PARKINSON EDUCATION PROGRAM

P E P NEWS

A P R I L 2 0 2 6 **Barbara Marquardt, Editor, M.Ed., MCHES, WCP, RYT**

APRIL MEETING / Wednesday, April 1, 2026 2:15 p.m.

We welcome **Susan Whelan**, **Clinical Dietician, MS, RD, CDES, at University Hospitals.** Susan will talk on Nutrition and PD. This is always a favorite subject of our members.

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

MAY MEETING / Wednesday, May 6, 2026 2:15 p.m.

We welcome back **Steven Gunzler, MD**, a neurologist in the **University Hospitals Neurological Institute's Parkinson's and Movement Disorders Center at University Hospitals**. He is also an **Associate Professor of Neurology at Case Western Reserve University School of Medicine**. Dr. Gunzler's interests include Parkinson's disease, dementia with Lewy bodies, and progressive supranuclear palsy.

From David Brandt

Please don't forget to register for the Ohio Parkinson Foundation Northeast Region (OPFNE) annual Symposium on April18. Titled as "A Parkinson's Picnic", it will be a day of education, resources, games, and an indoor picnic.

The Keynote Speaker will be Bryce Perry who will present "Welcome to the Club Nobody Wanted to Join, Living Well with Parkinson's". Drawing from more than 15 years of living with Parkinson's, he will share his personal story with honesty and humor, while addressing both motor and non-motor symptoms, including cognitive challenges that are often the hardest to talk about. This is a free event with lunch and door prizes but registration is required. See details below.

Upcoming Events

Saturday, April 18, 2026 – A Parkinson's Picnic Symposium put on by the **Ohio Parkinson Foundation Northeast Region** (**OPFNE**) 10 a.m. – 3 p.m. at Embassy Suites, 5800 Rockside Woods Blvd., Independence, OH To register, go to https://ohparkinson.com or call 216-250-2420.

Saturday, June 6, 2026 – Moving Day Cleveland put on by **Parkinson's Foundation Great Lakes**. 10 a.m. at the Brookside Reservation. Email Megan Green at mgreen@parkinson.org or call 614-918-7303.

Saturday, June 20, 2026 – Living In Motion put on by **InMotion**. This is for those with PD and their families to explore the role of exercise, education, and community in living well.

Saturday, August 1-2, 2026 – Papa's Path presents its 24 hour walk at the Beachwood High School Track. All day events will be planned ending in the Sunday morning walk to Ahuja Medical Center.

Sunday, August 30, 2026 – Pals in Motion This is the biggest event and fundraiser for InMotion and includes a run, a walk, and family friendly activities.

T R I B U T E S

Dale and Saundra Chryst

Alma Abrams

PD Question Corner

Email: barbaramarquardt@outlook.com

Question: **Do you have a gift idea for a person with Parkinson's?**

Answer: Yes, and this gift may also help improve overall health as knowledge is power! Perhaps look into ***The Blaylock Wellness Report*, by Dr. Russell L. Blaylock**. Dr. Blaylock is a nationally recognized, board-certified neurosurgeon, health practitioner, author and lecturer. He has more than a quarter-century of medical experience. Credentials include 26 years of experience in neurosurgery, editorship of the respected Journal of American Physicians and Surgeons and Journal of the American Nutraceutical Association.

More info, visit: https://www.blaylockreport.com

Myth of the Month

"Voice changes in Parkinson's are unavoidable and can't be improved."

Not true!

Speech and voice changes are common in PD because the disease affects the muscles used for speech. But with the right therapies - including **speech therapy programs like LSVT LOUD**, breathing exercises, and communication strategies - many patients see **dramatic improvement**. The key is **early awareness and intervention**.

