

JUNE 2025

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

JUNE MEETING / Wednesday, June 4, 2025 2:15 p.m.

We 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 a Senior Fitness Specialist. He will speak on fitness for those with PD and lead us in some basic exercises.

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

JULY MEETING / Wednesday, July 2, 2025 2:15 p.m.

We welcome **Ignacio ("Nacho") Mata, PhD Cleveland Lerner College of Medicine and Assistant Professor at Case Western Reserve University** who will talk on Parkinson's Disease, Genetics, Why I Should Care? He will provide an update on his important work since he last presented to us a couple of years ago. Dr. Mata's lab is working toward identifying and understanding the genes that play a role in those diseases that affect the brain (neurological disorders). These include the very well-known Parkinson's disease (PD), but also other, less common, disorders, such as a form of PD that presents with severe cognitive problems/dementia (PDD) and another type of dementia called Dementia with Lewy Bodies (DLB).

From David Brandt

Sunday, June 8, 2025 Moving Day Cleveland Put on by the Parkinson's Foundation It will again be at the Cleveland Metroparks Brookside Reservation starting at 9:00 am. Get ready to exercise, explore Parkinson's resources, join in the uplifting We Move Ceremony and enjoy the Moving Day Walk. Please contact Megan Green at 614-918-7307 or at mgreen@parkinson.org

Saturday June 28, Living In Motion, Living Your Best Life with PD – 9:30 a.m. – 12:30 p.m. at InMotion in Beachwood. Attendees will learn about the FREE classes and programs at InMotion and meet professionals in social work, physical therapy, occupational therapy, and nutrition. Dr. Jori Fleisher, a movement disorders neurologist at Rush University Medical Center in Chicago will be the keynote speaker. The event is free but registration is required. Please visit <https://beinmotion.org/livinginmotion/> for the registration link and event schedule.

Saturday-Sunday, August 2-3, 2025 – 24-Hour Walk for Parkinson's presented by Papa's Path – Starts 9 a.m. Saturday and a 2.3 mile parade to Ahuja Medical Center starts at 9 a.m. Sunday Beachwood High

School Track, 2360 Richmond Rd. Call Amy Eisenberg at 440-376-3869 or aeisenberg0510@gmail.com for registration details.

Saturday August 16 Empower U presented by Cleveland Clinic More details for this annual event will be provided later.

Sunday September 14 Pals in Motion presented by InMotion at Beachwood High School Track Events include a 5k run, 5k walk, Virtual Run/Walk, 1 mile walk, and many family friendly activities. More details to follow.

Saturday November 1 University Hospitals 16th Annual Boot Camp at the Marriott Hotel in Beachwood More details to follow.

Interesting Facts from PMD Alliance

- In the U.S., there are approximately 6,360 people diagnosed for every 1 practicing Movement Disorder Specialist
- 2,373 Long-term Care Professionals trained in certified Parkinson's Disease care
- 68 Continuing medical education scholarships awarded to early-career Movement Disorder Physicians

PD Question Corner

Email: barbaramarquardt@outlook.com

Question: What lifestyle changes could help support my brain with Parkinson's?

Answer: Please consider looking into the following:

- ♦ **Regular Chiropractic Care** – Chiropractic care assists in improving blood flow and nerve flow while lowering physical stress on the body.
- ♦ **Physical Exercise** – Taking part in physical activity could assist in healthy blood flow and brain oxygenation. For example, Tai chi is highly beneficial for Parkinson's.
- ♦ **Vibration Plate Therapy** – Also known as "Vibing" could be great for stimulating the nervous system, and helping balance and coordination.
- ♦ **Acupuncture** – Acupuncture could help stimulate the release of endorphins, supply relief from pain, and increase overall well-being with Parkinson's.
- ♦ **Music Therapy** – Music could help stimulate dopamine production, help improve mood, and support movement and coordination.

Concussion Associated With Greater Risk of Parkinson Disease, Dementia

(Excerpt from <https://www.ajmc.com/view/concussion-associated-with-greater-risk-of-parkinson-disease-dementia>)

Individuals who had experienced a concussion were found to be at a greater risk of Parkinson disease (PD), mood and anxiety disorders (MADs), dementia, and hyperactivity disorder, with concussed women indicated as a notable at-risk population for MADs, according to study findings published today in *Family Medicine and Community Health*.

