

**OCTOBER 2025**

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

**OCTOBER MEETING / Wednesday, October 1, 2025 2:15 p.m.**

We welcome back **Amy Chan, PT, NCS at the Cleveland Clinic**. Amy has been one of our most popular speakers in the past and is a Board Certified Clinical Specialist in Neurology. She will be speaking on the Benefit of PD Specific Exercise.

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

**NOVEMBER MEETING / Wednesday, November 5, 2025 2:15 p.m.**

We welcome **Medical Lecturer, Tom Strong** who will talk on Anxiety and Depression and PD.



**From David Brandt**

As you see from the notice above for our next speaker, we have had a large focus on PD and exercise at our meetings this year. Exercise is one of the most powerful treatments for people with PD. Benefits are both physical as well as non-motor and research shows regular, appropriately dosed exercise can improve symptoms and quality of life.

Of course, exercise comes in a variety of ways. We have had speakers this year speak on general stretching and exercise, dancing, cycling, and now next month's speaker, **Amy Chan**, will talk more on her department's physical therapy and PD. Other speakers in the past we have had talked on boxing, rock climbing, golf, yoga, and tai chi. The point is, there are many options out there. Please pick what's most interesting for you that will keep you involved and moving!

**Upcoming Events**

**Saturday October 11 – Let's Talk About It presented by the Parkinson's Foundation Great Lakes Chapter** at the Don Umerley Civic Center, 21016 Hilliard Blvd., Rocky River at 10 a.m.—Noon. **Camilla Kilbane, MD** and **Center Director of the Parkinson's Movement Disorder Center at University Hospitals** will be the keynote speaker talking on *Thinking Changes*. There is no charge for this event but registration is required by calling Laura Summers at 440-568-0093.

**Saturday November 1 – University Hospitals 16<sup>th</sup> Annual Boot Camp** at Marriott Hotel, 26300 Harvard Rd., Warrensville Hts., 9 a.m.—3 p.m. **Dr. Indu Subramanian, Clinical Professor of Neurology at UCLA** and the **Director of the Southwest Parkinson Disease Research, Education and Clinical Center of Excellence in Parkinson's Disease** will be the main speaker. Also joining will be **Tim Hague Sr.**, winner of **The Amazing Race Canada – Season 1** and Parkinson's advocate. Registration is available online or by calling 216-983-MOVE (6683). Space for the event is limited.

**Coping Strategies & Support with PD's Loss of Independence**

*(Excerpt from: MeOverPD.org By Rebecca Gilbert, MD, PhD APDAParkinson.org)*

As a progressive neurodegenerative movement disorder, Parkinson's comes hand in hand with an increasing loss of independence as the disease advances, resulting in a gradual loss of independence.

This is often difficult to navigate and can sometimes contribute further to the depression and anxiety that many people experience as common non-motor symptoms of the disease.

*(Cont'd on pg. 3)*

## Scientists Discover a Possible Environmental Trigger for Parkinson's Disease

(Excerpt from <https://news.feinberg.northwestern.edu/>)

### Second of a Two-Part Series

For the blood analysis, the investigators used samples from over 1,000 participants in the Parkinson's Progression Markers Initiative, which was launched by The Michael J. Fox Foundation and scientists to create a robust bio sample library to help speed scientific breakthroughs and new treatments.

"With the blood samples, we observed similar immune-related changes, mirroring those found in the brain," Koralnik said. "People who had the virus showed different signals from the immune system than those who didn't, and this pattern was the same, no matter the genetics. But as we followed each person over time, we saw a more complicated picture."

The study found that in patients with a certain Parkinson's-related gene mutation – LRRK2 – the signals from the immune system were different in response to the virus compared to Parkinson's patients without the mutation.

"We plan to look more closely at how genes like LRRK2 affect the body's response to other viral infections to figure out if this is a special effect of HPgV or a broader response to viruses," Koralnik added.

Going forward, the research team plans to study more people to find out how common the HPgV virus is in Parkinson's patients and whether it plays a role in the disease.

"One big question we still need to answer is how often the virus gets into the brains of people with or without Parkinson's," said Koralnik. "We also aim to understand how viruses and genes interact; insights that could reveal how Parkinson's begins and could help guide future therapies."

According to the Parkinson's Foundation, over one million people in the United States are living with Parkinson's disease and 90,000 new cases are diagnosed every year. The number of people living with Parkinson's disease is expected to rise to 1.2 million by 2030.

This study was supported in part by the Michael J. Fox Foundation research grant MJFF-021128 and by NIH National Institute on Aging grant P30AG072977.

For more information on Parkinson's disease, [visit visit nm.org](http://visitnm.org).

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## Breakthrough Aging Clock Reveals Anti-Aging Drugs for the Brain:

(Excerpt from: [www.nmn.com](http://www.nmn.com))

Scientists develop a new brain aging clock based on gene expression patterns in brain tissue from 778 individuals and apply it to identify drugs that rejuvenate the brain in aged mice.

Researchers applied their new brain aging clock to two types of neural cells, neurons and neural progenitor cells, to identify 478 compounds that rejuvenate these cells.

Of these 478 compounds, the researchers selected three to test on aged mice: 5-azacytidine, tranylcyproline, and JNK-IN-8. Treatment with a combination of the three candidate compounds alleviated anxiety, modestly improved memory, and rejuvenated the brain, as measured with a gene activity analysis, in aged mice.

