



PARKINSON News

PUBLISHED BY THE PARKINSON ASSOCIATION OF GREATER DAYTONA BEACH (PAGDB)

MARCH MEETING

Glutathione, Glyphosate & PD
Tuesday, March 16, 2021 • 11 AM

We will be welcoming local area Icon, Wellness Coach, Health Guru, and owner of LOVE Whole Foods – Mitch Booth. Mitch will discuss glutathione, a compound produced in the liver and how depleted levels of this compound can lead to exacerbated symptoms of PD. Mitch will also discuss the chemical Glyphosate (aka Round-Up) and its link to PD.



Mitch Booth

This event will take place via Zoom. Online registration for is required. To register click the button below or visit: www.parkinsondaytona.org/you-me-pd

Register for Webinar

RECENT GIFTS & GRANTS

- ♥ Jennifer Lynn Mosher – Gift in Memory of Norman Mosher
- ♥ Monica & John Palfrey – Gift in Memory of Henry Schelter

A huge debt of gratitude to all those that donate to our cause. Your gifts and grants go a long way in enabling us to carry on. Thank You!

To make a gift in honor or memory of a friend or loved one, to provide a grant, or to simply donate to the PAGDB cause: By mail, please make checks payable to Parkinson Association of Daytona and mail to P.O. Box 4193 Ormond Beach, FL 32175. **To donate online, please go to our website at www.parkinsondaytona.org and click on the Donate link.**

Donate

“Brain Changing Impacts of Therapy for Patients with PD”

Tuesday, February 16, 2021 • 11:00 AM



Costanza Aranda, PT, DPT, MSPH



Amanda Spaur, MA, CCC-SLP



Susann Eisner, OT

Please join us as we welcome a panel of therapists from AdventHealth Rehab. This program has been created to expand knowledge of the whole person approach to rehabilitation services available to people with Parkinson’s. The goal is for participants to have a better understanding of the scope of practice for each discipline, common deficits, evaluation, and treatment options. Attendees will have the unique opportunity to pose questions to any or all three of the panelists who specialize in the areas of Speech Language & Pathology (Amanda Spaur, MA, CCC-SLP), Occupational Therapy (Susann Eisner), and Physical Therapy (Dr. Connie Aranda, PT, DPT, MSPH).

This event will take place via Zoom. Online registration for this webinar is required. To register click the button below or visit: www.parkinsondaytona.org/you-me-pd

Register for Webinar



Try to be a rainbow in someone else's cloud.

NOTE: The information in this newsletter and the information provided by our speakers is not intended as medical advice. Please consult your physician before trying anything new or different.

Virtual Support Group Meets 1st Thursday of Each Month

Meeting ID: 548 015 1547

*No code needed; once you join host will accept your request to access zoom call.



Parkinson's Education/ Q&A

Dr. Okun, M.D.

National Medical Director for Parkinson's Foundation
Executive Director Norman Fixel Institute for Neurological Diseases

February 18, 2021 @ 12:30pm – 1:30 pm

Registration is required:

https://us04web.zoom.us/webinar/register/WN_Mx95VPzqRFySfOUpxZG27A

Meeting ID: 790 8355 7569

Password: none

UPCOMING EVENTS

Parkinson's & Brain Health: A New Approach

Speaker Dr. Case, DC, DACNB

Case Chiropractic Neurology Center

March 4, 2021 @ 5:30 pm – 6:30 pm

LSVT: Thinking "BIG"

Speaker Elizabeth Gerdes, PTA

Advance Rehab

March 18, 2021 @ 5:30 pm – 6:30 pm



Erica Lyons, OTDS, CLYL, LSVT BIG

Occupational Therapy Student | Jacksonville University

LifeRenewed.PD Support Group Organizer & Host

Ph: 470-360-5277 E: elyons3@jacksonville.edu

Website: <https://sites.google.com/view/liferenewed-pd/home>

Register

Exercise and Parkinson's



Exercise is an important part of healthy living for everyone, but for people with Parkinson's disease (PD), exercise is medicine! Physical activity has been shown to improve many PD symptoms, from balance and mobility issues to depression, constipation and even thinking skills.

In addition, research shows that exercise may have a protective effect on the brain, slowing the degeneration of brain cells. It is also an active way of coping with PD. Establishing early exercise habits is an important component of overall Parkinson's management.

