



# PARKINSON News

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

## BIG NEWS!

The PAGDB is pleased to announce that "Sole Support" for Parkinson's Fun Walk is back!

**Mark your calendars** & please plan on joining us, **Saturday November 13th 2021**, as we celebrate the return of our annual outdoor event. There will be food, goodie bags, door prizes, live entertainment & colorful event t-shirts for all those that register. Check out our website and upcoming E-Newsletters for more information & how to register.

**JUNE ZOOM  
WEBINAR/ MEETING  
INFO ON PAGE 2!**

## "The Gut/Brain Interaction in PD"

Tuesday, May 18, 2021 • 11:30 AM

Over the past several years much has been discussed concerning the gut/brain interaction in people with Parkinson's disease; increasing study evidence has suggested that the origins of PD could very well start in the gut.



Dr. Ramirez-Zamora

Our guest presenter for this program is Dr Adolfo Ramirez-Zamora, Director of Neurology Clinical Trials with the Center for Movement Disorders & Neurorestoration at the University of Florida in Gainesville. Dr. Ramirez-Zamora will present the latest research on the gut-brain interaction and how the information gained could be used to help in the treatment of Parkinson's disease.

Please join us for this fascinating program to learn what we currently know about the gut-brain interaction in PD and where this evolving research is leading us.

**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](http://www.parkinsondaytona.org/you-me-pd)**

**Register for Webinar**

## RECENT GIFTS & GRANTS

- ♥ F.O.E. Auxiliary 3800 – Grant to the PAGDB
- ♥ Gabrielle Georgi – Gift to the PAGDB
- ♥ Hanksters Hot Rods – Gift to the PAGDB in Honor of Michael Owens  
Debbie & Carmine Mannello – Gift to PAGDB in Memory of Ida Mannello
- ♥ Ursula O'Leary – Gift to the PAGDB

PAGDB President & Executive Director, Vince Kinsler receives a check in the amount of \$1,000.00 in Honor of Michael Owens from Rich Tirak, Partner & General Manager of Hanksters Hot Rods of Daytona Beach. (See photo to the right)



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, P.O. Box 4193 Ormond Beach, FL 32175.

**To donate online**, please visit our website at: [www.parkinsondaytona.org](http://www.parkinsondaytona.org) and click on the Donate link. **We now accept PayPal on our website too!**

**Donate**

## A Friendly Reminder From our Friends at AdventHealth Rehab

Good day to all of you! We hope you are doing well and staying active. Just dropping a note to remind everyone of the importance of regular assessments with a comprehensive rehabilitation Neuro Team (PT, OT, & ST) such as the team at AdventHealth Sports Medicine & Rehabilitation in Daytona Beach. Early assessment and frequent check-ins are beneficial for maintaining quality of life **when facing a diagnosis like Parkinson's disease.** We recommend re-assessment every 3-6 months where we will discuss your goals, assess your current function and develop a home exercise program that works for you.

Re-assessment does not necessarily mean you need therapy right away, but it's a good idea to get regular assessments and develop proactive home exercises.

Please discuss obtaining a referral with your neurologist, or primary care doctor for a thorough assessment of your needs, or feel free to reach out to us with any questions or concerns you have. All the best from your friends at: **AdventHealth Daytona Beach Sports Medicine & Rehab 386-231-6038.**

## "One on One with the Dietitian"

Tuesday, June 22, 2021 • 11:00 AM

Nutrition has been one of the areas of Parkinson's disease that has not been greatly delved into, and yet we all know that food and nutrition play a key role in our health and well-being. Nutrition becomes even more paramount to our vitality when we are faced with chronic diseases, and Parkinson's disease is no exception.

Yet what do we really know about nutrition as it relates to PD?

Please plan on joining us as we host Doctoral Student and Neurology Dietitian at the Fixel Institute for Neurological Disease at UF Health - Carley Rusch, MS, RDN, LDN.

In our panel presentation, Carley will discuss the latest research on food and nutrition as it relates to PD. She will also present information on a clinical study related to diet and PD currently being conducted at the Fixel Institute. **For more information about this study please see enclosed flyer on page 3 in this newsletter.**

Have questions about your current nutritional habits as it relates to your PD, or your health in general? Here's a wonderful opportunity for you to ask a Dietitian/Nutritionist who is studying the diet as it relates to PD.

So, bring your questions regarding your PD, your diet, food, nutrition, or supplements, as this is your chance to be "One on One with the Dietitian!"

