

PEP NEWS

SEPTEMBER 2022 Barbara Marquardt, Editor, M.Ed., MCHES, WCP, RYT

SEPTEMBER MEETING—Wednesday, September 7, 2022 – 2:15 p.m.

We welcome occupational therapists to help us explore how we are adapting to Parkinson's Disease. What changes in personal care and home management have enabled you **and your loved ones to thrive?**

Attendees will separate into two groups: **People with Parkinson's** and **Care Partners** who support people with Parkinson's. Our spacious multi-purpose meeting room should permit non-competing discussions.

Neerja Bhushan, OTR/L, occupational therapist practicing in home health and nursing facilities since 1970 and daughter of father with Parkinsonism, will facilitate discussion among People with Parkinson's. A portable microphone will be available as needed for soft-speaking folks.

Gina Kubec, OTD, OTR/L, Cleveland State University Clinical Assistant Professor and daughter of father with Parkinson's, will guide Care-Partner group conversation.

Let's share our successful (and lousy) adaptations that may help others deal with future challenges. *PEP NEWS* readers, who plan not to attend, are encouraged to contribute prior to September 7 by contacting Kathy Wendorff, OT: (216) 371-4128 and kathynw1994@outlook.com.

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

Last names A through M please bring **individually wrapped snacks**. S.A.C. policy prohibits serving food "buffet style"; everything must be individually packaged. Thanks so much!

From David Brandt

The *PEP* Picnic/Ice Cream Social last month was a success as we enjoyed good food, good company and excellent weather! Thank you to Darlene Reid, Marlys Bremer, and Bob Eckhardt for providing the majority of the food and a special thank you to Lawrence Reid and Denise William for their financial support!

We are at the time of year when both the Cleveland Clinic and University Hospitals are providing their annual **Empower U** and **Boot Camps** respectively. Both are excellent events to attend and both are free of charge. More details on these are listed below.

Upcoming Events

August 27 Empower U This annual event is put on by the Cleveland Clinic will be in person this year as well as livestreamed. To be held at the LaCentre Conference and Banquet Facility in Westlake, OH from 9 a.m. – 3 p.m. The goals of the event are accomplished through:

- Educational sessions on treatments and updates in Parkinson's disease
 - Interactive sessions that introduce rehab therapies, exercise programs and wellness concepts to fight back against Parkinson's disease
- Speakers include Kristin Appleby, MD – Cleveland Clinic, Hubert Fernandez, MD – Cleveland Clinic, Kathrin LaFaver,

MD – Saratoga Hospital (Saratoga Springs, NY)
Please register at <https://my.clevelandclinic.org/departments/neurological/depts/neurological-restoration/empower-u>

September 13 PD Support group at the UH Parma

Education Center Richard Huckabee is a Parkinson's Foundation Aware in Care Ambassador and Research Advocate. He will be explaining the Aware in Care Kit along with distributing them.

He will also share a bit of his story and personal anecdotes on how he fights Parkinson's Disease Every day!

September 18 Sixth Annual Pals in Motion 5K Run/Walk 1

Mile Walk, Yoga at Beachwood High School, Beachwood, OH. Funds raised benefits InMotion. 9:00am

October 29 Parkinson's Boot Camp This annual event put on by University Hospitals 9:30 – 3:00 at LaCentre conference and Banquet facility in Westlake. We are highlighting the importance of hobbies and crafts in our lives. More details to follow. Please register by calling Julie at 216-983- MOVE (6683).

November 6 Big Band Brunch Sponsored by Ohio

Parkinson's Foundation Northeast Region (OPFNE) at Executive Caterers in Mayfield Hts., OH More details to come.

Project to Develop Self-Driving Cars for Parkinson's Seeks Patients

(Excerpt from Parkinson's News Today)

A new project by scientists at the University of Michigan (UM) aims to design a prototype autonomous vehicle that's specifically designed to help meet the needs of people living with Parkinson's disease.

The project, called "Inclusive Design in Shared Autonomous Vehicles for People with Parkinson's Disease," is being funded by a \$40,000 grant from the UM-Dearborn – UM-Flint Collaborative Research Funding Program.

Nathaniel Miller, PhD, an associate professor of psychology at UM-Flint, is one of the scientists leading the project. Miller, whose grandfather was diagnosed with Parkinson's in 2015, has previously worked on developing apps that can help Parkinson's patients monitor their disease symptoms.

"Researching Parkinson's disease was a way for me to mix my academic passion with family," Miller said in a university press release

Also collaborating on the project are Charlotte Tang, PhD a UM-Flint associate professor of computer science, and Shan Bao, PhD, a UM-Dearborn associate professor of industrial and manufacturing systems engineering.

TRIBUTES

Dale Chryst

In Honor of Jay Vukcevic
Arlene Vukcevic

Stan and Cindy Budin

Parkinson's Disease Question Corner

Email: barbaramarquardt@outlook.com

Question: Is Glyphosate in Roundup linked to PD?

Answer: New research out of Japan's Chiba University suggests that exposure to glyphosate, the active ingredient in the most commonly used pesticide worldwide, Roundup, may be a risk factor in the development of PD.

Popular foods from some of the largest food brands, including Quaker, Doritos, Kellogg's, and Back to Nature have all been found to have significant amounts of glyphosate. Yes, some of these brands that position their branded foods as natural, yet they have been found to contain hundreds of PPBs (parts per billion). This is a significant amount according to food scientists.