Benefits of Exercise

Research has shown the following positive impacts of exercise:

- Engaging in any level of physical activity is beneficial and can improve motor symptoms.
- For people with mild to moderate PD, targeted exercises can address specific symptoms. For example: aerobic exercise improves fitness, walking exercises assist with gait and resistance training strengthens muscles. One study showed that twice-a-week tango dancing classes helped people with PD improve motor symptoms, balance and walking speed.
- Aerobic exercise can improve age-related changes in executive function, a type of thinking that is affected in Parkinson's.
- People who start exercising earlier experience a significant slower decline in quality of life than those who start later.
- People with advanced PD who exercise show greater positive effects on health-related quality of life, so it is particularly important to keep exercising and finding new ways to facilitate exercise as the disease progresses.

Reported benefits of exercise include improvements in the following areas:

- Gait and balance
- Flexibility and posture
- Motor coordination
- Endurance
- Working memory and decision making
- Attention and concentration
- Quality of sleep

And reductions in the following concerns:

- Falls
- Freezing of gait
- Depression and anxiety

Types of Exercise

There is no one exercise prescription that is right for every person with Parkinson's. The type of exercise you do depends on your symptoms and challenges. For sedentary people, just getting up and moving is beneficial. More active people can build up to regular, vigorous activity.

Data from the Parkinson's Foundation Parkinson's Outcomes Project, the largest-ever clinical study of Parkinson's, suggest that people with PD do at least 2.5 hours of exercise every week for a better quality of life.

To help manage the symptoms of PD, be sure your exercise program includes a few key ingredients: aerobic activity, strengthening exercises and stretching. There are many types of exercises you can do to incorporate all three elements, including but not limited to the following:

- Running and walking
- Biking
- Tai chi, yoga, Pilates or dance
- Weight training
- Non-contact boxing

Some exercise programs focus on functional movements – things that are part of daily life, such as walking, standing up or lifting and reaching for objects. Researchers are also studying the impact of novelty: trying something new. When you begin a new activity, your brain – not just your muscles – learns the movements. So be creative, and vary your routine: exercise indoors and outside, by yourself, in a class setting, or one-on-one with a trainer or physical therapist. Just be sure to get guidance from your healthcare team.

If you're just starting an exercise program, build up to the recommended 30 minutes of exercise five times a week. For example, walk for 10 minutes three times a day instead of one 30-minute walk.

Involving Your Team

Any form of physical exercise you can do without injuring yourself will provide benefit. Even gardening and housework count! Before beginning any new exercise, consult with your physician and, if available, a physical therapist that has experience with Parkinson's. Check with your physician if you have health concerns that affect your ability to exercise. Seek a physical therapy referral for help planning your exercise program.

Conclusion

Many approaches work well to help maintain and improve mobility, flexibility and balance and to ease non-movement PD symptoms such as depression and constipation. The most important thing is to exercise regularly. To find exercise classes in your area, call the Parkinson's Foundation Helpline at 1-800-4PD-INFO (473-4636).

Fitness Tips to Manage PD Symptoms

- ✓ **Choose an exercise program that you will actually do! Don't design a great, Parkinson's-specific program and then skip it because it's too hard or not fun.**
- ✓ **Follow a varied routine. Perform simple stretches and posture exercises daily, and make sure to include aerobic and strengthening exercises several times per week.**
- ✓ **Keep intensity at a level that feels "somewhat hard" for you.**
- ✓ **Consider joining an exercise class or group. Classes are good motivation and also provide an opportunity to socialize. Trained instructors give clear guidelines and offer modifications.**
- ✓ **Try exercise videos or home exercise equipment if it is difficult to get out.**
- ✓ **Music can enhance performance by providing rhythm to coordinate movement.**
- ✓ **Be creative with your fitness. Challenge yourself and have fun!**
- ✓ **Consider attending Moving Day, a Walk for Parkinson's, in your area to keep moving and strengthen your PD fitness community.**



800.4PD.INFO (473.4636)
HELPLINE@PARKINSON.ORG

PARKINSON.ORG

2018

Ice Cream Flavors Word Search

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- * **TRIPLE
TORNADO**
- * **COCONUT**
- * **MAPLE**
- * **REESES**
- * **ROCKY ROAD**
- * **WALNUT**
- * **STRAWBERRY**
- * **COOKIE
DOUGH**
- * **FUDGE**
- * **NEOPOLITAN**
- * **TIGER TAIL**
- * **PECAN**
- * **CHOCOLATE**
- * **GREEN TEA**
- * **BANANA**
- * **COTTON
CANDY**
- * **HOKEY POKEY**
- * **VANILLA**

THE WELLNESS CORNER

Bile acids may play previously unknown role in Parkinson's

What does bile acid production in the digestive tract have to do with Parkinson's disease?

