

NOVEMBER 2023 Barbara Marquardt, Editor, M.Ed., MCHES, WCP, RYT

NOVEMBER MEETING—Wednesday, November 1, 2023 – 2:15 p.m.

We welcome back **Daniel P. Seink, Attorney** and **Kathy Cline, Certified Elder Care Coordinator from Daniel P. Seink Co.**, advocates in aging as they talk on Estate Planning and Getting Good Care. It will cover all of the basics for necessary documents as well as community resources and ways to pay for good care.

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

From David Brandt

As you will see in my upcoming events section below, Ohio Parkinson Foundation Northeast Region (OPFNE) is providing a get together and talk in the Youngstown area. OPFNE is an organization that has the main mission of providing information resources to those with PD and their caregivers along with giving advice and assistance to the various Parkinson support groups in the sixteen counties of Northeast Ohio.

It is a wonderful organization that also brings you the annual Parkinson Symposium every spring and financially supports PEP with the costs of this newsletter. (Full disclosure, I sit on the OPFNE Board). The group, under the direction of current President Kathie Stull, is heavily involved with most of the Parkinson's events over the course of the year. Their website www.ohparkinson.org was recently revamped and is an excellent source for all support groups, exercise, boxing, dancing, speech, and online programs in the region. It also is a great resource for all things Parkinson's.

One of the current challenges that OPFNE is facing, is to assist in creating and facilitating support groups in areas that have lacked with organized support groups, particularly the eastern edge of Ohio as well as the southern counties of our region. If you are receiving this newsletter and are interested in forming a group but need assistance in starting a group in this area, please send an email to admin@ohparkinson.org and we will do our best to provide you the help you need.

Upcoming Events

Friday, November 10 – Living Well With Parkinson's Disease presented by OPFNE / This event will feature Ellen Walter, CNP from the Cleveland Clinic talking about strategies to take control and live well with Parkinson's. A light lunch will be provided.

Hours: 10 a.m.—1 p.m.

Location: JCC of Youngstown, 505 Gypsy Lane, Youngstown, OH

No charge but please register by Wednesday, November 1, by contacting the JCC Wellness Office at 330-746-3250, ext. 153.

New Study Finds Promise in Treatment for Parkinson's-Related Constipation

(Excerpt from Parkinson's Foundation)

The most well-known Parkinson's disease (PD) symptoms are movement-related — tremor, muscle stiffness, slow movement, trouble moving and walking. However, many people with PD find non-movement symptoms — including sleep disturbances, depression, psychosis and constipation — more troublesome and disabling than movement symptoms.

In PD, a protein found in the brain called alpha-synuclein accumulates abnormally in the nervous system, forming clumps. These clumps lead to changes

(Cont'd on page 2)

Parkinson's Disease Question Corner

Email: barbaramarquardt@outlook.com

Question: Are wearing earbuds bad for my brain?

Answer: Please consider NOT using wireless earbuds!

Experts warn that Apple's AirPods could send an electromagnetic field through your brain - as 250 scientists sign petition to regulate trendy tech!

- 250 scientists from over 40 countries have signed a petition to the WHO and UN to warn against radio wave radiation from wireless technologies.
- The close proximity of AirPods to the brain and inner ear may raise cancer risks.
- Little research exists on Bluetooth and its health effects, but it also uses radio wave radiation.
- Plus, AirPods talk to one another using a magnetic field that passes through the brain.

Also, iPhone 12 sales are banned in France, because it emits too much radiation! A French government agency issued a recall order for the iPhone 12 after it failed a test for electromagnetic waves that the body can absorb.

If you are looking for 5G radiation protection, one option would be to visit the website:

www.safesleevecases.com

Ref.: [https://www.dailymail.co.uk/health/article-6796679/Are-AirPods-dangerous-250-scientists-warn-be.html?](https://www.dailymail.co.uk/health/article-6796679/Are-AirPods-dangerous-250-scientists-warn-be.html?fbclid=IwAR1QNOQ3xJbiE8NbE_Yb1LHzqpzWRplmXRDM4NR49JicZHNRNK_wwBS_Elxc)

[fbclid=IwAR1QNOQ3xJbiE8NbE_Yb1LHzqpzWRplmXRDM4NR49JicZHNRNK_wwBS_Elxc](https://scrippsnews.com/stories/iphone-12-sales-banned-in-france-because-it-emits-too-much-radiation/?fbclid=IwAR3Y9m51awzs_u6M4lu-Ctyz49vY0u-gyv6FCG8mHMjx5CPVbIE3VGyLA2A)

https://scrippsnews.com/stories/iphone-12-sales-banned-in-france-because-it-emits-too-much-radiation/?fbclid=IwAR3Y9m51awzs_u6M4lu-Ctyz49vY0u-gyv6FCG8mHMjx5CPVbIE3VGyLA2A

Parkinson's-Related Constipation

(Cont'd from pg. 1)

in the normal function of brain cells. Interestingly, alpha-synuclein clumps within the nerves of the gastrointestinal (GI) tract have also been linked to a decrease in the strength and coordination of the bowels, resulting in constipation.

More than 60% of people with PD suffer from constipation, and for most of those people it can be chronic, severe, and unresponsive to standard treatments. The results of a new clinical trial published in the Annals of Internal Medicine show a possible treatment for constipation in people with PD. The biotech company Enterin has developed ENT-01, a compound designed to act on nerve cells in the GI tract and prevent alpha-synuclein from clumping. An earlier study found that ENT-01 is not absorbed into the body, suggesting it acts only in the gut.

