

FEBRUARY 2026 **Barbara Marquardt, Editor, M.Ed., MCHES, WCP, RYT**

FEBRUARY MEETING / Wednesday, February 4, 2026 2:15 p.m.

We welcome **Jennifer Wesolowski, Director of The Turn**, which is a non-profit that believes in the power of sport, adaptive golf and fitness that transforms the lives of all who have physical disabilities including many people with Parkinson's. They also have extracurriculars such as bocce ball, art adventures, golf simulator, etc. We also will have **Annie Richman, owner of Shaker Rocks, located in Shaker Hts.**, who will talk on their Upending Parkinson's program designed specifically for those with Parkinson's.

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

From David Brandt

Last month, I summarized some of the advancements in Parkinson's research for 2025. Here are some anticipated advancements for this year.

In 2026, Parkinson's research is reaching critical milestones in disease modification and precision treatment. Key highlights include:

- **Major Trial Results:** Look for pivotal data from the **Phase 2 LUMA study** (LRRK2 inhibitors) and early 2026 results from the **Phase 3 NOPARK trial** investigating nicotinamide riboside.
- **New Drug Potential:** The FDA may approve **tavapadon**, a selective D1 dopamine receptor activator, providing a novel option for motor symptom management.
- **Innovative Platforms:** Participant recruitment begins for the **SLEIPNIR** platform for rapid drug testing and the **DAPA-PD** anti-inflammatory trial.

- **Next-Gen Tech:** Expect advancements in **adaptive deep brain stimulation (aDBS)** and wearables providing 24/7 "digital fingerprints" of symptoms for personalized care.

Global Events: The **7th World Parkinson Congress** will be held in Phoenix in May 2026, showcasing these breakthroughs to the global community. We hope to keep you abreast of these and more throughout the year.

Upcoming Events

Saturday April 18, 2026 – OPFNE 26th Annual Symposium – More details to follow.

Saturday June 6, 2026 – Moving Day Cleveland put on by Parkinson's Foundation Great Lakes. More details to follow.

Laughter is Medicine

How did the telephone propose?

With a Ring

PD Question Corner

Email: barbaramarquardt@outlook.com

Question: I'm looking for a new book to improve my gut health in the New Year, any thoughts?

Answer: Dr. Mercola's newest book, *"Gut Cure: Stop the Rot, Restore Your Body From the Inside Out,"* which came out in January, puts the spotlight on the modern epidemic of invisible gut dysfunction, and offers you a roadmap to true restoration.

Your gut microbiome acts as a command center for digestion, immunity, metabolism, and brain health; when microbial diversity drops, symptoms often go beyond digestion.

Short-chain fatty acids (SCFAs), especially butyrate, are essential compounds made by healthy gut bacteria that help repair your gut lining, calm inflammation, stabilize blood sugar, and support mental clarity.

Modern diets heavy in seed oils (including linoleic acid), emulsifiers, and ultra processed foods disrupt beneficial bacteria and reduce butyrate production, leaving your gut undernourished even if you eat "healthy" foods. Simple changes, such as replacing seed oils with stable fats like butter, ghee, or coconut oil, can lower inflammation, rebalance your microbiome, and help your body begin healing from the inside out.

Ref: <https://articles.mercola.com/sites/articles/archive/2026/01/12/gut-cure.aspx>

A New Device May Help Restore Your Sense of Smell

(Excerpt from blogs.mercola.com)

A new nerve-stimulating device may offer hope to people who have permanently or partially lost their sense of smell. Scientists have created a system that detects odor molecules and converts them into a unique electrical signal delivered inside the nose. The device doesn't create a true scent, but it produces a distinct physical sensation that the brain can learn to interpret. For people with few treatment options, this marks an early step toward restoring a functional sense of smell.

The approach uses sensory substitution — a method where one working sense helps replace a damaged one. Instead of relying on the olfactory system, the device uses the trigeminal nerve, which normally detects temperature and irritation. In tests, participants with complete smell loss were able to detect these "digital scent" signals and could even tell different signals apart. The technology worked just as well in people with anosmia as in those with normal smell, suggesting it could help a wide range of users.

Researchers plan to expand the number of "odor" signals and refine the stimulation patterns before developing a wearable version. While it doesn't recreate normal smell, it creates a reliable communication channel the brain can use. For the first time, people with smell loss may eventually regain the ability to sense and differentiate odors in daily life. If successful, this technology could pave the way for smell-restoring devices similar to cochlear implants — but for scent.

Six Common Questions About Supplements and Parkinson's Disease

(Excerpt from Michael J Fox Foundation November 2025)

If you've ever searched "best supplements for Parkinson's," you've probably ended up with more questions than answers. From vitamins to herbal blends, the supplement world can feel confusing and overwhelming. To bring some clarity, I spoke with Britt Stone, MD, a movement disorder specialist at Vanderbilt University Medical Center in Nashville, Tennessee, who also completed an integrative medicine fellowship and herbalism certification, to answer common questions about Parkinson's and supplements.

