

SEPTEMBER 2026 Barbara Marquardt, Editor, M.Ed., MCHES, WCP, RYT

September MEETING / Wednesday, September 2, 2026 2:15 p.m.

We welcome back **Dr. Umar Shuaib M.D. Movement Disorders** at the **Cleveland Clinic**. Dr. Umar will speak on Parkinson's update for 2026.

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

OCTOBER MEETING / Wednesday, October 7, 2026 at 2:15 p.m.

To Be Announced

From David Brandt

We are winding down the Parkinson's related events in Northeast Ohio for 2026. The successful Papa's Path Walk was completed earlier this month which brings us to InMotion's Pals in Motion event late this month, Cleveland Clinic's Empower U in September (currently filled but waitlist available), and University Hospitals' Parkinson's Boot Camp in October.

I highly encourage you to attend all of these events if you can. You will gather so much information, listen to great speakers, and be part of the closeness of the PD community. Below are more details.

Upcoming Events

Sunday, August 30, 2026 – Pals in Motion at the Beachwood High School track. This is the biggest event and fundraiser for InMotion, **Pals in Motion** is a unique and fun event, and offers the following exciting components: 5K walk and chip-timed 5K run, 1 Mile Family Walk, plus a Field Day Challenge and Music & Arts Activities for the whole family. 8:30 a.m. is the Welcome and announcements 9 a.m. is the start of the walks/runs 10 a.m. – 11 a.m. is Field Day Challenge and Art/Music Activities. Go to this [link](#) to register.

Saturday, September 19, 2026 - Cleveland Clinic's EMPOWER U at the John S Knight Center in Akron from 9 a.m. – 3 p.m. Features a flexible schedule, choose what time you want to come and what sessions you want to attend. Free valet parking and lunch provided.

ed. Unfortunately, the registration is officially closed; however, you may still use this [link](#) to put your name on a **waitlist** if you'd like. Email cnrcoc@ccf.org with questions. Here are the topics covered: Exercise in PD; Rehab Therapies throughout the stages of PD; Deep Brain Stimulation and Focused Ultrasound Resources for all stages of the PD Journey; Cognition Depression, Anxiety, and Apathy; Sleep; Update in Medications; Living Well with PD; Ask the Experts Q&A.

Saturday, October 31, 2026 – 17th Annual University Hospitals Parkinson's Boot Camp at the Cleveland Marriott East in Warrensville Hts. Headline speaker will be Dr. Sarah Wittingham, a participant in the 2023 IRONMAN World Championship. More details to follow.



FYI

- ⇒ Did you know that FLUORIDE has been connected to inflammation and NEURODEGENERATION.
- ⇒ Did you know that Nitric Oxide is a free radical with a role in excitotoxicity in Parkinson's. It also inhibits mitochondrial energy production, which is an issue with Parkinson's.
- ⇒ Vermont Finalizes Landmark BAN of Paraquat---Montpelier, VT — Vermont Gov. Phil Scott (R) has signed legislation banning paraquat, a controversial herbicide that has been tied to an increased risk of Parkinson's disease among agricultural workers. Scott's signature on H. 739 cements Vermont as the first state to do so. Effective Nov. 1, the new law prohibits the use or sale of paraquat after 2030 and requires a permit from state agricultural officials before that. To read the full article, [click this](#).

PD Question Corner

Email: barbaramarquardt@outlook.com

Question: Are viruses linked to Parkinson's?

Answer: Several viruses such as hepatitis C virus, Epstein-Barr virus, and possibly the COVID virus have been associated with Parkinson's disease. A study in Denmark found a positive correlation between influenza infection, and diagnosis of Parkinson's disease more than 10 years after the infection.

Another recent study found a link between norovirus infection (which is common on cruise ships) and Lewy body disease, a form of dementia. The researchers found norovirus in the nasal and intestinal mucosa of patients. Both the nose and the intestines are closely connected to the brain.