**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](http://www.parkinsondaytona.org/you-me-pd)**

[Register for Webinar](#)



Carley Rusch  
MS, RDN, LDN

## Bibliography Information from our March 16th, 2021 Zoom Program

Due to overwhelming requests for more information and resources that were shared by Mitch Booth of LOVE Whole Foods during his presentation "Glutathione, Glyphosate & PD" on Tuesday March 16th - Please find the following information and resources:

### Supplements:

1. Liver Medicine Hepatiben Fatty Liver Cleanse, Liver Detox
2. LOVE Whole Foods CoEnzyme Q10 Soft Gel 100mg
3. Source Naturals NADH "For energy & mental alertness" 20mg - 30 lozenges
4. Terry Naturally Clinical Glutathione 60 Slow Melt Tablets
5. Source Naturals Mucuna Dopa 100mg Capsules

*\*\*When considering the use of any type of supplement always consult with your doctor first.\*\**

### Books:

1. "Stop Parkin and Start Livin" - Reversing the Symptoms of PD by: John C. Coleman ND
2. Grain Brain by: Dr. David Perlmutter, MD
3. Missing Microbes by: Martin J. Blaser, MD
4. The Sinatra Solution - Metabolic Cardiology by: Stephen T. Sinatra, MD, F.A.C.C., F.A.C.N., C.N.S.

### Online Resources:

1. [buckinstitute.com](http://buckinstitute.com)
2. [drperlmutter.com](http://drperlmutter.com)
3. [drugs.com](http://drugs.com)
4. [healthydirections.com/dr.sinatra](http://healthydirections.com/dr.sinatra)
5. [pubmed.gov](http://pubmed.gov)

**LOVE Whole Foods is providing a free CD of an interview with Dr. Seneff discussing Glyphosate/Round-Up along with a fact sheet on Glutathione. To receive a free CD of this interview, call LOVE Whole Foods at 386-677-5236 and ask for the Vitamin Service Counter to sign up, and when your CD is ready, they will call you to pick it up.**



# Parkinson's & Constipation Nutrition Study

If you have been diagnosed with Parkinson's and suffer from slight constipation symptoms, you may be eligible to participate in a research study.

## The effect of a Mediterranean diet intervention to improve gut health in Parkinson's disease.

The UF Food Science and Human Nutrition (FSHN) Department is conducting a 10-week study to determine if the Mediterranean diet impacts gastrointestinal function of people diagnosed with Parkinson's disease who experience at least slight constipation symptoms.

You will be randomly assigned to follow a Mediterranean diet or receive standard of care for the intervention period.

During the study, you will complete daily and weekly questionnaires to assess bowel function, stress, quality of life, and dietary intake.

You will be asked to attend three (3), study visits after an overnight fast and provide stool samples at designated time points.

Participants will receive:

- Compensation upon completion of study procedures
- Light breakfast at study visits
- Diet education by a dietitian (RDN) followed by weekly phone calls

### Location

- In-person appointments 3 times over 10-weeks at the UF FSHN Building in Gainesville, FL. Other study procedures will be conducted virtually and/or by phone

### Are you eligible?

- 40-85 years old
- Diagnosed with Parkinson's disease
- Hoehn & Yahr Stage  $\leq 2.5$
- Experience at least slight constipation symptoms
- BMI  $\geq 18.5$
- No history of deep brain stimulation (DBS) or gastrointestinal condition
- Additional criteria will apply

**If you're unsure if you meet the requirements, call, or email a member of the study team:**


- Carley Rusch, MS, RDN, LDN
- Lead Research Dietitian
- [nutrition-study@ufl.edu](mailto:nutrition-study@ufl.edu)
- (352) 340-7321

If interested, please go to: <https://tinyurl.com/MPDStudy> or call (352) 340-7321



# Puzzle

Can you solve these visual word puzzles? Let your mind explore and you are sure to find the answers. Good luck!

1. <b>FACE</b>	2. <b>EGG EGG</b> <b>HAM</b>
3. <b>BUR</b>	4. THUMBS THUMBS THUMBS THUMBS THUMBS THUMBS...
5. TEEF FEET TEEF	6. FAMILY  SHEEP
7. po <b>FISH</b> nd	8. <b>ISSUE ISSUE ISSUE</b> <b>ISSUE ISSUE ISSUE</b> <b>ISSUE ISSUE ISSUE</b> <b>ISSUE</b>
9. <b>TIME</b> a b d e f g h i j k l m n o p q r s t u v w x y z	10. DAYSALLWORK

### Why Participate in Clinical Trials?

Article Reprinted FR: WPC BLOG – Clinical Science March 22, 2021

We are over 200 years since Parkinson's disease was first described and nearly 55 years since the discovery of levodopa, a medication that helps control the motor symptoms of PD and is still considered the gold standard treatment for this debilitating, progressive, neurodegenerative illness. However, as the disease progresses, response to treatment becomes unpredictable and less effective.

