

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

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

We welcome back **Ellen Walter, CNP, Cleveland Clinic**. Ellen has always been one of our most popular speakers and is consistently one of the highest rated medical personnel at the Clinic. She will talk on 911: What's Your Emergency? She will highlight the risks and dangers in PD and how to identify and try to prevent them.

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

DECEMBER MEETING / Wednesday, December 2, 2026 at 2:15 p.m.

We welcome **Joseph R Urgo**, currently at the **University of Akron** in a series of interim leadership roles including provost and dean of arts and sciences and author of the book ***Motion To Survive: A memoir on Moving Through Life with Parkinson's***. He will speak on his journey with Parkinson's as detailed in the book.

From David Brandt

I wanted to remind everyone of a couple of offerings that we provide to *PEP* members.

First, for those that have not already received it, when you attend our meeting, we will provide a Steady Essentials Mini Toolbox from Papa's Path. This kit which has been very popular includes a soft sensory stress ball, horizontal sturdy handle design zipper pulls, easy twist off water bottle opener, physician designed pencil grippers, wide handle nail clipper, and triangle grip washable markers. All designed to make simple tasks easier as we age or have more limited mobility.

Second, we provide a 50% grant on the cost of joining Village in the Heights which is an organization that is based on neighbors helping neighbors. They have volunteers who can provide transportation to grocery stores, medical appointments, and even *PEP* meetings. They offer many routine In-House Assistance chores such as moving furniture, changing light bulbs, and making light-duty repairs. Village in the Heights covers most east side Cuyahoga County suburbs.

Upcoming Events

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. Registration is open October 1. The online registration portal is available through the University Hospitals Parkinson's Boot Camp Event Page. Alternatively, updates and shared event documentation are tracking the event schedules over at the [Ohio Parkinson Foundation Northeast Region Event Portal](#). If you prefer to connect with someone live and sign up over the phone or have trouble navigating the site, you can contact the event coordinators directly at **216-983-5741**.

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

PD Question Corner

Email: barbaramarquardt@outlook.com

Question: What is Watt-Ahh®, an AquaNew® Water?

Answer: AquaNew's Watt-Ahh® or "Polarized Water" is different at its molecular basis, and consequently in its own exclusive category when compared to other types of water. The stable dioxytetrahydride molecule (two co-valent bonded oxygen and four hydrogen) is a crystalline-like structure enriched with electrons. Negatively charged electrons (or polarization) reduce surface tension and clustering of water molecules for cellular absorption, and in preventing the clumping of blood.

Benefits of Polarized Water

- Electron transfer supporting mitochondrial functions
- High ORP (Oxidation Reduction Potential) so that oxygen is available
- Linear structure that passes the blood-brain barrier without caffeine or other stimulants
- Amplification of redox signaling for stem cells and T-cells to wound sites

To learn more about AquaNew's Watt-Ahh® or "Polarized Water", please visit: <https://www.aquanew.com>

Ref.: <https://www.aquanew.com>

Neurodegeneration in PD: The Role of Environmental Toxins

(Excerpt/Summary — Journals.sagepub.com)

[Click here to read the full article](#)

Parkinson's disease (PD) is one of the fastest-growing neurological disorders worldwide, with the number of people affected projected to reach 13–14 million by 2040. Although aging and genetics contribute to the disease, a growing body of research suggests that environmental exposures may also play an important role.

More Than One Cause

Researchers increasingly view Parkinson's as a **multifactorial disease** rather than one caused by a single factor. The article describes a "multiple-hit" theory: aging, genetic susceptibility and environmental expo-

sure may accumulate throughout a person's lifetime. Together, these "hits" may increase vulnerability of the dopamine-producing brain cells affected by Parkinson's. Aging remains the strongest known risk factor, but aging alone does not explain why some people develop PD and most do not.

Environmental Exposures Being Studied

Pesticides: Occupational pesticide exposure has been associated with increased PD risk, and studies have identified associations with chemicals including paraquat, rotenone and some organophosphates. Researchers are also studying how genetic differences may make certain individuals more susceptible to pesticide-related effects.

Industrial solvents: Trichloroethylene (TCE), a solvent historically used in cleaning, degreasing and other industrial applications, is a widespread contaminant found in air, soil and water. Studies cited in the review have reported associations between TCE exposure and increased Parkinson's risk.

Air pollution: Long-term exposure to fine particulate matter and traffic-related pollutants is also being investigated. Several studies have found associations between exposure to pollutants such as PM2.5 and nitrogen dioxide and increased PD risk, although results vary among studies and populations.

Heavy metals and other exposures: Manganese, lead, iron and mercury are among the metals being studied, along with repeated head trauma and other environmental factors. Researchers believe several of these exposures may affect processes involved in brain-cell damage.

Could Infections Be Another "Hit"?

The review also examines whether viral infections may trigger or amplify processes associated with neurodegeneration. Influenza has long been studied because of historical observations following the 1918 pandemic. More recently, researchers have investigated SARS-CoV-2. Laboratory and animal studies suggest that some infections may produce prolonged inflammation or make vulnerable brain cells more susceptible

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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.