Reclaim Your Cellular Health with the Mitochondria Protocol

(Excerpt from mercola.com)

Second of a 3-Part Series

- **A glimpse of the scale of energy flowing through you —** Your mitochondria produce and recycle roughly your entire body weight in **adenosine triphosphate (ATP)** every single day.
- In your brain, one cell alone uses billions of ATP molecules every second, like a tiny city lit up with millions of bulbs all switched on at once, and they do not just sit still. They move toward areas that need more energy and even fuse together to share resources, especially when you push your muscles or challenge your mind. In your muscle cells, they form "power-generating networks" to keep your movement going, and during tough thinking tasks, your brain cells build similar networks to meet the higher demand.
- **The entire power grid in your body is malleable, which has huge consequences for how you age —**Your cellular energy system is like a city-wide power infrastructure, where both the quality of each plant and how well they link together matter. According to Lin, "mitochondrial function is not fixed," and researchers now see that declining performance in these power plants shows up before many age-related diseases do. Again, Lin stresses that this decline isn't inevitable, and that specific lifestyle strategies will strengthen your cellular grid and even slow or reverse some aspects of cellular aging.

Cont'd on page 3

DISCLAIMER: The material contained in this newsletter is intended to inform. *PEP* makes no recommendations or endorsements in the care and treatment of PD. Always consult your own physician before making any changes. No one involved with the newsletter receives financial benefit from any programs/products listed.

Life Extension magazine has reported for many years on the benefits of low-dose lithium orotate for this minerals potential to reduce dementia risk. Lithium rotate has also been shown to: Modulate several biological processes involved in aging and disease; and may help in reducing depression and anxiety. Be sure to discuss further with your health care provider.

To learn more, please visit Life Extension Magazine, January 2026 edition, pages 38-43.

Also, if you have any questions on the scientific content of the article, please call a Life Extension Wellness Specialist for free at 1-866-864-3027.

Ref.: Life Extension Magazine January 2026

Laughter is Medicine

What do you get when you cross a tulip with a dog?

Collie-flower

Empowerment Tip of the Month

Use your voice every day.

Speech muscles are like any other muscles - they need exercise.

Try these simple habits:

- Read aloud for 5 minutes daily
- Practice speaking with strong breath support
- Face the person you're talking to
- Don't rush your words

Small daily exercises can make a big difference over time.

PART 2 IN SERIES OF 3

Reclaim Your Cellular Health with the Mitochondria Protocol

(Excerpt from mercola.com)

Second of a 3-Part Series

- **Failing mitochondria impact brain health —** Lin then goes into the topic of Alzheimer's disease and offers a view that goes far beyond the typical focus on protein buildup in the brain. She explains that failing mitochondria can trigger this buildup. When your mitochondria falter, they not only struggle to make energy — they stop removing harmful proteins like amyloids and block communication lines between brain cells. She describes your mitochondria as a "maintenance crew," explaining that when they are healthy, it clears debris, protects the connections between neurons, and even supports the growth of new brain cells. When they weaken, the entire system becomes cluttered, slow, and unstable.
- **How mitochondria function under Parkinson's disease —** Next, Lin explores the role of mitochondria in Parkinson's disease. She highlights a gene called PTEN -induced kinase 1 (PINK1), which acts like an inspector that flags damaged mitochondria so they can be removed through mitophagy, a process she describes as "the eating of mitochondria." When PINK1 doesn't work properly, damaged mitochondria pile up. This hits brain areas that steer movement, leading to the symptoms people recognize in Parkinson's disease. Lin then connects mitochondrial stress to mood disorders, explaining that long-term psychological stress keeps your mitochondria running at maximum output. Over time, this overload, also called mitochondrial allostatic load, wears the system down, lowering efficiency and causing problems to cascade through both your emotional and physical health.
- **The brain responds positively when you care for its energy system —** You're not stuck with the mitochondrial health you have right now. Lin reveals that exercise boosts the creation of brand-new mitochondria in the brain, upgrading your internal power grid and improving your ability to think clearly under pressure. She also noted that the bacteria in your gut send signals along the **gut-brain axis** that influence how your brain's mitochondria function, showing how much your mental sharpness depends on habits outside your head as well.
- **Sleep plays an important role —** Your brain performs essential mitochondrial repairs during regular sleep cycles, and when those cycles break down, your energy system suffers. Disrupted sleep undermines mitochondrial repair, which is why poor sleep leaves you foggy, irritable, and less able to think clearly the next day. Lin makes it clear that these everyday habits are more than healthy choices — they are tools for protecting your brain against fatigue, psychiatric conditions, and long-term diseases such as Alzheimer's and Parkinson's.