There is a clear need for better therapeutics. But to get a new neurologic treatment from the lab to the pharmacy shelf and into the hands of patients, it can take well over a billion dollars and 15 to 30 years. About half of drug development time is spent in clinical trials. Unfortunately, close to 85% of all clinical trials are delayed because of recruitment problems and shockingly up to 30% never make it off the ground because they fail to recruit any subjects. This represents a significant waste of time and resources.

Although there is a worldwide community of academics and researchers devoting a great deal of time and attention to finding better treatments and a cure for what is currently incurable, the research cannot proceed without patient participation and involvement. What the millions of us affected with this chronic, disabling disease need is quite simple yet unbelievably complicated – better treatments and ultimately, a cure. We often think of the search for these elusive endpoints as being far removed from us when in fact, we need to be an integral part of the process.

When asked, most patients are interested in participating in research but there may be any number of concerns that need to be addressed in order for them to enroll. There may be logistical issues to consider as well as more significant worries regarding safety. Common concerns, whether misconceptions or valid risks, act as barriers to research participation.

I didn't really want to be the "test" subject for a brand new, unproven medication that I knew nothing about. It would be dangerous and too risky.

First of all, not all clinical trials involve testing a new treatment. Some do of course but many are observational where scientists learn about particular disease states by monitoring a group of affected patients. Others may be testing an already approved and safe medication that is normally used for other health issues (known as repurposing an existing drug).

Of course, many trials are directed at testing new medications and any new treatment has its risks. Participants in research must be comfortable with the degree of potential risk involved, in order to give informed consent. An important fact to keep in mind is that the drug development process is heavily regulated and monitored by each country's health authority. By the time a drug is tested in humans, researchers have already had to show scientific evidence that it will likely work and is safe. And if the study happened to be a Phase 3 Trial, the intervention or treatment has already passed safety studies and has been shown to be potentially effective.

**If I participate in a clinical trial, I may get worse.**

As with any treatment, you cannot be completely sure of the outcome and there is always the risk that you may not receive any benefit from the treatment being tested. But the premise of new interventions being tested, is that they will result in better outcomes than standard treatments. Participants are also closely monitored for any adverse effects or worsening of their original condition and can withdraw from the study at any time.

**Participating in a clinical trial will disrupt my daily life and will require a significant time commitment.**

There is so much variation in the logistics of different clinical studies, those that require more intensive and frequent follow up and others that may be completed in a single visit. Some may even be done at home online or may simply involve sending in a DNA sample by mail for example. Depending on your life circumstances, there is likely a logistically suitable study.

**If I participate in a clinical trial, then I won't receive the same quality of care that I currently have with my doctor.**

In most situations, you continue to receive ongoing care from your own physician, and they are aware of your involvement in a particular study. Also, since many clinical trials involve specific visits and investigations often by leading health care professionals in the Parkinson's field, you may benefit from this increased monitoring and medical supervision.

**There may be painful procedures as part of the clinical trial.**

The vast majority of clinical trials are not invasive or painful. You will be informed of all potential procedures ahead of time which allows you to make a decision that is appropriate for you. But keep in mind that it is not the researchers' intention to cause any discomfort and much thought is put into minimizing any adverse effects.

**If I join a clinical study, I won't be able to drop out without jeopardizing my treatment.**

There are many reasons both personal, logistical or specific to the research study itself that may result in a participant withdrawing. It is completely within your rights as a patient to do so at any time without fearing that your care will be jeopardized in any way.

**I didn't really want to be the "test" subject for a brand new, unproven medication that I knew nothing about. It would be dangerous and too risky.**

First of all, not all clinical trials involve testing a new treatment. Some do of course but many are observational where scientists learn about particular disease states by monitoring a group of affected patients. Others may be testing an already approved and safe medication that is normally used for other health issues (known as repurposing an existing drug).

