease. No single one means that you should worry, but if you have more than one sign you should consider making an appointment to talk to your doctor.

**#1 Tremor** – Have you noticed a slight shaking or tremor in your finger, thumb, hand or chin? A tremor while at rest is a common early sign of PD.

**What is normal?** – Shaking can be normal after lots of exercise, if you are stressed or if you have been injured. Shaking could also be caused by a medicine.

**#2 Small Handwriting** – Has your handwriting gotten much smaller than it was in the past? You may notice the way you write words has changed, such as letter sizes are smaller and the words are crowded together. A handwriting change may be a sign of PD called micrographia.

**What is normal?** – Writing can change as you get older, if you have stiff hands, fingers, poor vision.

**#3 Loss of Smell** – Have you noticed you no longer smell certain foods very well? If you seem to have more trouble smelling foods (e.g., bananas, dill pickles licorice, you should ask your doctor about PD.

**What is normal?** – Your sense of smell can be changed by a cold, flu or a stuffy nose, but it should come back when you are better.

**#4 Trouble Sleeping** – Do you thrash around in bed or act out dreams when you are deeply asleep? Sometimes, your spouse will notice or will want to move to another bed. Sudden movements during sleep may be a sign of PD.

**What is normal?** – It's normal for everyone to have a night of 'toss and turn' instead of sleeping. Similarly, quick jerks of the body when initiation sleep or when in lighter sleep are common and often normal.

**#5 Trouble Moving or Walking** – Do you feel stiff in your body, arms or legs? Have others noticed that your arms don't swing like they used to when you walk? Sometimes stiffness goes away as you move. If it does not, it can be a sign of PD. An early sign might be stiffness or pain in your shoulder or hips. People sometimes say their feet seem "stuck to the floor."

**What is normal?** – Arm/shoulder injuries prevent you from using until healed, or arthritis might cause this.

**#6 Constipation** – Do you have trouble moving your bowels without straining every day? Straining to move your bowels can be an early sign of PD and you should talk to your doctor.

**What is normal?** – If you don't have enough water/fiber in your diet, it can cause problems in the bathroom. Some medicines, especially those used for pain, will cause constipation. If there is no other reason that would cause you to have trouble moving your bowels, you should speak with your doctor.

**#7 A Soft or Low Voice** – Have others told you that your voice is very soft or that you sound breathy and/or hoarse? If there has been a change in your voice you should see your doctor about whether it could be PD. Sometimes you might think other people are losing their hearing, when really you are speaking more softly.

**What is normal?** – A chest cold or other virus can cause your voice to sound different, but you should go back to sounding the same when you get over your cough or cold.

**#8 Masked Face** – Have you been told that you have a serious, depressed or angry look on your face, even when you are not in a bad mood? This is often called facial masking. If so, check with doctor about PD.

**What is normal?** – Some medicines can cause you to have the same type of serious or staring look, but you would go back to the way you were after you stopped the medication.

**#9 Dizziness or Fainting** – Do you notice that you often feel dizzy when you stand up out of a chair? Feeling dizzy or fainting can be a sign of low blood pressure and can be linked to Parkinson's disease.

**What is normal?** – Everyone has had a time when they stood up and felt dizzy, but if it happens on a regular basis you should see your doctor.

**#10 Stooping or Hunching Over** – Are you not standing up as straight as you used to? If you or your family or friends notice that you seem to be stooping, leaning or slouching when you stand, it could be a sign of Parkinson's disease.

**What is normal?** – If you have injury pain or if you're sick, it might cause you to stand crookedly. Also, a problem with your bones can make you hunch over.

**PEP NEWS**

Parkinson Education Program  
of Greater Cleveland  
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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.

**Parkinson's Discovery Suggests We May Already Have an FDA-Approved Treatment**

*(Excerpt From Science Alert)*

**R**esearchers have discovered how a cell surface protein called Aplp1 can play a role in spreading material responsible for Parkinson's disease from cell-to-cell in the brain. Promisingly, an FDA-approved cancer drug that targets another protein called Lag3 – which interacts with Aplp1 – blocks the spread in mice, suggesting a potential therapy may already exist.

In a new paper, an international team of scientists describes how the two proteins work together to help harmful alpha-synuclein protein clumps get into brain cells.

"Now that we know how Aplp1 and Lag3 interact, we have a new way of understanding how alpha-synuclein contributes to the disease progression of Parkinson's disease," says Xiaobo Mao, a neuroscientist from Johns Hopkins University in the US. "Our findings also suggest that targeting this interaction with drugs could signifi-

cantly slow the progression of Parkinson's disease and other neurodegenerative diseases."

Alpha-synuclein typically maintains functional communication between neurons, but problems arise when it becomes misfolded and insoluble. That said, identifying whether this is a cause of Parkinson's or a symptom is difficult. Past studies on mice found Lag3 binds to alpha-synuclein proteins and spreads Parkinson's disease pathology in neurons. While deleting Lag3 significantly impedes this process, it does not completely prevent it, indicating another protein was also implicated in neurons taking in misfolded alpha-synuclein.

"Our work previously demonstrated that Lag3 wasn't the only cell surface protein that helped neurons absorb alpha-synuclein, so we turned to Aplp1 in our most recent experiments," says Johns Hopkins neuroscientist Valina Dawson. The next step will be to test the Lag3 antibody on mouse models of Parkinson's disease and Alzheimer's – where research has pointed to Lag3 as a target too. The research has been published in Nature Communications.

**TRIBUTES**

Anonymous