Ref.: The Blaylock Wellness Report, August 2026, Vol. 23, No.8; Lata V. et. al J Viral Hepatitis 2015; 2:784-791; Woulfe J et. al Neurol Neuroimmunology Neuroinflamm 2016; 3:239; Cocoros NM et al. JAMA Neurol 2021; 78(12):1461-1470; and Moreno-Valludares M et al. In J Med Sci 2022;23 (15); 8376.

Carly Simon Reveals the Common Condition that Masked Her Parkinson's Diagnosis

(Excerpt from foxnews.com)

Joint stiffness, difficulty walking and gait changes overlap between the two conditions, neurologist says. Singer Carly Simon has revealed that her PD was initially mistaken for arthritis, highlighting how the two conditions can share similar symptoms, particularly in the early stages.

"My health issues began with arthritis in both knees and one hip. I had all three joints replaced, and thought the difficulty I was having walking was simply part of the long recovery process," Simon said in a statement on July 27.

"Eventually, there were periods when I could not walk without considerable help. My family and I knew something more was going on. After an extensive evaluation at Mayo Clinic, I was diagnosed with Parkinson's."

To read the full article [click here](#)

4 Ways to Fight And Even Reverse Brain Aging

(Excerpt from <https://www.austinperlmutter.com/>)

The best-studied tools to implement today. This Could Fight Brain Aging. When most people think about aging, they imagine a linear progression towards an inevitable end. They think in terms of birthdays, knowing that the more candles on the cake, the more we should anticipate things like joint pain, lines on the face and even foggy thinking. Yet the most recent research shows us that we have the story all wrong around brain health. The brain changes we associate with aging (for example, memory loss) are far more dynamic and modifiable through the choices we make each day than people realize. Here's how you can help slow brain aging and protect your brain right now.

What is "brain aging"? – While most people count their age in birthdays, our bodies don't see time in the same way. In fact, research shows us that each organ in our body ages at a different biological rate (this is called "biological age"), and this predicts our risk for having issues with those organs more than our age in birthdays. For example, having a biologically older liver correlates with dramatically higher rates of liver disease. Specific to this conversation, having a biologically older brain (as measured using MRI and other tests) is strongly linked to risk for cognitive impairment, dementia and even conditions like multiple sclerosis. While there are many specifics, brain aging on imaging is usually linked to the rate of loss of brain tissue (atrophy).

Can we slow brain aging? – Unlike our age in birthdays, we can absolutely take steps to positively influence our rate of biological aging. Research just published in the last few years demonstrates that certain lifestyle factors are strongly linked to the speed with which our brains age, and a recent diet study even showed that adopting a specific food pattern was linked to a slower rate of brain aging. While we may not be able to stop our brains from aging, this science points to powerful strategies to help combat more rapid aging. Here are four of the most important to prioritize today.

(Cont'd on Page 3)

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.

4 Ways to Fight And Even Reverse Brain Aging (Cont'd from pg. 2)

(Excerpt from <https://www.austinperlmutter.com/>)

Eat the right diet – Every bite of food is information that programs brain structure and function. According to a study just published, lower diet quality between childhood and adulthood is linked to a higher risk for developing dementia. Multiple previous studies have also demonstrated that eating a healthy diet akin to the Mediterranean or MIND diet patterns could reduce dementia risk, and that higher diet quality is linked to larger brain volumes. However, there's also some interventional data suggesting a protective effect on brain aging.

In an 18-month study on 284 people published in 2022, researchers found that people assigned to either a Mediterranean diet or a Mediterranean diet plus additional sources of plant molecules called polyphenols demonstrated slower rates of brain atrophy, with the biggest benefit seen in the group consuming the most polyphenols. Beyond consuming a diet rich in fiber, healthy fats, fruits and vegetables and polyphenols and low in processed foods, research also suggests that avoiding excess alcohol is a powerful way to prevent rapid brain aging.

