

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

## SEPTEMBER MEETING—Wednesday, September 4, 2024 – 2:15 p.m.

We are pleased to have **Kathy Wendorff**, **Cherry Monahan**, and **Richard Huckabee** talk about *Prepping for your Surprise Hospital Visit*. Join us for this very informative session with the speakers providing real recent experiences.

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

## OCTOBER MEETING / Wednesday, October 2, 2024 – 2:15 p.m.

We welcome **Fareeha Ashraf, MD Sleep Neurologist, Cleveland Louis Stokes Veterans Association Hospital** who will talk on Sleep and Parkinson's Disease.

### From David Brandt

I wanted to take a moment to thank the Ohio Parkinson's Foundation Northeast Region (OPFNE) for their continued support of our PEP newsletter with a major grant. The grant goes a long way in enabling us to continue to publish and distribute the newsletter to all of you every month. We hope you find the newsletter very informative and we look forward to continue it well into the future.

For those diagnosed with PD within the last 5 years and especially for those on the west side of the Cleveland area, please see a series of meetings sponsored by the American Parkinson Disease Association and designed for you in the Upcoming Events section below.

#### Upcoming Events

**Tuesdays, August 27 – October 15, 2024** - [APDA Parkinson's Roadmap for Education and Support Services \(PRESS\)](#)

They will hold a series of 8 free support group meetings with distinct topics open to any adult who has been diagnosed with Parkinson's Disease within the last 5 years, their care partners, and adult family members. The meetings will be held at the Avon Branch of the Lorain Public Library from 6-7:30 p.m. To register and for additional information, contact Lee Strouse, LPCC, RN, at 440-973-8243.

**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/>

**Saturday, November 16** – [15th Annual University Hospital's Parkinson's Boot Camp](#) will be held at the Holiday Inn Cleveland-S Independence More details including registration will be available at a later date.

### How to Optimize Your Muscle-Brain Connection

*(Excerpt from [www.austinperlmutter.com](http://www.austinperlmutter.com))*

**W**hen it comes to improving muscle health to improve brain health, you want to think about sustainable strategies that help build and maintain muscle over the lifespan. This isn't about competing in a bodybuilding tournament; it's about having better brain health! There is no shortage of books, podcasts, articles and more on the topic of muscle health, but here are several key basic strategies to consider.

**Prioritize weight/resistance training** – Training with weights and resistance bands can help increase muscle mass, strength, and endurance, while enhancing metabolic and immune health and producing high levels of brain-boosting myokines. Resistance bands is a good support tool, but consider working with a trainer to get you started safely.

**Aerobic exercise** – Activities like running, swimming, cycling, and brisk walking activate multiple muscle groups while increasing heart rate and blood flow to the brain. These exercises are particularly effective in boosting BDNF levels and enhancing cognitive functions such as memory and executive function. *(Pg. 3 >>)*

## **PD Question Corner**

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

**Question:** How is Wilson Disease different from PD? Wilson disease is a genetic disorder that causes excessive amounts of copper to accumulate in the body, affecting the liver and brain. Instead of the body eliminating the excess copper it absorbs from food, for people with Wilson disease, the copper accumulates, causing tissue damage.

Some people have either liver or neurologic involvement only, but many have both. Liver-Related Symptoms of Wilson Disease:

- Feeling tired
- Jaundice (yellow eyes and skin)
- Ascites (swelling of the abdomen due to accumulation of fluid)
- Mental confusion
- Anemia (especially if present acutely in young patients)
- May present as acute liver failure, abnormal liver enzymes, or cirrhosis.

### **Neurological Symptoms of Wilson Disease:**

- Changes in speech
- Abnormal body postures
- Rigidity
- Walking abnormalities
- Tremor
- Facial expression changes
- Drooling
- Weakness
- Difficulties with schoolwork or job performance
- Personality changes

### **Diagnosing Wilson Disease**

Wilson disease is often confused with other liver diseases such as alcoholic liver disease, fatty liver disease due to obesity, or acute liver failure due to hepatitis viruses or drugs/toxins. It can also be confused with other neurological diseases, such as Parkinson's disease or multiple sclerosis.

The diagnosis of Wilson disease begins with performing a comprehensive examination and collecting a thorough history including a family history. A blood test will check liver function and detect copper and ceruloplasmin (a protein involved in copper binding). A urine test to measure the copper excreted in the urine is typically ordered. And a slit-lamp eye exam may be required to check for Kayser-Fleischer rings,

which are brown-colored rings (excess copper) around the irises. Imaging tests, such as an MRI or a CT scan may be ordered for those with neurologic symptoms.

Ref.: <https://www.uofmhealth.org/conditions-treatments/digestive-and-liver-health/wilson-wilsons-disease>

## **Practical Tips for Incorporating Polyphenols into Your Diet**

*(Excerpt from austinperlmutter.com)*

Given the potential brain-boosting benefits of polyphenols, incorporating these compounds into your diet is a smart move. Here are some practical tips to help you get started:

1. **Eat a Rainbow of Fruits and Vegetables:** Different colors of fruits and vegetables indicate the presence of many polyphenols. Include range of colors in diet.
2. **Enjoy Cup of Tea:** Green and black tea are rich in polyphenols. A few cups of tea daily can provide a substantial amount of these beneficial compounds. To maximize the benefits, skip the added sugar!
3. **Indulge in Dark Chocolate:** With high cocoa content is an excellent source of flavonoids. A small piece of dark chocolate can be a delightful way to boost your polyphenol intake. Look for brands without much added sugar.
4. **Incorporate Nuts and Seeds:** Flaxseeds, walnuts, and other nuts are good sources of lignans and other polyphenols. Add them to your meals or snacks for an extra health boost.
5. **Use Spices and Herbs!** Some of the most concentrated sources of polyphenols are cloves, cinnamon, paprika, ginger, rosemary and black pepper.