Of course, many trials are directed at testing new medications and any new treatment has its risks. Participants in research must be comfortable with the degree of potential risk involved, in order to give informed consent. An important fact to keep in mind is that the drug development process is heavily regulated and monitored by each country's health authority. By the time a drug is tested in humans, researchers have already had to show scientific evidence that it will likely work and is safe. And if the study happened to be a Phase 3 Trial, the intervention or treatment has already passed safety studies and has been shown to be potentially effective.

**If I participate in a clinical trial, I may get worse.**

As with any treatment, you cannot be completely sure of the outcome and there is always the risk that you may not receive any benefit from the treatment being tested. But the premise of new interventions being tested, is that they will result in better outcomes than standard treatments. Participants are also closely monitored for any adverse effects or worsening of their original condition and can withdraw from the study at any time.

**Participating in a clinical trial will disrupt my daily life and will require a significant time commitment.**

I can only participate in a trial if I have access to a major medical institution. Many studies take part in the community setting by physicians close to home. Some can even be done online, and this number is increasing given the recent acceleration of telemedicine usage as researchers...

...have had to re-evaluate and adapt to the restrictions that were put in place during the ongoing COVID-19 pandemic.

**If it was a good idea for me to participate in a clinical trial, my doctor would have told me about it.**

Despite the fact that studies have shown that patients generally would like to participate in clinical trials a relative minority say their physician ever mentioned medical research. There are so many issues that have to be dealt with during the short span of your medical appointment, that there often is not enough time to educate you about the clinical trials that are available or suitable. Therefore, just because a trial is not mentioned, does not mean it is not a viable option. Instead, you must rely on other resources (many available online such as Fox Trial Finder or country specific resources such as ClinicalTrials.gov in the US) to inform yourself of appropriate opportunities.

**You should only participate in a clinical study if you have no other treatment options available to you.**

There are clinical studies directed at many different stages of disease. Those directed at controlling late-stage symptoms may require subjects, and address issues found, in advanced disease. However, there are many studies (particularly those testing potentially disease-modifying treatments) that aim to include relatively newly diagnosed individuals, particularly those that may have not started medications.

Although many of these concerns can be addressed, there are some that cannot be as easily mitigated. If you are part of a randomized control trial, then you will not be able to choose whether you receive placebo vs. the drug being studied. This may be difficult particularly if you had to change your current regimen and were placed in a control group. You may have to stop or change your normal treatment protocol and the experimental medication may not be as effective resulting in you experiencing greater symptoms. Even if the new treatment you receive in a clinical study works well, you may not have continued access to the treatment once the trial is completed.

There is so much variation in the logistics of different clinical studies, those that require more intensive, frequent follow up and others that may be completed in a single visit. Some may even be done at home online or may simply involve sending in a DNA sample by mail for example. Depending on your life circumstances, there is likely a logistically suitable study.

**If I participate in a clinical trial, then I won't receive the same quality of care that I currently have with my doctor.**

In most situations, you continue to receive ongoing care from your own physician, and they are aware of your involvement in a particular study. Also, since many clinical trials involve specific visits and investigations often by leading health care professionals in the Parkinson's field, you may benefit from this increased monitoring and medical supervision.

**There may be painful procedures as part of the clinical trial.**

The vast majority of clinical trials are not invasive or painful. You will be informed of all potential procedures ahead of time which allows you to make a decision that is appropriate for you. But keep in mind that it is not the researchers' intention to cause any discomfort and much thought is put into minimizing any adverse effects.

**If I join a clinical study, I won't be able to drop out without jeopardizing my treatment.**

There are many reasons both personal, logistical or specific to the research study itself that may result in a participant withdrawing. It is completely within your rights as a patient to do so at any time without fearing that your care will be jeopardized in any way.

**I can only participate in a trial if I have access to a major medical institution.**

Many studies take part in the community setting by physicians close to home. Some can even be done online, and this is increasing given the recent acceleration of telemedicine usage as researchers have had to re-evaluate and adapt to the restrictions that were put in place during the ongoing COVID-19 pandemic.

**If it was a good idea for me to participate in a clinical trial, my doctor would have told me about it.**

Despite the fact that studies have shown that patients generally would like to participate in clinical trials a relative minority say their physician ever mentioned medical research. There are so many issues that have to be dealt with during the short span of your medical appointment, that there often is not enough time to educate you about the clinical trials that are available or suitable. Therefore, just because a trial is not mentioned, does not mean it is not a viable option. Instead, you must rely on other resources (many available online such as Fox Trial Finder or country specific resources such as ClinicalTrials.gov in the US) to inform yourself of appropriate opportunities.

