

APRIL 2023

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

APRIL MEETING—Wednesday, April 5, 2023 – 2:15 p.m.

We welcome **Ignacio ("Nacho") Mata, PhD** **Cleveland Clinic Lerner College of Medicine and Assistant Professor of Molecular Medicine at Case Western Reserve University** who will talk on "Parkinson's Disease, Genetics, Why Should I Care?" Dr. Mata was prominently highlighted in the Parkinson's Foundation Spring 2021 Quarterly report regarding him leading their Hispanic Parkinson's Advisory Council. He has worked to diversify genetics research since 2005. He will also share a bit of his story and personal anecdotes on how he fights Parkinson's Disease every day!

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

From David Brandt

Every year there are a few events for the Parkinson Northeast Ohio community which are must attend events. Those include University Hospitals' Boot Camp, Cleveland Clinic's Empower U, InMotion's Pals in Motion Run/Walk, and Parkinson's Foundation's Moving Day. The first must attend event is the Annual Symposium put on by the Ohio Parkinson Foundation Northeast Region. This is coming up on April 22 (see details of time/location/registration below).

This year's event has a Practical Living with Parkinson's theme. The main speaker, Dr. Erin Presant, will discuss the most up to date research on Parkinson's and nutrition as well as offering real life ways to move towards a routine surrounding your nutrition that is sustainable and good for your brain and your body. There will also be speakers regarding easy everyday exercises, swallowing and tech tips, we care for caregivers, and home safety.

Please make every effort to attend this free event that will also feature a brunch and door prizes.

Upcoming Events

April 1—Shaking With Laughter in conjunction with CWRU School of Medicine presents A Funny Fundraiser to benefit PD Research. The show will feature the Bria Skonberg Quartet and comedian, Jake Johanssen and will be at The Maltz Performing Arts Center in Cleveland at 8 p.m. You can purchase tickets at <https://case.universitytickets.com/w/event.aspx?id=1993> or call 216-368-6062.

Saturday April 22, 2023—Ohio Parkinson Foundation Northeast Region, 23rd Annual Symposium: Practical Living with Parkinson's, 10:00 AM – 2:30 PM at the Hilton Garden Inn, Twinsburg—Speakers include Dr. Erin Presant, Board certified Neurologist and additionally certified in Culinary Medicine who will speak on Everyday Nutrition for Parkinson's.—Registration instructions will be in April newsletter.

Saturday, June 10—Moving Day put on by the Parkinson's Foundation. Brookside Reservation 11 a.m.

Depression

(Excerpt from Parkinson Foundation)

First of a 2-part Series

Caring for mental health is extremely important in Parkinson's disease (PD). Research estimates that at least 50% of people with PD will experience some form of depression during their Parkinson's journey and up to 40% will experience an anxiety disorder.

The Parkinson's Foundation Parkinson's Outcomes Project found that taken together, mood, depression and anxiety have the greatest impact on well-being – even more than common motor symptoms.

While everyone feels sad from time to time — and while people with PD may experience grief in reaction to a PD diagnosis — depression is different. Unlike sadness, which is temporary, depression can last for weeks or longer. Depression is a part of Parkinson's itself, resulting from PD-related changes in brain chemistry. Parkinson's impacts areas of the brain that produce dopamine, norepinephrine and serotonin — chemicals involved in regulating mood, energy, motivation, appetite and sleep.

Depression, while common in PD, is often overlooked and undertreated. Treating it is one of the most significant ways to decrease disability and improve quality of life. A person may experience depression at any time in the course of PD, even before diagnosis. In addition, depression symptoms may come and go. It's important to know that depression can intensify both movement and cognitive Parkinson's symptoms. Just as medications can improve tremors and other Parkinson's movement symptoms, they can also alleviate depression.

Discuss treatment options with your doctor. Researchers have found that people with Parkinson's who experience depression begin medications for motor symptoms earlier.

Guidelines that can help you prevent or get treatment for depression:

- Get screened for depression at least once a year.

- Discuss mood changes with your doctor.
- Bring a family member to your doctor appointments who can help you talk about depression symptoms.

What causes depression?

Depression — overwhelming feelings of sadness, loss and hopelessness — can interfere with a person's ability to function at home or work. People with PD have an imbalance of certain neurotransmitters (brain chemicals) that regulate mood. This is thought to play a major role in depression.

Other dynamics that can contribute to the development of depression include:

Psychological factors

- Negative thoughts — living with a chronic illness can lead to feelings of sadness, helplessness and hopelessness. Dwelling on these feelings may make a person more vulnerable to depression.
- Social isolation or a lack of a supportive social network that can result from a more restricted lifestyle. Early retirement or loss of independence can increase depression risk, too.