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Where Should People Start with Supplements?

Before adding any supplement, Dr. Stone recommends asking yourself: What am I trying to accomplish? “Are you hoping to ease a specific **symptom**, boost energy or support your overall well-being? Together, I and my patient can look at specific concerns and decide if that supplement makes sense or whether something else would better address those concerns,” she says.

If you choose to try supplements, know that they are not a quick fix for symptoms. “Nothing is going to change instantaneously. Supplements, when they do help, take consistency and time.”

What Are the Best Supplements for Parkinson’s?

“Everyone with Parkinson’s should be looking at a few specific vitamins and minerals and supplementing if levels are low,” says Dr. Stone. “These include Vitamin B12, B6, D and magnesium. Vitamins B12 and D are often low in people with Parkinson’s and B6 can be low in people taking levodopa.” These vitamins and minerals are important for brain, bone and whole-body health. Your doctor can draw blood to check levels, if needed.

Dr. Stone adds that magnesium can also be especially helpful for sleep issues, muscle cramps or **constipation**, depending on the formulation. “For those with constipation, magnesium citrate may be best. If you don’t have issues with bowels, you might want to try magnesium glycinate or threonate for sleep or muscle cramps.”

If sleep is a challenge, “sometimes I suggest a combination of melatonin, magnesium and lavender. But remember, only do one new thing at a time and work up to a combination.” Lavender can help with frequent awakening or **anxiety** at night — “like when you can’t shut your mind off,” says Dr. Stone.

“Melatonin is another popular sleep supplement, especially for people who have vivid dreams or **act out their dreams**.” And lastly, she says, “CBD, a compound in cannabis, also can help with sleep given its anti-anxiety and anti-pain effects. Some people use topical balms on sore muscles or take gummies that contain CBD, with or without melatonin.”

When it comes to issues concerning **memory or thinking**, Dr. Stone says she’s seen anecdotal benefit with Lion’s Mane mushroom tincture. “Some people feel they have an easier time recalling words when

taking this.” Small studies have suggested mild memory improvement in adults who take ginkgo biloba, but more research is needed, specifically in people who live with Parkinson’s.

Can supplements slow or prevent Parkinson’s?

“I wish,” says Dr. Stone—but she’s not aware of any that can. While supplements may help with some symptoms, they’re only supportive. A strong foundation of diet, exercise, and healthy lifestyle habits matters most, since supplements are meant to add on, not replace.

Are Supplements Safe? – One of the top misconceptions Dr. Stone hears from patients is that natural, as in non-prescription, means harmless. “Supplements can have side effects and drug interactions,” she explains. “And they aren’t regulated with the same rigor as prescription medications. So, what’s on the label may not be what’s in the bottle.”

Dr. Stone explains that this leaves room for variation, even in products you use regularly. “Even the same brand can change over time, meaning you might not be consistently taking what you think you are.” Choose products that are third-party, or independently, tested and backed by credible research data. And rely on reputable sources rather than being swayed by social media influencers or strong marketing.

Dr. Stone encourages patients to keep an open dialogue with their healthcare providers about any supplements they’re taking or considering. “Talk to your doctor,” she says. “We can navigate together. I’m often researching products for my patients, and I’ll even try some myself before recommending them to others.”

Should Everyone with Parkinson’s Take a Multivitamin? – “Not necessarily,” says Dr. Stone. “If your diet is balanced and your doctor has checked your vitamin levels, you might not need one.”

She explains that multivitamins can include ingredients you don’t need and miss ones you do. “They’re not one-size-fits-all,” says Dr. Stone. “They can be helpful for some people, but others may benefit more from more targeted supplementation.”

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PEP NEWS

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Which supplements should you avoid?

Dr. Stone advises avoiding supplements that lack evidence of benefit and carry greater risk, cost, or burden than potential reward. These include high-dose CoQ10 (shown to be ineffective), lithium (limited evidence with notable side effects), IV glutathione (invasive, higher risk, and strong placebo effects), and high-dose vitamin B1 unless levels are low, since large doses require injections and may increase toxicity. She also notes that the “harm” of supplements can include wasted money, time, and effort better spent on proven approaches like exercise and diet.

The bottom line: Supplements may support overall health in Parkinson’s, but they’re not a cure or a substitute for proven treatments. Always talk with your doctor about what you’re taking, and ask for help assessing safety or a referral if they’re unfamiliar with a supplement.

MARCH MEETING / Wednesday, March 4, 2026 2:15 p.m.

We welcome **Kevin Tuplitzki, Music Therapist, and Director of Cleveland Music Therapy Company.** Kevin has been a music therapist in Cleveland for over 11 years and has been holding classes at InMotion for those with Parkinson's.

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TRIBUTES

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