Study Results – The clinical trial enrolled 150 people with PD and constipation, who were randomly given either ENT-01 or a placebo for 25 days. The results of the study showed:

People with PD and constipation who received ENT-01 had a significant increase in the number of daily bowel movements and had better stool consistency as well as ease of stool passage. There were no serious adverse effects of ENT-01. The most common side effects were nausea (experienced by a third of participants) and diarrhea (experienced by 20% of participants). A small number of participants with psychosis also saw improvements in their symptoms; however, researchers note that the study was not designed to examine improvements in cognitive symptoms.

What does this mean? – In this trial, ENT-01 was shown to help people with PD who experience constipation. The compound will undergo further clinical testing to examine the safety and effectiveness of long-term use before it can become available.

Can this drug also help with cognitive issues? – A small number of participants in this study who experience psychosis saw improvements in their cognitive symptoms. However, this study was not designed to examine these symptoms, so the Parkinson's Virtual Biotech has designed a study that is. This new project will assess the potential of ENT-01 and how it may impact people with PD who experience memory problems.

Parkinson's Patients Get More Mobility and Better Balance with Whole Body Vibration Therapy

(Excerpt from alsearsmd.com)

I've always believed that with a little coaxing, your body can self-heal – and the same is true for your brain. Conventional doctors will never tell you this. For them, being a physician means managing symptoms with Big Pharma meds.

But for years, I've been helping patients recover using dietary changes, lasers, stem cells, and hyperbaric oxygen (HBOT). These therapies help your body heal itself. No Big Pharma drug can do this. But I recently began researching another natural therapy – called Whole Body Vibration, or WBV – that can help Parkinson's patients regain their mobility and balance.

WBV isn't new. It was first used by Russian cosmonauts in the 1960s to counteract bone and muscle degeneration during the space race. But it has only recently been discovered in America.

Over the past few years, it has begun to be used by professional sports teams, like the New York Yankees and San Antonio Spurs – for both training and rehabilitation. WBV machines work by sending waves of intense vibration through your body, utilizing your body's reflexes and causing your muscles to contract. This simple therapy has been shown to increase muscle strength, bone density, balance, flexibility, and blood throughout the body.

Like all natural, non-invasive therapies, WBV doesn't introduce alien, lab-created chemicals into your body. Instead, it simply encourages your body to marshal its healing resources and begin the repair job. In the case of Parkinson's, WBV has been shown to improve balance and reduce tremors, pain, and stiffness while improving dexterity in patients. Shaking and stiffness are the most common symptoms of Parkinson's.

Studies also reveal that WBV stimulates the brain's electrical signals to trigger neuroplasticity, the revolutionary discovery that the brain is not a fixed machine – but instead has the capacity to rewire and repair itself from injury and disease.

A while ago, I began researching scientific studies on WBV for people with Parkinson's disease. I am so impressed with the research that I am looking into developing a protocol using WBV at my South Florida clinic. My plan would be to combine WBV with HBOT.

HBOT itself is the fastest and most effective way to replenish your brain's oxygen supply – and years of research show it has a powerful healing effect on brain damage and neurodegenerative conditions.

But taken together with WBV, it promises to provide a genuine healing one-two punch. As usual, mainstream medicine has been slow on the uptake of both WBV and HBOT – even though Parkinson's is the second-most common neurodegenerative disorder in the country after Alzheimer's.

HBOT, which treats patients with 100% oxygen at 1.5 times normal atmospheric pressure, provides supersaturation of tissues and organs with oxygen. Recent research reveals it is highly effective at treating Parkinson's. It works by slowing down the loss of neurons associated with the condition.

Getting HBOT is as easy as breathing. You simply lie down in a special single-person chamber that looks like a tiny submarine with a glass hood – and breathe. WBV is also simple and painless. It looks more like a fancy, oversized scale than a revolutionary healing device.

Try The Whole-Body Benefits Of WBV Therapy. You just hop onto a small platform and hold on, and the machine starts to vibrate. The vibrations occur 30-50 times a second, causing your body to contract its muscles in time with the movements of the machine. My patients tell me that getting WBV feels like radiating waves of vibration. They also say it gives them more energy. And I know they're right because I use it myself. In fact, I recommend it to most of my patients. Just 20 minutes of WBV therapy has been shown to be a potent treatment for:

- Improving joint mobility
- Increasing muscle mass and strength
- Improving balance
- Reducing the stress hormone cortisol
- Improving blood circulation
- Reducing cellulite
- Increasing flexibility and mobility
- Boosting levels of serotonin
- Balancing blood sugar
- Burning fat

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.

"Start by doing what is necessary, then what is possible, and suddenly you are doing the impossible." ~St. Francis of Assisi

TRIBUTES

Sally Rice

In Memory of Ralph Biddle
Dale and Sandra Chryst

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

Partial grant support provided by OPFNE



ohparkinson.com

**DECEMBER MEETING—Wednesday,
December 6, 2023 – 2:15 p.m.**

We welcome **Dr. Umar Shuaib** from **The Cleveland Clinic Movement Disorders Department**. He has been with The Clinic since 2019.

TO REACH US AT PEP 440-742-0153

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