



PARKINSON News

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

UPCOMING MEETINGS

“Stronger Together”

**Thursday, January 21, 2021
1:00 - 6:00 PM EST**

You'll not want to miss this program as experts in the field of Parkinson's disease from across the country and into Canada will be presenting in this online **Zoom Symposium** – Tune in for the whole program or come and go and choose which programs are of greatest interest to you! Either way this program has something of value to everyone! **Registration is required. See flyer in this newsletter for more information. **Free CEU's will be provided to CNA's, OT's, PT's, SLP's, and Social Workers that attend.****

“Moving Through Parkinson's”

**Tuesday, February 16, 2021
Time TBD**

We will be welcoming our friends from AdventHealth Rehab who will be presenting this program. Stay tuned to your upcoming E-Newsletters for more information.

“Parkinson's Disease and the Management of Off Episodes”

Tuesday, January 19, 2021 • 12:30 PM

Please plan on joining us as we continue our webinar series You, Me, & PD. We kick off the new year hosting Dr. Tara Kimbason, a Neurologist and Movement Disorder Specialist with Tallahassee Memorial Hospital. Doctor Kimbason will discuss “off” episodes in PD, what causes them and available treatment options. Event will take place via Zoom.



Tara Kimbason MD

Online registration for this webinar is required. To register click the button below or visit: www.parkinsondaytona.org/you-me-pd

Register for Webinar

RECENT GIFTS & GRANTS

- ♥ Eleanor Bailey – Grant to PAGDB
- ♥ Benevity Community Impact Fund – Gift to PAGDB
- ♥ FOE Eagles Auxiliary 4435 – Grant to PAGDB
- ♥ Debbie & Carmine Mannello – Gift in Memory of Ida Mannello
- ♥ Dick & Cindy Marshall – Gift to PAGDB
- ♥ Ursula O'Leary – Gift in Memory of Henry Schelter
- ♥ Thrivent (YourCause) – Matching gift FR: Becky Lester (previous gift)
- ♥ Earl Underhill – Gift to PAGDB

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

Trying to stay active while being inside or do you want to create new healthy habits this year?

See Page 6 for information on a **FREE online exercise class** geared towards People with Parkinson's.

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.

Happy New Year!

Let's toast to a fresh start. Wishing you a happy, healthy & wonderful 2021!



STRONGER TOGETHER

Free LIVE WEBINAR

Experts in the field of Parkinson’s disease from across the Country and into Canada are coming to you virtually

Register to automatically receive a Zoom link
<https://dementiafamilypathways.com>

Thursday, January 21, 2021

12:00 – 5:00 pm CST

FREE CEUs for Nurses, CNAs, Social Workers, OTs, PTs, and SLPs
Registration is required: <https://dementiafamilypathways.com/blank-page-3>



Dr. Tara Kimbason, MD Tallahassee Memorial Healthcare
“Where are we Today with our Best PD Care?”



John Zells, Parkinson’s Foundation Florida Chapter Advisory Board Member
“Living My Best Life with PD”



Dr. Matt Davis, MD Tallahassee Memorial Healthcare
“A New Era for PD Care in Big Bend”



Dr. Maya Katz, MD University of California San Francisco
“What should we be thinking about today to maintain our best PD selves?”



Dr. Miyasaki Hayashi, MD University of Alberta
“CBD for PD: What do we know and where are we going?”



Dr. Sanjeet Grewal MD Mayo Clinic
“Clinical Trials for Sleep in PD: Early data”



Joohi Jimenez-Sahed, MD Mt. Sinai School of Medicine
“What does the Future look like for PD Treatment? - Clinical Trials”



Alaine Keebaugh, PhD Boston Scientific
Moderator for Speaker Panel Discussion:
Q&A PD Diagnosis, Treatment & the Future



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Register

Do Antibiotics Cause Parkinson's Disease?