Researchers found that a number of popular conventional brands contained significant levels of glyphosate. Here are the foods with the highest levels:

- Quaker Old Fashioned Oats (1300 ppb)
- Quaker Dinosaur Eggs, Brown Sugar, Instant Oatmeal (780 ppb)
- Giant Instant Oatmeal, Original Flavor (760 ppb)
- Back to Nature Classic Granola (620 ppb)
- Quaker Steel Cut Oats (530 ppb)
- Market Pantry Instant Oatmeal, Strawberries & Cream (520 ppb)
- Cheerios Toasted Whole Grain Oat Cereal (490 ppb)
- Lucky Charms (400 ppb)
- Barbara's Multigrain Spoonfuls, Original, Cereal (340 ppb)
- Kellogg's Cracklin' Oat Bran oat cereal (250 ppb)
- Nature Valley Crunchy Granola Bars, Oats 'n Honey (220 ppb)

(Cont'd on Page 3)

October Meeting—October 5, 2022

We welcome Dr. 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. Dr. Gunzler was unable to make our July meeting so this was rescheduled.

“Even ‘Normal’ Drinking Comes with a Risk”

(Excerpt from parkinsonslife.eu)

Drinking moderate amounts of alcohol each week may be linked to cognitive decline associated with Parkinson’s and other neurodegenerative conditions, according to a new study. Led by researchers at the University of Oxford, UK, a new study has investigated data from over 20,000 primarily “moderate drinkers” and found that consuming more than seven units of alcohol per week could lead to higher iron levels in the brain.

“Higher brain iron... is linked to poorer cognitive performance, such as executive function (problem-solving) and fluid intelligence (puzzle tasks),” said the study’s lead author, Anya Topiwala, in a press release. “Iron accumulation could underlie alcohol-related cognitive decline.” This accumulation in the brain has also been associated with the development of neurodegenerative conditions like Parkinson’s.

Understanding the data – As part of their study, the researchers examined data from the UK Biobank – a large database that contains genetic information of approximately 500,000 people in Great Britain, recruited from 2006 to 2010.

They then recruited participants with a mean age of 54.8 who self-reported their alcohol consumption upon entering the study. Among these, 2.7% were non-drinkers and the average alcohol consumption was 17.7 units per week. The team carried out MRI scans of participants’ brains around 10 years after the start of the study. In addition, approximately 7,000 members of the group also underwent MRI scans of their livers. The scans helped to identify levels of iron in the body. Cognitive tests were also carried out at the start of the study, followed by an online assessment approximately six years later.

The results revealed that consumption of more than seven units of alcohol per week was associated with higher iron levels in parts of the brain linked to movement, problem-solving and emotional regulation. Among the participants, men who drank more than 11 units of alcohol per week and women who drank more than 17 units per week had significantly higher systemic iron levels, suggesting

that alcohol consumption causes iron to accumulate everywhere in the body.

Implications for the population – According to the study authors, the findings suggest that moderate drinking – prevalent in the UK population – may be linked with the development of neurodegenerative conditions like Parkinson’s. Study co-author Klaus Ebmeier, a professor in the University of Oxford’s Department of Psychiatry, said this was just one of a series of studies suggesting that “even ‘normal’ drinking comes with a risk of faster ageing and impaired mental and physical brain health”. He added: “All who consume alcohol need to balance this against their potential enjoyment of having a drink.”

Parkinson’s Disease Question Corner

(Cont’d from Pg. 2)

Below are some organic brands tested in the Environmental Working Group (EWG) study:

- Whole Foods Organic Old Fashioned Rolled Oats (None detected)
- Cascadian Farm Organic Harvest Berry granola bar (None detected)
- Kashi Heart to Heart Organic Honey Toasted cereal (None detected)
- Nature’s Path Organic Honey Almond granola (None detected)
- Bob’s Red Mill organic old fashioned rolled oats (20 ppb)
- Nature’s Path Organic Old Fashioned Organic Oats (30 ppb)

We can clearly see that organic foods do not contain much if any glyphosate. Further research is now confirming that PD is linked to pesticide and herbicide chemical exposures. Ref contains information for further reading.

Ref: <https://beyondpesticides.org/dailynewsblog/2020/05/glyphosate-in-roundup-linked-to-parkinsons-disease/>
<https://www.realnatural.org/roundup-glyphosate-popular-food-brands/>
<https://www.realnatural.org/parkinsons-disease-linked-to-pesticide-exposure/>

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.

PEP NEWS

Parkinson Education Program
of Greater Cleveland
2785 Edgehill Rd.
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.

PD Genes Activated in Zebrafish Exposed to Aluminum

(Excerpt from parkinsonslife.eu)

According to research on zebrafish in Naples, Italy, aluminum exposure may increase the activity of several genes associated with the development of Parkinson's.

The team investigated the impact of exposing zebrafish to aluminum for periods of 10, 15 or 20 days. Subsequent analyses revealed that effects in "cellular disorganization" and swelling, brought on by the exposure, were highest after 10 or 15 days – and that around 10 Parkinson's-related genes showed increased signs of activation.

The researchers found that while fish exposed to aluminum showed signs of brain degeneration, brain tissue remained intact in the fish that were not exposed. When their results were published in the journal 'Chemosphere', the researchers noted that further investigation of the link between aluminum exposure and Parkinson's is needed – but they wrote: "Overall, the data confirm the neurotoxicity induced by aluminum and shed a light on its involvement in neurodegenerative processes."

When their results were published in the journal 'Chemosphere', the researchers noted that further investigation of the link between aluminum exposure and Parkinson's is needed – but they wrote: "Overall, the data confirm the neurotoxicity induced by aluminum and shed a light on its involvement in neurodegenerative processes."



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

TO REACH US AT PEP 440-742-0153
dbrandtpep@gmail.com—Facebook – Parkinson
Education Program of Greater Cleveland