In recent years, the incidence of concussions has steadily increased, the researchers noted, especially among adolescents. Notably, related effects of concussions have been indicated as dysregulation of the autonomic nervous system, cerebral blood flow, and cerebral metabolism.

While these effects may seem troubling, the clinical recovery from concussions typically occurs within the first week of injury. However, the long-term implications of concussions remain unknown.

In previous research, the study authors highlighted that potential associations with increased risk of attention-deficit hyperactivity disorder (ADHD), depression, anxiety, dementia, and PD are limited by study design factors such as a reliance on self-reported medical history and the inclusion of all forms of traumatic brain injuries.

"Other common limitations include a failure to account for either pre-existing health conditions, the time between incident concussion and subsequent diagnosis of condi-

tions of interest, or the occurrence of repeat mild traumatic brain injuries/concussions," expanded the study authors.

Researchers sought to further investigate these associations by conducting a retrospective population-based cohort study that included 47,483 people who were diagnosed with a concussion from 1990 to 1991 and followed up later in life (2014-2015).

The study's primary objective served to delineate the associations between concussion and subsequent diagnoses of ADHD, MADs, dementia, and PD, with secondary analyses focusing on the effects of sex, multiple concussions, and diagnosis of other conditions of interest.

Concussed participants (men, n = 28,021; women, n = 19,462) were matched at a 1:3 ratio with healthy controls (men, n = 81,871; women, n = 57,159) based on age, sex, and geographical location. Associations were assessed via stratified Cox proportional hazards regression model that were adjusted for socioeconomic status and pre-existing medical conditions.

In the study findings, those who had experienced a concussion were found to be at a 39% greater risk of ADHD (adjusted hazard ratio [aHR] = 1.39; 95% CI, 1.32-1.46; $P < .001$), 72% greater risk of MADs (aHR = 1.72; 95% CI, 1.69-1.76; $P < .001$), 72% greater risk of dementia (aHR = 1.72; 95% CI, 1.61-1.84; $P < .001$), and 57% greater risk of PD (aHR = 1.57; 95% CI, 1.41-1.75; $P < .001$).

When examining how the prevalence of multiple concussions affected risks of examined conditions compared with 1 concussion, a second concussion was linked with a heightened risk of dementia by 62% (hazard ratio [HR] = 1.62; 95% CI, 1.25-2.10) and 3 or more concussions were linked with a greater risk of MADs (HR = 1.22; 95% CI, 1.01-1.47) and PD (HR = 3.27; 95% CI, 1.63-6.59).

Additionally, in examining MADs based on sex, women were 28% more likely than men to subsequently become hyperactive and 7% more likely to become depressed or anxious after a concussion.

The researchers noted that as findings are specific to the study cohort, further research is warranted to examine other populations. "Moreover, future studies could expand on our findings by including chart reviews to confirm clinical diagnoses of concussion, adjusting for familiarity of conditions of interest, and long-term prospective follow-up of individuals following incident concussion," concluded the study authors.

TO REACH US AT PEP 440-742-0153

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Facebook – Parkinson Education Program of Greater Cleveland

Caring for the Mind: 12 Parkinson's Mental Wellness Resources

(Excerpt from <https://www.parkinson.org/blog/awareness/mental-wellness-resources>) to view the full article hyperlinks