Article Reprinted FR: WPC BLOG – Clinical Science – July 20, 2020

We recently discovered in a nationwide registry-based study that in Finland subjects diagnosed with Parkinson's disease (PD) had a higher number of antibiotic courses in the years before diagnosis than control subjects.

So does this mean that antibiotics cause PD and that people should not use antibiotics?

The short answer is "NO", but a bit longer answer may make the underlying connections more clear. PD is most definitely a multifactorial disease, meaning that, with the exception of rare familiar forms, no single factor is enough to cause the disease. Most likely, genetic factors (vulnerability), environmental factors and age interact and only if the aggregated pathogenetic pressure reaches a certain threshold, the pathological process of PD starts.

So, antibiotics alone definitely do not cause PD. But rather it seems that an increased cumulative use of antibiotics is one among other environmental factors that increases the risk of PD. In subjects that also have accumulation of other predisposing genetic or environmental factors, extensive antibiotic use may be a final trigger that contributes to initiation of PD.

But could the increased antibiotic use be instead a reflection of a higher number of infections before onset of PD and not itself predispose? While we cannot completely exclude this, our analysis was adjusted for the number of infections. Furthermore, it is important to note that the overall antibiotic exposure was not particularly strongly linked to PD-risk. Instead, specific groups of antibiotics were highly associated, but others not.

It turned out that the antibiotics with the strongest links to PD-risk were those that have particularly strong impact on the composition of the microbiome.



These antibiotics were acting against anaerobic bacteria and had a broad spectrum. In contrast, antibiotics that do not act on anaerobic bacteria and have only a narrow spectrum, were not linked to PD. This specificity for certain antibiotics also argues against the hypothesis that simply the number of infections would be responsible for this link.

It was fascinating to see that clearly the strongest connections between antibiotics and PD were seen for exposures that happened 10-15 years before the diagnosis of PD. First, this makes it unlikely that early PD symptoms such as swallowing problems that can cause more infections would explain the higher antibiotic use. Second, it fits extremely well with the current hypothesis of PD development. PD pathology may start many years before the first motor symptoms and PD diagnosis. One point of disease initiation may be the gut.

In my opinion an intriguing explanation for our findings is that a disruption of the gut microbiome caused by increased antibiotic use may make the gut more vulnerable to the development of PD pathology. However, also other direct effects of antibiotics on nerve cells may be possible.

Many PD patients have mentioned to me that they experienced changes in their PD symptoms during or after a course of antibiotics. Both improvements and deteriorations were mentioned. For the future it will be important to further disentangle these connections to understand how antibiotics and PD are linked mechanistically.

Finally, our findings do not immediately change the principles of using antibiotics. In all cases, antibiotics should be used only in conditions where they likely benefit the patient and not for mild infectious symptoms that could also be caused by a virus.

Furthermore, narrow spectrum antibiotics should be preferred, if possible. Anyway, these guidelines are essentially the same as for the prevention of bacterial resistance problems and are very important to implement. Antibiotics save millions of lives each year, but we continuously learn more and more about their impact on human health beyond the problem of antibiotic resistance.

Filip Scheperjans, MD, PhD, Adjunct professor, Department of Neurology, Helsinki University Hospital spoke at the WPC 2016 in Portland, Oregon.

Ideas and opinions expressed in this post reflect that of the author(s) solely. They do not necessarily reflect the opinions of the World Parkinson Coalition®

Image by Steve Buisinne from Pixabay

THE WELLNESS CORNER

Vitamins C and E linked to 32 percent lower risk of Parkinson's in large study

People who consume high levels of dietary vitamins C and E may have a third less risk of developing Parkinson's disease, new research has found.

The study specifically looked at dietary vitamins containing antioxidants — micronutrients that are known to reduce or prevent cell damage and inflammation. To do so, investigators analyzed the self-reported eating habits of more than 41,000 adults in Sweden for an average of 18 years. None had Parkinson's at the study's start.

