

**MAY 2023**

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

**MAY MEETING—Wednesday, May 3, 2023 – 2:15 p.m.**

**W**e welcome **Orlando Villella, NASM Certified Personal Trainer**, who holds classes for seniors at the Cleveland Heights Senior Center. Orlando was a former NCAA Div-1 gymnast, gymnastics coach and is Senior Fitness Specialist. He will speak on fitness for those with PD and lead us in some basic exercises. 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

**June Meeting—June 7, 2023**

We welcome back **Amy Chan, Physical Therapist** at the **Cleveland Clinic** who is a Board Certified Clinical Specialist in Neurology in their Rehabilitation & Sports Therapy Center. Amy has worked with a number of our members and is well regarded. She will speak on Balance and Vestibular Disorder in Parkinson's Disease

**From David Brandt**

You may have noticed a new logo for *PEP* starting in our March issue. We want to thank Michele Mascia, sister of our editor Barbara Marquardt, for several designs she created before we decided on this one. It was very generous of her to donate her time and effort for this. We hope you enjoy the new look!

**Upcoming Events**

**Friday June 9, 2023 Living In Motion** – Put on by InMotion in partnership with the Ohio Parkinson Foundation Northeast Region. Time is 9:30 a.m.–12:30 p.m., 23905 Mercantile Rd, Beachwood, 44122. Living In Motion is an opportunity for people affected by Parkinson's disease to learn about InMotion™ as well as other resources available to them. The event will feature:

- ♦ Exercise class demos—Experience InMotion's™ evidence-based exercise classes designed to help people with Parkinson's disease.
- ♦ Wellness Education + Support Information—Meet professionals in social work, physical therapy, occupational therapy, nutrition and more.
- ♦ Medical + Pharmaceutical Partners—Learn about

the latest breakthroughs in treatments for PD

- ♦ **PLUS**—Learn how YOU can become an InMotion™ client and take our classes free of charge. We're **HERE FOR YOU!**

**EVENT KEYNOTE SPEAKER: Michael Okun, MD**

- ♦ Topic: "Ending Parkinson's Disease and Updates in Research"
- ♦ Dr. Okun is Chair of Neurology, Professor and Executive Director of the Norman Fixel Institute for Neurological Diseases at the University of Florida Health College of Medicine.

**Saturday June 10—Moving Day** put on by the Parkinson's Foundation. Brookside Reservation, 11 a.m., 3900 John Nagy Blvd., Cleveland, OH 44144.—For more information, contact Alexis Caldwell, 614-918-7307 | [acaldwell@parkinson.org](mailto:acaldwell@parkinson.org)

Participants are invited to put on their Moving Day gear and join us at Moving Day Cleveland. The event will put our community's energy on full display as we celebrate movement together. Bring friends and family to exercise, learn about Parkinson's resources, take part in our signature *We Move Ceremony*, and, of course, enjoy the *Moving Day Walk*. Don't miss this inspiring day we have planned for you!

# Depression

(Excerpt from Parkinson Foundation)

## **Second of a 2-part Series**

### **How is depression diagnosed?**

Diagnosis is vital to effective treatment and recovery. A person must experience one of the following symptoms most of the time over the previous two weeks:

- Depressed mood
- Loss of interest or pleasure in activities once enjoyed

In addition, some of the following symptoms must be present:

- Changes in sleep or appetite
- Decreased concentration or attention problems
- Increased fatigue
- Feeling slowed down or restless
- Feeling worthless and guilty
- Suicidal thoughts or a wish for death

### **Depression Diagnosis Challenges in PD**

Depression in Parkinson's can be hard to recognize. Certain depression symptoms overlap with those of PD. For example, sleep problems and feeling slowed down occur in both conditions. Some experts think that depression in PD often involves frequent, shorter changes in mood versus a constant state of daily sadness. Other things that can complicate a Parkinson's depression diagnosis include:

- **Facial masking**, a symptom caused by Parkinson's effect on face muscles that can make it difficult for a person with Parkinson's to visibly express emotion.
- People with Parkinson's often do not recognize they have a mood problem or are unable to explain symptoms, so they don't seek treatment. It's helpful to ask a care partner or loved one if they have noticed any mood changes.

### **Taking Action**

Share your concerns with your doctor. Many movement disorders specialists now include questions about depression in their exams. If your doctor does not, raise the topic. Your doctor can work with you to:

- Evaluate your Parkinson's medications. People

with PD who experience uncontrolled motor fluctuations, or "on-off" periods, and freezing episodes are more prone to depression. Your doctor can ensure both your motor and non-motor symptoms are being treated optimally.

- Identify depression medications that might interact with PD medications.
- Tailor a treatment approach that works for you — prescription therapies work in different ways for different people.
- Consider psychological counseling, specifically an approach called cognitive behavioral therapy (CBT). This therapy helps people recognize and change patterns of thought and behavior to ease depression and anxiety.
- Identify anxiety and treat anxiety, since it is often diagnosed alongside depression.
- Create an exercise routine — walking, yoga, gardening or another activity you enjoy can ease symptoms of depression.