Neurodegeneration in PD: The Role of Environmental Toxins

(Cont'd from page 2)

to later insults. However, the authors emphasize that much of this evidence remains experimental and **does not establish that having influenza or COVID-19 causes Parkinson's disease.**

The "Exposome": Looking at a Lifetime of Exposure

Rather than examining one chemical at a time, researchers are increasingly studying the **exposome**—the total collection of environmental influences a person encounters throughout life. This can include air pollution, pesticides, heavy metals, diet, physical activity, infections, stress and socioeconomic conditions, together with internal factors such as genetics and the microbiome. The idea is that these influences may interact rather than act independently.

What Does This Mean for Parkinson's Research?

The research does **not** suggest that one particular exposure causes Parkinson's in everyone. Instead, it points toward a complicated interaction among **age, genetics, environmental exposures and possibly infections**. Several of these factors appear to converge on similar biological processes—including mitochondrial dysfunction, oxidative stress, inflammation and abnormal protein accumulation—that can make dopamine-producing neurons vulnerable.

The authors caution that environmental exposure is difficult to measure over a lifetime and that many findings come from animal or laboratory studies. More long-term human research is needed to determine which exposures actually contribute to disease and which people are most susceptible. Ultimately, identifying **modifiable environmental risk factors** could open another avenue for Parkinson's prevention and brain-health protection.

Laughter is Medicine

**What was the turkey thankful for on Thanksgiving?
Vegetarians**

MitoSwab™: A Simple Cheek Swab Test Worth Discussing With Your Doctor

(Excerpt/Summary: MitoSwab™ (mitoswab.com) and Mitochondrial Medicine Society research)

MitoSwab™ is a noninvasive test designed to measure certain aspects of mitochondrial function using cells collected from inside the cheek.

Mitochondria are often described as the body's cellular powerhouses because they help produce the energy our cells need to function. Researchers have been studying the possible relationship between mitochondrial dysfunction and neurological conditions, including Parkinson's disease.

Although MitoSwab™ offers a relatively simple method of collecting cells for analysis, its usefulness in diagnosing, monitoring, or guiding treatment for Parkinson's disease has not been established.

Individuals interested in learning more about mitochondrial health or this particular test are encouraged to discuss it with their healthcare provider to determine whether it has any relevance to their individual medical needs.

Berry Walnut Yogurt Cup

Ingredients:

½ cup plain Greek yogurt
½ cup blueberries or strawberries
1 Tbsp. chopped walnuts
1 tsp. honey
Sprinkle of cinnamon

Directions: Layer yogurt and berries. Top with walnuts, honey and cinnamon. Enjoy!

Why it's healthy: Provides protein, antioxidants and healthy fats in a quick, no-cook snack.

PEP NEWS

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Facebook – Parkinson Education

Program of
Greater
Cleveland

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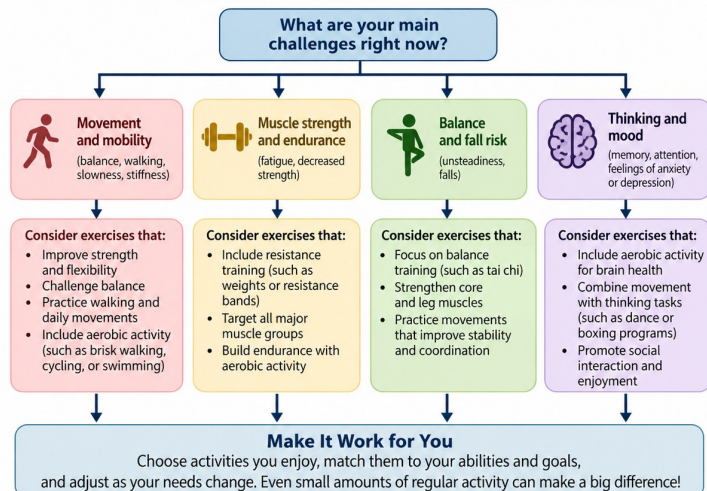
ohparkinson.com

Living Well with Parkinson's

This is the first article in a new monthly section of our newsletter, *Living Well with Parkinson's*. Each month, we will share practical information from a recent medical review on holistic wellness for people with Parkinson's. This month we begin with the important topic of physical activity.

Choosing the Right Exercise Approach

A guide based on your Parkinson's symptoms and individual abilities.



Adapted from: Martin C. et al. Holistic Wellness in Parkinson's Disease: A Systematic Review and Practical Framework. Movement Disorders Clinical Practice. 2024. (Concept from the article's exercise decision-making figure.)

November 2026 | Move More, Your Way

Staying active is an important part of living well with Parkinson's. Walking, cycling, stretching and other enjoyable movement can help support mobility and everyday function. You do not have to do everything at once—regular movement throughout the day matters, too. Ask your healthcare team which activities are appropriate for your abilities and safety.

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.

Live near a dry cleaner? It's bad news (Excerpt/Summary: MedicalDaily.com)

People who lived within 500 feet of a dry cleaner had 14% higher odds of being diagnosed with PD than people living four to five miles away, according to an analysis of Medicare records. Odds declined steadily as residential distance increased, a gradient that researchers treat as one signal that an association may reflect something real. The study included 180,982 people with newly diagnosed PD and more than 18.8 million control participants living within five miles of a dry cleaner. By design, the study was unable to prove that solvents caused anyone's condition.