**You should only participate in a clinical study if you have no other treatment options available to you.**

There are clinical studies directed at many different stages of disease. Those directed at controlling late-stage symptoms may require subjects, and address issues found, in advanced disease. However, there are many studies (particularly those testing potentially disease-modifying treatments) that aim to include relatively newly diagnosed individuals, particularly those that may have not started medications.

Although many of these concerns can be addressed, there are some that cannot be as easily mitigated. If you are part of a randomized control trial, then you will not be able to choose whether you receive placebo vs. the drug being studied. This may be difficult particularly if you had to change your current regimen and were placed in a control group. You may have to stop or change your normal treatment protocol and the experimental medication may not be as effective resulting in you experiencing greater symptoms. Even if the new treatment you receive in a clinical study works well, you may not have continued access to the treatment once the trial is completed.

Participating in research is vital as is making an informed decision regarding enrolling in a clinical trial. Risks versus benefits must be weighed carefully in the context of your own life circumstances, overall health and comfort level.

There is undoubtedly a certain feeling of empowerment that is gained from being proactive in the choices you make to help advance the science, advance knowledge in Parkinson's research. And better treatments for PD and a cure are in our future because members of our community who are given the opportunity to be a part of a clinical study, consider it with due diligence and follow through if appropriate. Participation in a research trial requires selfless commitment. Those that participate give of their time, energy and literally in some instances, themselves. We in the patient community have the ability to play an irreplaceable role in moving us closer to ending this disease and can be part of something that has the potential to change the trajectory of the lives of all those who face the challenges that Parkinson's brings.

Participating in research is vital as is making an informed decision regarding enrolling in a clinical trial. Risks versus benefits must be weighed carefully in the context of your own life circumstances, overall health and comfort level.

There is undoubtedly a certain feeling of empowerment that is gained from being proactive in the choices you make to help advance the science, advance knowledge in Parkinson's research. And better treatments for PD and a cure are in our future because members of our community who are given the opportunity to be a part of a clinical study, consider it with due diligence and follow through if appropriate. Participation in a research trial requires selfless commitment. Those that participate give of their time, energy and literally in some instances, themselves. We in the patient community have the ability to play an irreplaceable role in moving us closer to ending this disease and can be part of something that has the potential to change the trajectory of the lives of all those who face the challenges that Parkinson's brings.

---

Soania Mathur MD, CCFP, founder of Unshakeablemd.com. Dr. Soania will be speaking on the topic of "Why participate in clinical trials" in May at the WPC Virtual Congress.

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®



# HAVE YOU RECEIVED YOUR COVID-19 VACCINATION?

For those that haven't received their COVID-19 Vaccination and still wish to do so The Department of Health in Volusia County will be offering COVID-19 vaccines from **9 a.m. to 1 p.m. on Sat., May 22**. Vaccines will be administered to walk-in clients. **Appointments for this date are not required.**

Vaccines will also be offered weekly by the Department of Health in Volusia County at all four office locations. Please **schedule an appointment by calling 386-274-0500**; Health Department locations and vaccination hours are as follows:

**421 S. Keech St., Daytona Beach**  
**Monday & Wednesday**  
**8-11:30am • 1-4:30 pm**

**1845 Holsonback Drive**  
**Daytona Beach**  
**Tuesday 8-11:30am • 1-4:30pm**  
**Thursday 8-11:30am • 1-6:00 pm**

**717 W. Canal St.**  
**New Smyrna Beach**  
**Monday & Friday**  
**8-11:30am • 1-4:30 pm**

**775 Harley Strickland Blvd.**  
**Orange City**  
**Tuesday & Thursday**  
**8am-12:30 pm • 1-4:30pm**

**Vaccines are provided free of cost. Please bring your photo ID. For more information, please call 386-274-0500.**

# ANSWERS TO ICE CREAM WORD SEARCH

Did you find them all?