Biological factors

- **A history of mental health issues** — research suggests many people with PD experience depression or anxiety two to five years before a Parkinson's diagnosis. This may mean depression is not simply a psychological reaction to the disease, but rather a part of the underlying disease process.
- **Brain changes** — PD and depression affect the same parts of the brain involved in thinking and emotion. Both conditions also impact levels of three important neurotransmitters (dopamine, serotonin and norepinephrine) that influence mood and movement.

Environmental factors

- Severe stress, such as ongoing distress from living with chronic illness, can trigger depression for some people.
- Medication side effects — certain prescription drugs can cause symptoms that mimic depression.

Parkinson's Disease Question Corner

Email: barbaramarquardt@outlook.com

Question: How can I protect my heart and brain health? ?

Answer: According to clinical neuroscientist psychiatrist, Daniel Amen, M.D., people would benefit from the following:

- Spending 10 to 20 minutes a day in meditation or prayer.
- Building regular physical exercise into your life-style.
- Undergoing hyperbaric oxygen therapy (HBOT).
- Trying heart-healthy supplements like ginkgo biloba, cocoa flavanols, omega-3 fatty acids (EPA and DHA), green tea catechins (GTCs), and resveratrol.

Making a difference in your overall well-being lies in understanding that taking care of your brain is helping your heart, and protecting your heart is boosting your brain.

April is National Parkinson's Awareness Month, what will you do today to improve your Parkinson's for tomorrow?

Ref: <https://www.immanencehealth.com/>

Depression

(Excerpt from Parkinson Foundation)

First of a 2-part Series

(cont'd from page 2)

Depression Symptoms

Symptoms of depression differ from person to person and can range from mild to severe. While people experience depression in differently, there are common symptoms including:

- Persistent sadness
- Crying
- Loss of interest in usual activities and hobbies
- Decreased attention to hygiene, medical and health needs
- Feelings of guilt, self-criticism and worthlessness
- Increased fatigue and lack of energy
- Change in appetite or eating habits (such as poor appetite or overeating)
- Loss of motivation
- Aches and pains

- Feelings of being a burden to loved ones
- Feelings of helplessness or hopelessness
- Reflections on disability, death and dying
- Sleep difficulties (too little or too much)
- Poor attention or difficulty concentrating
- Feeling slowed down or restless
- Thoughts of death or suicide

Sleep and Parkinson's Disease

"How did you sleep?" For many in the Parkinson's community, the answer is "not well." Some people have insomnia or trouble staying asleep. Others kick, punch or yell while asleep — this is called REM sleep behavior disorder, or RBD. In some people, RBD can be one of the earliest symptoms of Parkinson's — appearing years before a diagnosis.

This Sleep Awareness Month, we're sharing six tips to maximize your sleep.

1. Keep a sleep log
2. Watch fluid intake
3. Limit naps
4. Create a bedtime routine
5. Avoid late-day caffeine, alcohol and exercise
6. Use the bedroom only for sleep and intimacy

For more details, go to michaelifox.org.

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

May Meeting—May 3, 2023

To be announced.

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.

TRIBUTES

Sandra and Dale Chryst

Hans and Carol Drescher

Ida Howze

Cynthia and William Johnston

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.

Partial grant support provided by OPFNE



ohparkinson.com

April Parkinson's Awareness Month FAQs

***When did world
Parkinson's day start
and why?***

- World Parkinson's day on April 11 began in 1997. It commemo-

rates the birthdate of Dr. James Parkinson, the man who first identified the disease nearly 200 years ago.

How many people are diagnosed with Parkinson's disease each year?

- April is national Parkinson's awareness month in the U.S. every year in the U.S., 60,000 people are diagnosed with this disease.

TO REACH US AT PEP 440-742-0153

dbrandtpep@gmail.com—Facebook – Parkinson
Education Program of Greater Cleveland

- <https://nationaltoday.com/parkinsons-awareness-month/>

Parkinson's Awareness Month

is observed in April. Parkinson's Awareness Month is an opportunity to increase awareness about the ailment and its symptoms, as well as to support victims. Parkinson's is a long-term disorder where the central nervous system degenerates and that affects the motor system. Motor symptoms like trembling, stiffness, and rigidity are usually associated with Parkinson's disease. Symptoms typically occur slowly. One side is often affected first, but as Parkinson's disease progresses, both sides are affected. Celebrities such as Muhammed Ali and Michael J. Fox were diagnosed with Parkinson's.