Exercise regularly – It's been well documented that regular exercise can help boost and protect brain function. As just stated in The Lancet, "...regular physical activity, high cardiorespiratory fitness (CRF), or a combination of both, can mitigate cognitive impairment and reduce dementia risk." Beyond this, exercise may even be able to reverse brain aging. In a stunning 2011 study, researchers found that a regular exercise program grew the brain's memory center (the hippocampus), "effectively reversing age-related loss in volume by 1 to 2 y."

Equally impressive was a just published study showing that 12 months of exercise effectively lowered people's relative brain age. There's lots of nuance and specifics to uncover here, but engaging in at least 150 minutes of moderate intensity exercise along with 2-3 days of resistance training a week should be a goal for all who can manage it.

Avoid Air Pollution – One of the most compelling recent areas of brain research concerns the link between environmental exposures and brain health outcomes. Though largely marginalized as a topic of

podcasts and popular health conversations the brain risk posed by air pollution is starting to gain more recognition. For example, a new article published in Stroke demonstrated that even lower exposure to tiny PM 2.5 air pollutants was linked to brain atrophy in older adults with good brain function. A recent mouse study found exposure to the same pollutants led to brain atrophy. Importantly, research also suggests that improving air can help counter some of these effects. In a 2024 study in Environment International, researchers found that when air pollution levels dropped, brain function improved, as did an imaging marker of brain health.

Focus on Sleep Quality – It is impossible to overstate the importance of sleep for brain health. Better sleep is linked to improved focus, cognition, mental health and lower risk for a host of brain diseases. Yet the extent to which this correlates with brain aging has only recently been explored. In a 2025 paper in eBio-Medicine, researchers compared sleep quality scores with inflammation and brain aging in nearly 28,000 adults. People reporting lower quality sleep were found to have higher brain ages, and inflammation appeared to help explain the association. The effect of sleep on brain aging may be far more rapid (and reversible) than other variables. A powerful 2023 paper in The Journal of Neuroscience used MRI to gauge brain aging after 24 hours of sleep deprivation, finding an increase in brain age of 1-2 years that was reversed after participants were allowed a night of recovery sleep. While better sleep hygiene practices can dramatically improve sleep quality, it's important to recognize that treatable sleep disorders like obstructive sleep apnea often go undiagnosed, so consider speaking to your health practitioner about a sleep evaluation if sleep quality is a major challenge.

TRIBUTES Marlys Bremer

Laughter is Medicine

What is it called when a tree takes some
time off?
A Paid leaf.

PEP NEWS

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Healing Parkinson's from the Gut: The Microbiome Breakthrough

(Excerpt from the Urban Monk Podcast)

Discover the groundbreaking connection between your gut microbiome and Parkinson's disease in this essential episode of The Urban Monk Podcast. You'll learn how cutting-edge research is revealing new pathways for healing Parkinson's from the gut, offering hope and new strategies for those affected.

Join Dr. Pedram Shojai as he sits down with microbiome researcher Martha Carlin, who shares her personal journey and scientific breakthroughs in understanding Parkinson's. You'll hear how Martha, driven by her husband's diagnosis, transitioned from an accounting career to spearheading research that identifies specific gut bacteria linked to different Parkinson's phenotypes. This conversation will illuminate how a functional approach to the microbiome, focusing on what microbes **do** rather than just **who** they are, is revolutionizing treatment possibilities. Dr. Pedram Shojai and Martha discuss the evolution of microbiome research, from simply identifying diversity to isolating specific strains that can target lost functions in the gut, moving beyond general probiotics to highly specialized solutions. You'll gain a deeper understanding of how toxins, metabolomics, and the intricate "teamwork" of microbes play a crucial role in your overall health and neurological well-being.

To listen to the podcast and to learn more, please visit: <https://www.youtube.com/watch?v=eeuVB4AiZVg&t=2137s>

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