**Conclusion –** Polyphenols are remarkable compounds with a wide range of benefits, particularly for the brain. Their antioxidant, anti-inflammatory, and neuroprotective properties make them powerful allies for optimal brain health. By incorporating a variety of polyphenol-rich foods in diet, you support cognitive function, protect against neurodegenerative diseases, and enhance overall brain vitality. As research continues to uncover the myriad ways polyphenols impact brain health, it becomes clear that these plant compounds are an essential component of a brain-healthy diet. While enjoying the above, remember you're also nourishing your brain with the power of polyphenols.

## Tips for Traveling with Parkinson's

(Excerpt from [www.parkinson.org](http://www.parkinson.org))

**F**or many, living with Parkinson's disease (PD) can make it harder to leave the house on a daily basis, let alone travel to a new time zone. However, as with any trip, planning and preparing can help. This article covers how to factor Parkinson's into your itinerary.

Check out these eight tips for traveling with PD

### **Plan to bring all Parkinson's medications and assistive equipment.**

- Wherever you travel, pack all the medications and dosages you need, plus extras, in your carry-on bag.
- Get familiar with our hospital safety kit (and download kit components).
- Remember to pack snacks, a water bottle you can fill at the airport and throughout your trip, and anything else you need to take with medication.
- Write your list of essentials before packing.
- Remember to pack your go-to outfits that make getting dressed a little easier — wrinkle-free items, shorts, pants with elastic waistbands — and assistive devices you regularly use.

### **Before your trip, check in with your PD doctor.**

- Before jetting off, speak to your Parkinson's doctor to ensure that you have all the medications you need.

### **Request assistance in airports.**

- Consider requesting special assistance at airports, such as a wheelchair or an electric cart service to help with luggage. This can make traveling much smoother and reduce stress.
- A physician's written certificate of need may be required, so make sure you call the airline ahead of time.

### **Call hotels to inquire about accessibility and special accommodations.**

- When staying at a hotel, call ahead to request a room with accessibility features, such as a room near the elevator or with wheelchair access.
- Additionally, if traveling from an airport, ask about transportation services ahead of time.

**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.

### **Continue to take medication as prescribed when changing time zones.**

- It is extremely important to take prescribed medications using your everyday intervals between doses. Set (or keep) your medication alarms the same as when you're home. Speak to your doctor if you have any questions.

### **Call our Helpline to find local resources.**

- If you're planning a longer trip, call the Parkinson's Foundation Helpline at 1-800-4PD-INFO (1-800-473-4636) to find local Parkinson's exercise classes and support groups in the area you are visiting.

### **Check your medical insurance policy.**

- Be sure to check in with your health insurance before traveling so you are aware of any coverage or lack thereof.

### **Take your time, relax and enjoy.**

- Give yourself extra time for everything — it's vacation after all. Enjoy longer meals, take breaks between the sites and activities, rest your legs at a coffee house, and try a sightseeing bus tour. Plan to see fewer sites so you enjoy them more, and when possible, book tickets for sites online ahead of time so you can minimize lines.

## **How to Optimize Your Muscle-Brain Connection**

(Cont'd from Pg. 2)

Get enough protein – Right now, there's a lot of confusion around how much protein intake is best, and many people advocating for specific and highly variable daily protein intake. However, most agree that at the least, we need 0.8 grams of protein per kilogram of body weight for the average adult (0.36 grams per pound). If you're active, over age 65 and or trying to build muscle, increasing this may make a lot of sense, and getting closer to 1.2-2 grams per kg may make sense. Talking with your nutrition expert/healthcare provider about your personal goals.

Consider supplemental creatine monohydrate – Creatine is a well-studied supplement that has uniquely been linked to better muscle health and brain health. research suggests that people may benefit from taking around 3.5-5 grams a day, but make sure to speak with your health provider about your specific use.

**TO REACH US AT PEP 440-742-0153** [dbrandtpep@gmail.com](mailto:dbrandtpep@gmail.com)  
[Facebook – Parkinson Education Program of Greater Cleveland](#)

**PEP NEWS**

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**A Protein that Protects Against Brain Cell Degeneration**

*(Excerpt from Parkinson Foundation's*

**A** new study is the first to identify a receptor called GUCY2C as a potential way to fight dopamine loss. Parkinson's disease (PD) is caused when the brain neurons that produce dopamine die off in large amounts. Dopamine is a feel-good chemical that helps us move, regulate our mood and more. One reason dopamine neurons die is when the mitochondria (the energy-producing powerhouses inside cells) start to fail.

A new study led by Scott Waldman, MD, PhD, recipient of a Parkinson's Foundation 2023 Bill and Amy Gurley Impact Award, gives a clearer picture of how the signaling of the brain receptor GUCY2C can help protect against mitochondrial dysregulation and protect dopamine neurons — both directly linked to 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

**Study Highlights:**

Loss of the receptor GUCY2C led to dopamine neuron degeneration in mice — in other words, not having the GUCY2C receptor led to neuronal dysfunction in the same area of the brain impacted by PD.

Because people with Parkinson's have increased amounts of GUCY2C, the study suggests that this may be the body's attempt to protect dopamine neurons from damage.

This research marks the beginning of what can be a new way to significantly slow down progression of PD.

**Laughter is Medicine**

**Why did the yogurt go to the art exhibition?**

Because it was cultured.

**TRIBUTES**

**Dale and Sandra Chryst**

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Northeast Region**