## **Could Certain Cancers Be Linked to PD?**

(Excerpt from Parkinson's Life)

**P**revious research has suggested that people with Parkinson's may generally be less likely to develop most cancers. However, a new international study has found a potential genetic link between certain types of cancer and the condition. The team analyzed genetic data from genome-wide association studies — a research approach that aims to identify gene variations associated with disease risk — to recognize common genetic risk factors between cancer and Parkinson's.

The findings uncovered a genetic link between the condition and both prostate cancer and melanoma. Meanwhile, the sum of various gene variants (otherwise known as the polygenic risk score) that contribute to Parkinson's was significantly associated with a higher risk of breast cancer.

"Our results suggest the importance of shared genetic variants between Parkinson's and some cancers," the researchers concluded in the study, which was published in the medical journal 'Movement Disorders'. They highlighted the need for further studies to better understand the link.

## **Parkinson's Disease Question Corner**

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

**Question:** What are the major causes of brain degeneration?

**Answer:** The major causes of brain degeneration include the following:

- ◆ Blood Sugar Imbalances
- ◆ Environmental Toxicity
- ◆ Sedentary Lifestyle
- ◆ Chronic Stress & Poor Sleep
- ◆ Gut Infections & Dysbiosis

These areas could be a good place to start investigating with your physician.

Ref: [www.drjockers.com](http://www.drjockers.com)

## **Depression**

*(Excerpt from Parkinson Foundation)*

### **Second of a two-part Series**

*(cont'd from page 2)*

#### **Treatment Options**

Just as the symptoms and causes of depression can differ from person to person, so too can suitable treatment approaches. Exercise is a vital component of alleviating depression in PD. Primary treatments also include antidepressant medications and psychological counseling (psychotherapy).

The Parkinson's Foundation recommends a holistic, comprehensive approach to depression. Although antidepressants are often effective in reducing symptoms, they should seldom be used alone. In most cases, the best approach is a combination of antidepressant medication, counseling, exercise and social support.

- Medication
- Psychotherapy
- Electroconvulsive Therapy
- Exercise
- Transcranial Magnetic Stimulation
- Non-Conventional and Complementary Therapies

#### **Tips for Coping with Depression**

Caring for your mental well-being is key to living well

with Parkinson's. These strategies can help you manage depression:

- Empower yourself with knowledge about PD and its symptoms, including depression.
- Ask for help — it takes courage, but it also puts you in control of finding a way to feel better and overcome feelings of helplessness.
- Keep an open mind. Depression is not a personal failing or a sign of weakness, it is a chemical imbalance in the brain.
- Plan short-term goals that you can achieve daily. Makes plans to walk, do a chore or talk to a friend. Small accomplishments contribute to a feeling of self-worth.
- Maintain social ties. Plan to connect with a friend once a week or take on volunteer work.
- Plan something to look forward to. Think about things you can do to enhance your quality of life and plan how to achieve them in small steps.
- If you have stopped or cut back on leisure activities because of Parkinson's, try to resume one that you enjoyed or find a new one.
- Connect with the PD community. Compare notes on coping with depression with members of a support group.

**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**

In Memory of Raymond Brandt  
Bill and Annette Cappaert

Alma Abrams



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 Edgemoor Rd., Cleveland Heights, OH 44106

## 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.

*(Excerpts from Alliance for Natural Health)*

**A** stool test may be able to identify Parkinson's disease risk. New research has isolated  $\alpha$ -synuclein in the gut, a key marker for the development of Parkinson's disease, using a stool test. Although the researchers suggest the  $\alpha$ -synuclein has come from the brain into the gut, there's already good evidence to show that it can travel from the gut via the vagus nerve to the brain.

**C**hildren and young adults living in Mexico City exposed to air pollution have been found to exhibit early markers of neurodegenerative disease. According to new research from researchers at Lancaster University, the brainstems of young people who were a part of the study showed the "neuropathological hallmarks" of Alzheimer's, Parkinson's and ALS. They also had high levels of nanoparticles found in air pollution in their brainstems. The

#### TO REACH US AT PEP 440-742-0153

dbrandtpep@gmail.com—[Facebook](#)—[Parkinson Education Program of Greater Cleveland](#)

study authors warn such damage could presage a pandemic of neurological disease in the future as these young people age.

Partial grant support provided by OPFNE



[ohparkinson.com](http://ohparkinson.com)

**I**mproving your gut health could protect against Parkinson's Disease. A new study published in Cell Reports, by scientists from the Centre for Discovery Brain Sciences and Dundee University, researching roundworms, found that Bacillus subtilis (a probiotic bacteria) protects against the build-up of alpha-synuclein protein in the brain, as well as reducing the amount of existing alpha-synuclein protein. This study adds to existing research implicating poor gut health in the development of Parkinson's Disease and other neurological disorders.