Actionable Steps Part 1 — How to Strengthen Your Inner Power Grid – After Lin lays down the science on how mitochondria work to create an energy network within your body, she introduces her own set of strategies designed to help you strengthen this very system using everyday habits. Again, focus on minimizing LA intake first, then you can try implementing her protocol.

- **Get regular exercise and vary your routine —** Lin describes high-intensity interval training (HIIT) as a way to activate PGC-1α, which she calls your body's "general contractor" for building new mitochondria. For example, sprint intervals boost mitochondrial content "about 2.3 times more" than standard HIIT programs, making them the most powerful option for building new energy factories quickly. Traditional cardio, by contrast, upgrades the efficiency of the mitochondria you already have, while strength training increases the number of mitochondria inside each muscle fiber.
- **Improvements depend heavily on how well you recover —** Lin warns that "more isn't necessarily always better," especially if you struggle with fatigue conditions. Your mitochondria need time to recycle damaged parts through a process she compares to clean-up and reconstruction, and sleep plays a major role in this. During **quality sleep**, proteins such as Dynamin-related protein 1 (DRP1) act like inspectors that identify and remove damaged components, keeping your energy machinery running smoothly. She adds that you can improve this nightly repair system by sticking to consistent sleep-wake times and sleeping in a cool, dark room.
- **Your eating schedule affects your energy production —** Eating during the daytime (your natural active window) helps maintain strong mitochondrial rhythms. Even shorter periods of daytime-aligned eating help your cells switch between fuel types and stay resilient under stress. Using herself as an example, Lin explains that she struggles with this problem while living in a "night-focused city," making it clear that aligning eating habits with daylight hours is important for long -term energy stability.

Part Three of a 3-Part Series Cont'd in the May 2026 Newsletter

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

***PEP* NEWS**
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of Greater Cleveland
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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.

Electroacupuncture Alleviates Parkinson's Disease by Inhibiting the NLRP3 Inflammasome Pathway

(Excerpt from https://pubmed.ncbi.nlm.nih.gov/40535642/

Objectives: To explore the therapeutic effects and potential mechanism of electroacupuncture (EA) in a Parkinson's disease (PD) mouse model.

Methods: C57BL/6 mice were randomly assigned to control, 1-methyl-4-phenyl-1,2,3,6-tetrahydropyridine (MPTP), MPTP + sham EA, and MPTP + EA groups. PD was induced by MPTP. EA was applied at Baihui (GV20), Hegu (LI4), and Taichong (LR3). After 20 days of treatment, behavioral tests including the open field test, rotarod test, and Morris water maze were conducted. Dopaminergic neuron survival, apoptosis, and expression of inflammatory markers were assessed.

Results: MPTP-induced mice exhibited impaired motor and cognitive performance, increased brain apoptosis, reduced dopaminergic neurons, and elevated expression of α-synuclein, NLRP3, IL-1β, IL-18, caspase-1, and gasdermin D. These changes were not significantly altered by sham EA. In contrast, EA significantly improved motor and cognitive function, reduced apoptosis, preserved dopaminergic neurons, increased tyrosine hydroxylase expression, and suppressed NLRP3 inflammasome activation.

Conclusion: EA mitigates PD symptoms and exerts neuroprotective effects by inhibiting NLRP3 inflammasome-mediated neuroinflammation.

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