Fully 465 people received Parkinson's diagnoses during the study period. After adjusting for factors such as age, sex, body mass index and physical activity, participants who consumed the most food containing vitamins C and E were found to have a 32% lower risk of developing Parkinson's disease than those in the lowest-consuming group. And the risk appeared to be even lower for people with the highest intake of both vitamins.

Antioxidants are thought to help counteract molecular stress that can lead to dopamine loss, a hallmark of Parkinson's. Vitamin C is found in foods such as oranges, strawberries, broccoli and Brussels sprouts. Vitamin E can be found in spinach, collard greens, pumpkin and nuts.

"The possibility of being able to reduce the risk of Parkinson's disease simply with the foods we eat is encouraging news," said author Essi Viding, Ph.D., of the University of Milano-Bicocca in Milan, Italy. She also noted that too much vitamin E from supplements has been linked to a higher risk of certain cancers or stroke. The study did not investigate supplement use.

The study was published in the online issue of *Neurology*, the medical journal of the American Academy of Neurology.

Freezing Tips

Freeze Trigger

Freeze Reduction Strategy

Answering the phone

- Never rush to answer the phone.
- Keep a cordless phone within easy reach.
- Keep pathways open; rearrange furniture to keep floors free of clutter.
- Use an answering machine

Walking onto/off of an elevator, train or bus

- Allow everyone else to get on or off first.
- Announce that you have PD and ask people to be patient.
- Walk up to the threshold, stop, then focus on stepping over it.

Walking through a doorway

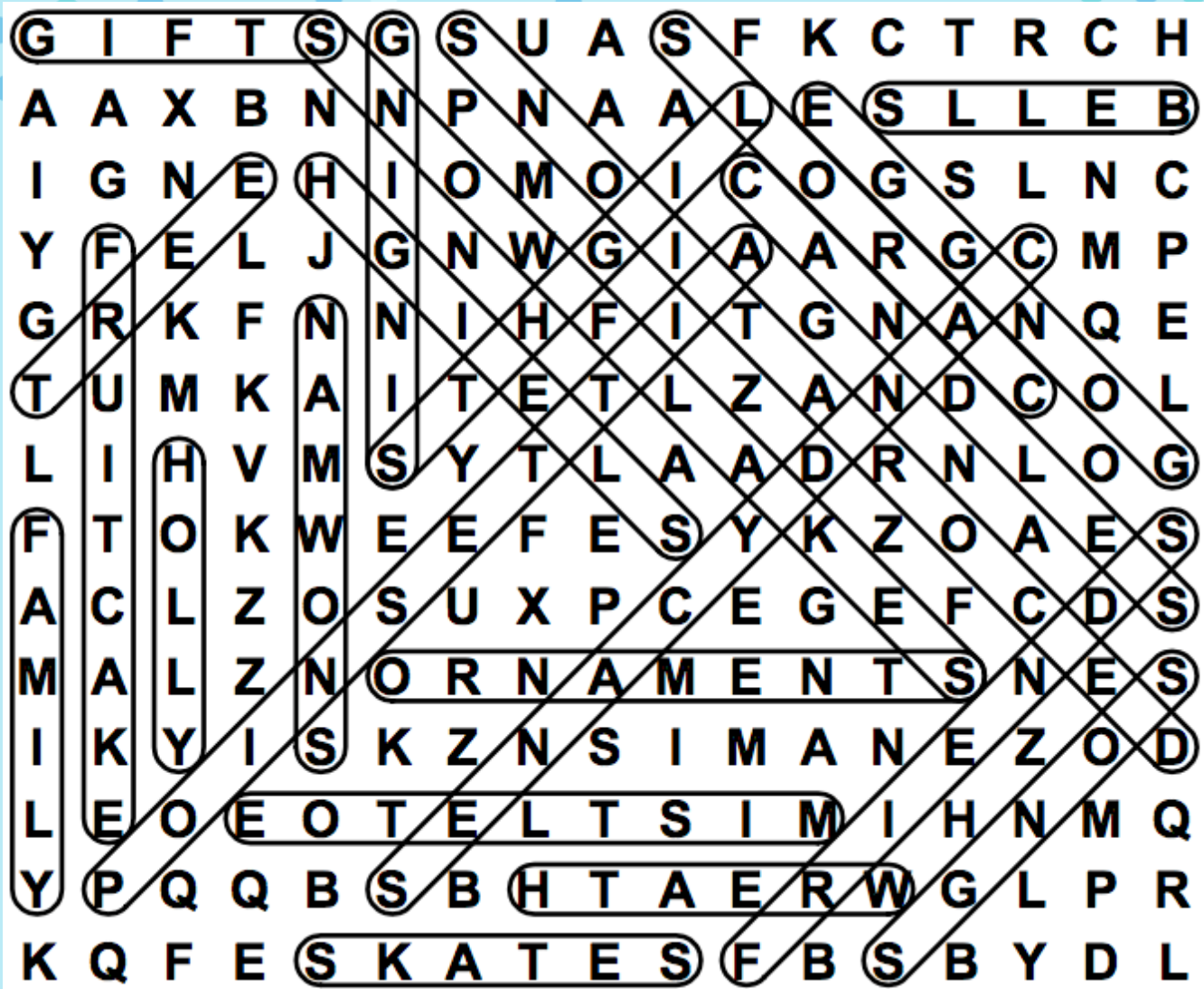
- Tell yourself not to focus on the doorway; instead focus on how your feet hit the ground.
- Guess how many steps it will take to walk from where you are through the doorway, then count your steps as you move through to see how close you were to your guess.
- Look through the doorway at an object inside, and focus on approaching the object.
- Walk up to the threshold, stop, then focus on stepping over it.
- Place colored tape in horizontal stripes in front of and through the doorway, and focus on stepping over the tape. You can also place colored tape on the threshold itself, so you focus on stepping over it.
- Keep areas around doorways well lit and free of clutter.

