

JANUARY 2025

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

JANUARY MEETING / No Meeting / Happy New Year!

FEBRUARY MEETING / Wednesday, February 5, 2025 2:15 p.m.

We welcome back Dr. Steven Gunsler, MD, Parkinson's and Movement Disorders Center, University Hospitals.

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

From David Brandt

At our last meeting, we had a presentation from some of our PEP members on how to prepare for hospital visits and avoid the many pitfalls that come with hospitalization and those with PD. It was very thorough and informative, and painfully accurate as they encountered some serious health issues.

It turned out to be timely as well as there is a new study to prevent in-hospital harm for Parkinson's patients that will have a decidedly local flavor to it as both University Hospitals and The Cleveland Clinic are part of that study. That article is printed on page 2 in this month's newsletter.

I want to wish all of you a Happy New Year, and I am looking forward to a prosperous 2025!

The Beneficial Effects of Fruit Polyphenols on Brain Aging---Abstract

(Excerpt from pubmed.ncbi.nlm.nih.gov)

Brain aging is characterized by the continual concession to battle against insults accumulated over the years. One of the major insults is oxidative stress, which is the inability to balance and to defend against the cellular generation of reactive oxygen species (ROS). These ROS cause oxidative damage to nucleic acid, carbohydrate, protein, and lipids. Oxidative damage is particularly detrimental to the brain, where the neuronal cells are largely post-mitotic. Therefore, damaged neurons cannot be replaced

readily via mitosis. During normal aging, the brain undergoes morphological and functional modifications resulting in the observed behavioral declines such as decrements in motor and cognitive performance. These declines are augmented by neurodegenerative diseases including amyotrophic lateral sclerosis (ALS), Alzheimer's disease (AD), and Parkinson's disease (PD). Research from our laboratory has shown that nutritional antioxidants, such as the polyphenols found in blueberries, can reverse age-related declines in neuronal signal transduction as well as cognitive and motor deficits. Furthermore, we have shown that short-term blueberry (BB) supplementation increases hippocampal plasticity. These findings are briefly reviewed in this paper.

To view the full PubMed article, please visit: <https://pubmed.ncbi.nlm.nih.gov/16194581/>



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

Northeast Ohio Hospitals Lead Study to Prevent In-Hospital Harm for Parkinson's Patients

(Excerpt from Ideastream Public Media)

University Hospitals, the Cleveland Clinic and the Parkinson's Foundation were among the hospital systems who published an article this month laying out standards of care to minimize preventable harm for patients with Parkinson's disease (PD).

Hospitalization is a concern for the 1 million people living with PD in the U.S., including approximately 30,000 in Ohio, said Annie Brooks, senior director of strategic initiatives at the Parkinson's Foundation. PD is the second most common neurological disease in the country after Alzheimer's, she said.

"Folks with PD are at an increased risk of hospitalization when we compare them to peers," Brooks said.

The problem is that hospitals treat patients based on the symptoms that brought them to the hospital, often not accounting for the specific treatment requirements of PD, she said. One of three people with PD are hospitalized each year, Brooks said.

One of the main risks to patients during their hospital stays is medication mismanagement — including not receiving enough medication, receiving medication that clashes with what they are already taking or not getting their medication in a timely manner, said Dr. Peter Pronovost, University Hospitals' chief Quality and Clinical Transformation Officer.

PD patients also lack mobility in hospitals, Pronovost said, and are susceptible to dysphagia or difficulty swallowing — which can lead to aspiration pneumonia from food or fluids that are supposed to be limited to the digestive tract but instead make it into the lungs. Aspiration pneumonia accounts for 25% of deaths in patients with PD, he said.

"Too many patients will go to an intensive care unit, they may be put on a breathing tube on average up to two weeks or longer," Pronovost said.

Patients who stay that long are unlikely to go home afterwards, increasing the incidence of aspiration events.

"And again, many of these things are preventable or at least largely preventable with the protocols and the tools that we've published in our article," Pronovost said.

The article, Protecting Parkinson's Patients: Hospital Care Standards to Avoid Preventable Harm, published in the December edition of The Joint Commission Journal on Quality and Patient Safety, focuses on five best practices to prevent such problems.

The first recommendation is to administer the patient's medication in the same time frame and in the same manner as done at home and ensure that none of the other medications they are given have potentially harmful reactions with their current prescriptions. Secondly, hospitals are encouraged to provide patients with PD with three opportunities to move and be otherwise mobile per day if clinically appropriate. Third, hospitals are recommended to screen patients with PD for dysphagia, or difficulty swallowing, within 24 hours of being admitted and take measures to avoid aspiration pneumonia.

Pronovost and Brooks say there are currently cohorts of hospitals applying the recommendations and assessing their effectiveness.

The first cohort of 20 hospitals included the Cleveland Clinic, University Hospitals, Hackensack Meridian Health, MidHudson Regional Hospital, Northwestern Medicine, University of Florida Health Shands Hospital, and Vanderbilt University Medical Center.

Their review concluded earlier this year, Brooks said. The next cohort of hospital reviews will begin in January.

TRIBUTES

**In Memory of
Raymond Brandt
and In Honor of
Marilyn Brandt**

Christopher Brandt and Beth Sersig

PD Question Corner

Email: barbaramarquardt@outlook.com

Question: What is BrocElite Plus®?