Historically, scientists have typically sought to identify compounds that rejuvenate crucial organs, such as the brain, based on their effect on certain sets of known cellular molecules or proteins. In this way, researchers have tested how increasing or suppressing the activation of such cellular molecules or proteins, using potential aging intervention compounds, affects organ function and ultimately, aspects of functional physiology, such as cognition. However, a key limitation of this method for testing aging interventions is that it takes a multitude of experiments, a lot of time, and substantial costs for labor.

The three nutraceuticals identified with the brain aging clock applied to human neural cells are **resveratrol, xanthohumol, and curcumin**. In line with their experiments, these nutraceutical compounds were shown to rejuvenate human neural cells, as measured with a gene activity analysis.

Ref. and too read the full article, please visit: <https://www.nmn.com/news/breakthrough-aging-clock-reveals-anti-aging-drugs-for-the-brain>

## **PD Question Corner**

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

### **Question: What is a Physiatrist?**

**Answer:** Physical Medicine and Rehabilitation (PM&R) physicians, also known as physiatrists, treat a wide variety of medical conditions affecting the brain, spinal cord, nerves, bones, joints, ligaments, muscles, and tendons.

PM&R physicians are medical doctors who have completed training in the specialty of Physical Medicine and Rehabilitation (PM&R), and may be subspecialty certified in Brain Injury Medicine, Hospice and Palliative Medicine, Neuromuscular Medicine, Pain Medicine, Pediatric Rehabilitation Medicine, Spinal Cord Injury Medicine, and/or Sports Medicine.

To learn more, please visit: <https://www.aapmr.org/home>

Ref.: <https://www.aapmr.org/about-physiatry/about-physical-medicine-rehabilitation/what-is-physiatry>

If you have a Parkinson's question, please email: [barbaramarquardt@outlook.com](mailto:barbaramarquardt@outlook.com)

## **Coping Strategies & Support with PD's Loss of Independence**

*Cont'd from Page*

However, many people with PD find ways, big and small, to regain some sense of independence and to embrace the support they need, and we'll share some of those ideas with you below.

*A Doctor's Perspective* – As a movement disorders specialist, I often discuss with my patients how they are navigating their daily lives. As Parkinson's progresses, it's natural to grieve the gradual loss of independence.

Many, for instance, hesitate to use a walker because they feel it signifies surrender. I offer a different perspective: while you might now rely on a walker to move around, it doesn't take away your independence—it enhances it. A walker enables you to remain mobile and engaged in the activities you love. Without it, you risk losing the freedom to do what matters most to you.

The same can be said for giving up driving (also known as driving retirement.) If you—or someone who cares about you—questions your ability to drive

safely, you must consider stepping away from the driver's seat. This can feel like a major blow to your independence, but you can choose to think about it differently. Without proactive alternative arrangements, you could end up limiting your freedom by staying home more often.

Instead, maintain your mobility and independence by exploring the transportation options available in your area, such as local senior services, GoGoGrandparent, or ride-sharing platforms like Uber or Lyft

## **Saliva DNA May Aid in Parkinson's Diagnosis, Risk Assessment**

*(Excerpt from npj Genomic Medicine)*

Researchers Say Genetic Analysis Could Serve as Non-invasive Test Method---Genetic analysis of saliva may offer a noninvasive way to assess the risk of developing Parkinson's disease, according to a saliva-based DNA study led by researchers at the University of the Basque Country (EHU) in Spain. The scientists found that molecular markers in saliva can reflect whole-body disease processes, suggesting the potential for early detection not only of Parkinson's but also of cancer, heart disease, diabetes, and other neurological conditions.

"Saliva is one of the most accessible biological fluids but it is still underutilized in clinical practice," José Ramón Bilbao, PhD, professor of medical genetics at the EHU and the study's senior author, said in a university news story. "Our results show that molecular markers present in saliva can reflect systemic [whole-body] pathological processes beyond the oral cavity."

Although the findings warrant further study and validation, they could help with the development of saliva-based tools for diagnosing and assessing disease risk, the researchers said.

For additional information, please visit: <https://parkinsonsnewstoday.com/news/saliva-dna-aid-parkinsons-diagnosis-risk-assessment/>

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**PEP NEWS**

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**Creatine Supplementation Mitigates the Cognitive Deficits Induced by Sleep Deprivation in Human Subjects.**

*(Excerpt from: [www.nmn.com](http://www.nmn.com))*

A new Study Shows Single-Dose Benefits of Creatine for sleep Deprivation. Creatine counteracts memory loss and processing speed in people who have been sleep deprived. Creatine also counteracts some of the negative metabolic alterations associated with sleep deprivation.

We've all been there: a late night, an early start, and the ability to think and remember dwindles. Sleep deprivation is a common challenge in our modern world, triggering impaired cognitive function that, if chronic, can lead to the development of age-related neurodegenerative disorders like Alzheimer's disease. While many reach for coffee or energy drinks, a recent study published in Nature Scientific Reports suggests a surprising alternative: creatine.

Ref. and to learn more, please view the full article at: <https://www.nmn.com/news/creatine-for-sleep-deprivation-new-study-shows-single-dose-benefits>

**TO REACH US AT**

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Program of Greater Cleveland

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

**T R I B U T E S**

**In Memory of Raymond Brandt**

**Dr. William and Annette Cappaert**

**Bill Fulton and Jeff Duber**