Walking in crowds

- Stop all movement and take a deep breath.
- Make sure weight is even on both feet.
- Visualize stepping over or kicking an object.
- Shift weight to the side and step with the unweighted foot.
- March in place before stepping.
- Have your care partner place their foot ahead of your foot and step to it.

Note: For all strategies in the table above, focusing on the task is important. Rushing, carrying objects, talking with others or even looking away for a moment may limit how well the strategy works.

Crossword Puzzle Answers



BELLS

CANDLES

CANDY

CANES

CAROLS

DECORATIONS

EGGNOG

FAMILY

FRIENDS

FRUITCAKE

GIFTS

HOLLY

LIGHTS

MISTLETOE

ORNAMENTS

POINSETTIA

DECORATIONS

SINGING

SKATES

SLEIGH

SNOWFLAKES

SNOWMAN

SONGS

TREE

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](#).

PAGDB
PO Box 4193
Ormond Beach, FL 32175
386-871-3879
www.parkinsondaytona.org
parkinsondaytona@gmail.com

Board of Directors

Vince Kinsler
PAGDB Executive Director
yovinny57@aol.com

Akisia German
germanaahc@yahoo.com

Alaine Keebaugh
Boston Scientific
Alaine.Keebaugh@bsci.com

Bruce Popielarski
popiebp@yahoo.com

Christina Atanasoski
Newsletter & Web Designer

Ellen Lauturner
elauturn1@gmail.com

Gabriela Trotta
gabriela59@aol.com

Jennifer Harris
jharris1@5ssl.com

Ken Sipes, CPA
Treasurer

Marianne Chapin
Rock Steady Boxing
mchapin130@gmail.com

Matt O'Malia
O'Quinn All State Insurance

Nancy Dawson
Halifax Health Hospice
nancy.dawson@halifax.org

Sharon Estes, RN
386-252-3777

Ursula O'Leary
utrudeau@msn.com