Second of a Two-Part Series

4. **Listen to our podcast How to Talk About Impulse Control Disorders**. – Up to 14% of people receiving dopamine-replacement therapy can develop compulsive behaviors known as **impulse control disorders**. It is believed people perform these harmful behaviors (such as hypersexuality, hoarding or compulsive gambling) to relieve anxiety and tension.
5. **Learn how Parkinson's disease cognition – the mental skills we use to focus, solve problems, plan, follow instructions and more**. – Thinking changes can influence mental health. **Addressing Thinking Changes in Parkinson's** identifies coping strategies and therapies for cognitive change.
6. **Break a sweat with our free, on-demand Fitness Friday workouts**. – Exercise is medicine. Regular **exercise** can ease depression, anxiety and other **non-movement symptoms** of PD, as well as improve mobility and flexibility. Aim for at least 2.5 hours a week.
7. **Build your mental health team**. – Mental health support helps you prioritize your emotional well-being and work through your feelings. To know what to look for in a mental health counselor, read **7 Helpful Tips for Finding Your Ideal Mental Health Counselor**.
8. **Improve shut-eye with Sleep: A Mind Guide to Parkinson's Disease**. – Restorative sleep helps repair the brain and body and enhances mental wellness – critical for people with Parkinson's and care partners. **Expert Tips on How to Get Good Sleep with Parkinson's** also offers strategies to build a healthy sleep routine.
9. **Read How to Harness Food as Medicine for Parkinson's**. – **Gut and brain health** are intertwined. A **nutrient-rich diet** – including colorful fruits and vegetables, beans, whole grains, poultry, nuts, seeds, fatty fish, olive oil and other healthy fats – can offer neuroprotective benefits and boost the number of good bacteria in the body.
10. **Get social and connect with your PD community online or in person**. – Loneliness can affect physical and mental health. Find your nearest **Moving Day, A Walk for Parkinson's** to meet

others living with PD or access wellness classes and other resources near you through the Parkinson's Foundation **local Chapter network**.

11. **Don't fear hard conversations. You are not alone**. – People with Parkinson's are at an increased risk of **suicide**. If you are struggling with thoughts of despair, opening up to someone you trust is the first step toward getting the help you need. **How to Openly Discuss Suicide and Parkinson's** can help you talk about difficult feelings. The **National Suicide Prevention Lifeline** is available 24 hours a day at 1-800-273-8255.
12. **Get inspired. Learn how others are navigating life with Parkinson's**. – **My PD Story** is a place for where people share how they are raising awareness of PD and overcoming its challenges. Learn what keeps others hopeful and consider sharing **your own story**.

TRIBUTES

Alice Duber

Anti-Parkinson Botanical Mucuna Pruriens Prevents Levodopa Induced Plasmid and Genomic DNA Damage

ABSTRACT:

Levodopa is considered the 'gold standard' for the treatment of Parkinson's disease. However, a serious concern is dyskinesia and motor fluctuation that occurs after several years of use.

In vitro experiments have shown that in the presence of divalent copper ions, levodopa may induce intense DNA damage. Mucuna pruriens cotyledon powder (MPCP) has shown anti-parkinson and neuroprotective effects in animal models of Parkinson's disease that is superior to synthetic levodopa.

In the present study two different doses of MPCP protected both plasmid DNA and genomic DNA against levodopa and divalent copper-induced DNA strand scission and damage. It exhibited chelation of divalent copper ions in a dose-dependent manner. The copper chelating property may be one of the mechanisms by which MPCP exerts its protective effects on DNA.

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PEP NEWS

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"A Report of 10 Cases of Parkinson's Disease Cured by Xifengzhizhan Pills and Xifengzhizhan Capsules"

(Excerpt from: Weifan Wang/TCM Internal Clinic, Xinmi, China.

DOI: 10.4236/apd.2019.82002

Abstract:

Parkinson's Disease (PD) is a chronic progressive degeneration disease of the central nervous system of extrapyramidal system. The main pathological changes are the degeneration of the substantia nigra striatum, lack of dopamine in the brain, causing clinical performance: static tremor, muscle rigidity, slow movement and abnormal posture. It is one of the worldwide medical problems; at present, modern medicine thinks that PD is an incurable and permanent disease. However, in my long-term clinical work, I have cured many cases of PD patients by using Xifengzhizhan pills and Xifenzhizhan capsules, and I have found and proved that Chinese Medicine can cure PD.

Wang, W. (2019) A Report of 10 Cases of Parkinson's Disease Cured by Xifengzhizhan Pills and

Xifengzhizhan Capsules. Advances in Parkinson's Disease, 8, 9-17. doi: 10.4236/apd.2019.82002.

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Partial grant support provided by OPFNE



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