Answer: BrocElite Plus® helps to increase Brain-derived neurotrophic factor, (BDNF).

Mara Labs created BrocElite Plus® and it is the only broccoli supplement on the market offering naturally derived Stabilized Sulforaphane in a capsule.

It's packed with a clinically relevant dose of 5mg of Stabilized Sulforaphane per capsule to offer 39 distinct pro-health benefits including protecting brain function, blocking inflammation, and enabling detoxification.

Sulforaphane travels to the brain to support the survival of existing neurons and encourage the formation of new ones. Low Nrf2 functioning is linked to neurodegenerative diseases like PD and Alzheimer's.

Visit <https://mara-labs.com> for information.

Ref.: <https://mara-labs.com>

A Time of Transformation in Parkinson's Research

(Excerpt from Michael J. Fox Foundation)

When Michael J. Fox launched the Foundation, it was with one goal: cure Parkinson's disease and go out of business. In pursuit of this goal, even as the state of science has significantly evolved, our strategy has never wavered: bring together key stakeholders to envision solutions to our most persistent challenges. Our mission moves forward thanks to our community of people and families with Parkinson's and their pursuit of more knowledge and better treatments, researchers on the front lines and all those who contribute precious time, energy and financial support for research.

The 2023 discovery of the new biomarker — built on more than a decade of research led by the Foundation's landmark clinical study, the Parkinson's Progression Markers Initiative, or PPMI, and hundreds of

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millions of dollars in donor support — has dramatically accelerated the search for next-generation treatments. This could not have happened without you. Thank you.

In 2024 our team has been hard at work laying out and executing a comprehensive plan to achieve the newfound acceleration made possible by the biomarker. On the roadmap:

- Developing and evolving the biomarker tool, so that it is more informative about Parkinson's progression over time and can be more readily integrated into drug trials.
- Pursuing additional biomarkers, including sophisticated imaging tracers that would allow researchers, for the first time ever, to visualize Parkinson's -related biology in the living brain.
- Leveraging more than 10 years of clinical data and biobanked samples to accelerate trials and gain further insights into the biology of the disease.
- Spearheading a global coalition of clinicians and researchers to publish and adopt the first biological, rather than clinical, staging system for Parkinson's.
- Leveraging the biomarker and the infrastructure of our PPMI study to launch the first-ever prevention trials in Parkinson's, expected to commence in 2025.
- Partnering with academic, biotech and pharmaceutical teams to integrate the new biological tools into near-term and ongoing clinical trials to accelerate the path toward precision medicine, that is, therapies tailored to an individual's specific biological profile.

This is a time of unprecedented momentum and opportunity in Parkinson's drug development. With new tools and expanded investments we are within reach of our ultimate goal of eradicating the disease altogether. *(Cont'd on last page)*

Laughter is Medicine

WHAT KIND OF TREE FITS IN YOUR PALM?

A palm tree.

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

PEP NEWS

Parkinson Education Program
of Greater Cleveland
2785 Edgehill Rd.
Cleveland Heights, OH 44106

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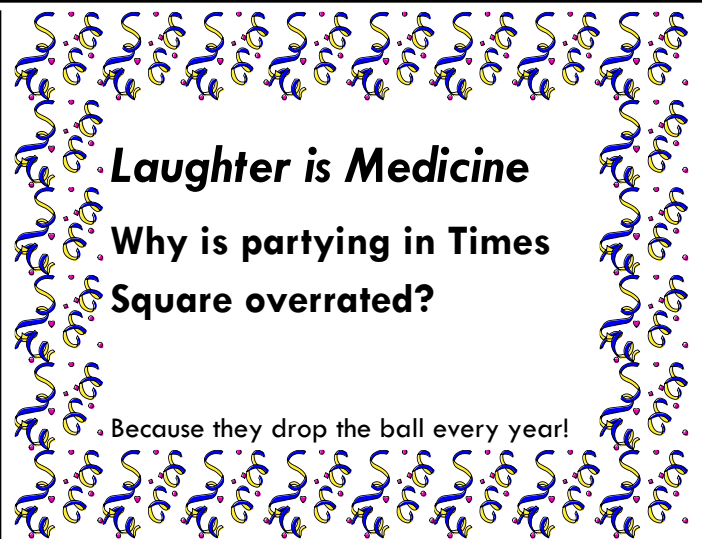
A Time of Transformation in Parkinson’s Research

*(cont’d from previous page)
(Excerpt from Michael J. Fox Foundation)*

We’re here to do what we have promised to do: provide the strategic leadership and commensurate funding to achieve our vision of transformational advances in treating and preventing Parkinson’s disease. It’s bold, ambitious, risky, yes. But it’s also in our reach.

We’re awed and inspired by you — the millions of people around the world who support us in our work and who have unleashed unprecedented research momentum and positive outcomes on a greater scale than ever before. We need and depend on your partnership to sustain and grow this momentum. Together we will continue to transform and accelerate the course of Parkinson’s research for the benefit of every patient and family living with this disease.

Debi Brooks CEO and Co-Founder



Laughter is Medicine

Why is partying in Times Square overrated?

• Because they drop the ball every year!

2025 GOALS