Quite a lot, according to a sweeping new analysis published in the journal *Metabolites*. The findings reveal that changes in the gut microbiome — the rich population of helpful microbes that call the digestive tract home — may in turn alter bile acid production by favoring synthesis of toxic forms of the acids.

These shifts were seen only in people with Parkinson's and not in healthy controls, a critical difference that suggests bile acids may be a viable biomarker for diagnosing Parkinson's early and tracking its progression. The insights also may provide new avenues for developing therapies that impede Parkinson's-related changes in the gut, thereby potentially slowing or stopping disease onset and progression.

The research was led by the late Viviane Labrie, Ph.D., of Van Andel Institute, in collaboration with colleagues at VAI, Beaumont Health, Michigan State University College of Human Medicine and Oregon Health & Science University.

"It's becoming increasingly clear that gut health is tightly linked to brain health," said Peipei Li, Ph.D., the study's first author and former postdoctoral fellow in the Labrie Lab. "Our findings provide exciting new opportunities for better understanding this relationship and possibly for developing new ways to diagnose — and even treat — Parkinson's."

To investigate differences in the microbiome, the team turned to the appendix, a frequently maligned bit of tissue that actually plays an important role in regulating gut microbes. .

Using a "multi-omics" approach, the team comprehensively analyzed and compared the microbiome composition of appendix samples from people with Parkinson's and healthy controls. They found significant differences, with the changes in microbial composition of the Parkinson's samples correlating with higher levels of toxic bile acids.

The findings track with a 2020 study led by scientists in Spain that suggest changes in bile acids in the plasma are associated with Parkinson's disease.

"My lab has grown increasingly interested in bile acids and Parkinson's disease following a study completed in collaboration with Dr. Patrik Brundin's group a few years ago," said Stewart Graham, Ph.D., director of Metabolomics Research at Beaumont Health. "We demonstrated that not only was there a significant shift in the bile acid metabolism due to changes we induced in the brain, but that these compounds have the potential to be used as early blood-based biomarkers of the disease. This is extremely important as this is when treatments are believed to be most effective."

In recent years, research has revealed a growing number of links between the gut and Parkinson's. For example, chronic constipation often is one of the earliest signs of Parkinson's disease and can occur years or even decades before the onset of the disease's hallmark motor symptoms. Other studies have shown that hepatitis C, which impacts the liver, increases the risk of developing Parkinson's.

Importantly, a 2018 study by Labrie and colleagues demonstrated that removal of the appendix is associated with a 19–25% reduction in Parkinson's risk when the surgery occurs early in life, before the start of the disease process. They also found that the appendix acts as a storehouse for Parkinson's-related proteins called alpha-synuclein, clumps of which are a key pathological sign of Parkinson's.

However, alpha-synuclein was found in the appendixes of healthy controls as well as people with Parkinson's, implying that the presence of the protein alone isn't enough to trigger the disease.

The Wellness Corner Sources:

<https://neurosciencenews.com/parkinsons-bile-acid-17651/>

<https://neurologicalsurgery.in/top-facial-exercise-for-parkinsons-patient/>

Top Facial Exercises for Parkinson's Patients

Our face contains over 50 various muscles and a lot of these facial muscles are rarely used.

Due to the symptoms of Parkinson's disease, people with Parkinson's lose facial expression and facial movement. By practicing regular facial exercises, you can stimulate the circulation of blood to different areas of the face and help create more movement in your face.

Facial exercises can also help to reduce the monotonous facial expressions in people with Parkinson's. Especially in PD, the patient must exercise facial muscles to get rid of facial monotonous expression.

Weakness in facial muscles may also cause motor problems like difficulty in swallowing and drooling of saliva. Facial exercises also can help to improve your speech and with eating. The more you preform facial exercises the more memory your muscles will have, making tasks like swallowing, eating and talking a bit easier for PWP.

You should perform these exercises in front of a mirror and you can practice these exercises twice a day.

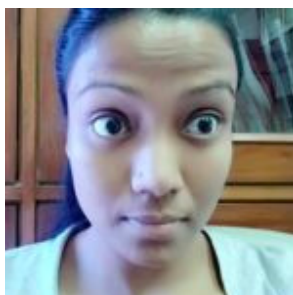
Tips for Facial Exercises the Right Way

- Practice these facial exercises at the same time every day to create a routine
- Performing Facial exercises lying down is the most effective
- Practice facial exercise during an "on-period"

Below you will find 10 exercises to practice!

Exercise 1

Raise your eyebrows upward, so your forehead is wrinkled. Hold this position for 5 counts. Repeat this facial exercise 5 times.



Exercise 2

A facial exercise that helps to get rid of monotonous expression. Bring your eyebrows together. Hold this position for 5 counts. Repeat this facial exercise 5 times.



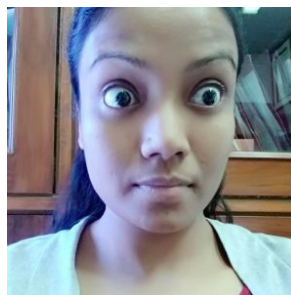
Exercise 3

Close your eyes tightly. Hold this position for 5 counts. Repeat 5 times.



Exercise 4

Open your eyes big and wide. Hold this for 5 counts and repeat 5 times.



Exercise 5

Fill your cheeks with air. So you can feel the stretch in your cheeks, your cheeks like a balloon. Hold this position for 5 counts and repeat 5 times.



Exercise 6

Open your mouth as wide as possible. You should be able to open your mouth to at least 3 finger space. Hold this position for 5 counts. Repeat 5 times.



Exercise 7

Show your smile! Smile wide and show your teeth. This is a great facial exercise for Parkinson's patients to improve jaw movement.



Exercise 8

Bring your tongue out as far as possible. Hold this position for 5 counts. Repeat 5 times.



Exercise 9 & 10

Stick your tongue out and move it to the right corner of your mouth. Hold for 5 counts and repeat 5 times. Then do it again, but this time move your tongue to the left side and hold for 5 counts. Repeat this 5 times on the left side.



ONLINE BRAIN & BODY TRAINING

Online Brain and Body Training for Alzheimer's, Parkinson's and Adults 50+

Total HealthWorks – an evidence-based virtual fitness platform created by the founders of Delay the Disease, the #1 Parkinson's group-exercise program in the country, is offering their Brain and Body Class **every Wednesday at 12:00 PM Noon EST via Zoom for FREE!**

Fill out the form on their website and receive a link in your email to join the online Brain and Body exercise class with Jackie Russell and David Zid. **Click the button to be taken to their registration page or visit their website to learn more:** <https://totalhealthworks.com/free-online-class/>

Don't worry, if you can't join the class at the scheduled time, **you will receive a link in your email to watch the class whenever you'd like!**

Register

DANCE *for* PD[®]

CLASSES | TRAINING | RESOURCES

For those that wish to continue to participate in a regular Dance for PD program with local Dance for PD instructor Gabriela Trotta – these classes are now **offered online every Monday at 1:30pm** – it's easy to register and participate and it's **FREE** to all PAGDB Members!

To find out how to connect with our live online Dance for PD program please contact **Gabriela at 386-405-6905 or email her at: gabriela59@aol.com or Nicole at nmante86@gmail.com.**

Gabriela & Nicole will be happy to help you get started.

SO GET OUT AND DANCE!



****Other than provide financial support for its members that wish to participate in this Dance for PD program, the PAGDB has no ownership stake nor controls any of the program content. PAGDB members that wish to participate do so at their own risk. Always consult with your doctor before you engage in any type of exercise program.**

WEBINAR VIDEOS

All of our previous webinars in our You, Me & PD series are available on Youtube and our website! To visit our YouTube channel you can search for it by visiting www.youtube.com. In the search box search for: Parkinson Daytona. You will find our 'channel' and all of our uploads. You can subscribe to follow us and be shown future uploads. We also have all the webinar videos on our website under the 'Events' tab. Visit our website www.parkinsondaytona.org or [click here to visit our YouTube channel.](#)

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