M	O	T	T	O	W	R	A	R	A	B	N	D	I
A	A	Y	R	R	V	T	S	T	N	C	A	L	Y
P	G	G	I	E	A	K	T	A	A	O	T	I	E
L	P	C	P	I	N	G	R	O	N	O	I	A	K
E	S	N	L	R	I	C	A	T	A	K	L	T	O
W	E	R	E	F	L	H	W	U	B	I	O	R	P
A	S	O	T	U	L	O	B	N	I	E	P	E	Y
L	E	C	O	D	A	C	E	O	N	D	O	G	E
N	E	K	R	G	A	O	R	C	A	O	E	I	K
U	R	Y	N	E	N	L	R	O	C	U	N	T	O
T	Y	R	A	A	N	A	Y	C	E	G	I	D	H
I	N	O	D	N	O	T	O	A	P	H	C	E	I
T	N	A	O	S	A	E	T	N	E	E	R	G	R
A	T	D	C	O	T	T	O	N	C	A	N	D	Y

## IN CASE YOU MISSED IT!

We had a great time celebrating Parkinson's Awareness month with the inspiring Pat Bautz. The event co-hosted by the Mayo Clinic in Jacksonville, the Parkinson's Association of Greater Daytona Beach and Pat Bautz of the band **Three Dog Night** was a huge success with over 90 attendees from across the country and even a few international guests. Dr. Uitti and Dr. Grewal shared how DBS can improve the lives of people with PD and Pat shared how DBS changed his life. There is a live Q&A at the end. The link to the hour long event is here: <https://www.youtube.com/watch?v=IXI8wUH5SKc>

A 3 min highlight of Pat's story from the Mayo news network can be found here: <https://newsnetwork.mayoclinic.org/discussion/the-beat-goes-on-thanks-to-deep-brain-stimulation/>

If there were questions we didn't get to, you had stage fright asking or you thought of them after the event ended, please send those in and we will get those answered and back to you.

Thank you all for making this event such a success and connecting with us! A HUGE thank you to Pat for sharing his story and the Mayo team for their time. Pat's bravery will surely help reach many people and spread hope. If you want to see Pat in concert the tour schedule is posted: <http://www.threedognight.com/tour>

*What you do today can improve all your tomorrows.*

-RALPH MARSTON

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.



# THE WELLNESS CORNER

## The Critical Role of Exercise for Parkinson's Patients

Intensive research in the past several years has found that for Parkinson's patients, exercise can increase coordination and balance, reduce falls and improve mood. Codrin Lungu, program director in the Division of Clinical Research at the National Institute of Neurological Disorders and Stroke, a part of the National Institutes of Health (NIH), says that preliminary evidence also shows that exercise slows the progression of the disease.

To understand how that might be so, research is building on earlier studies showing that exercise in older adults increases brain volume and improves neurological connections in areas that would otherwise undergo age-related decline. Research also has shown that intensive exercise appears to increase dopamine receptors that coordinate signals from the brain to muscles. Scientists believe a lack of dopamine causes PD.

To find out more about which type of exercise might bring the greatest benefit, investigators with the NIH recently began a phase 3 randomized clinical study of the benefits of high-intensity and moderate-intensity aerobic treadmill workouts on the course of Parkinson's. The study will enroll 370 PD patients who have not yet begun drug therapy from 29 sites throughout the U.S. and Canada. They will be followed for two years to assess the effects of their physical activities on brain function, quality of life, fitness, mobility and other factors.

While medications can help relieve the symptoms of PD, there is no cure for the disease. However, doctors who treat the disease say that at least two and a half hours a week of exercise can help with declining and impaired mobility and increase quality of life. They specifically recommend cardiovascular exercise that raises the heart rate to 80 to 85 percent of its maximum. "That's when you can't keep a conversation going because you are breathless," Lungu says.

Katherine Amodeo, a neurologist and movement disorder specialist with MidHudson Regional Hospital in Poughkeepsie, New York...

...says that while exercise can have value for her PD patients at any point in the disease, "the earlier the better."

Zyary Figueroa, 71, is one of the million Americans living with PD. Since her 2016 diagnosis, she's learned how valuable exercise is to manage her symptoms. "Keeping active keeps you more alive," she says.

Before the pandemic, Figueroa, who is from Queens, New York, used to work out at the gym three to four times a week with weights, and she also took Zumba and yoga classes. Exercise helped her mobility, balance and posture so much that she was able to go on safari in Africa, paragliding in Nepal and snorkeling in the Galapagos Islands.

After losing access to her classes and routine during the earlier stages of the pandemic, Figueroa says her tremors increased, along with pain and fatigue. Now she's slowly building back up to her previous regimen at the gym.

### What kind of exercise is best?

Ideally, combining a range of different fitness activities can bring the most benefit to patients, Amodeo says, since variety increases muscle learning and is more neurologically invigorating.

That said, "any bit of exercise helps," she notes, adding that it also pays to build up slowly. An introductory session with a physical therapist is also recommended to help patients find the best beginning regimen for their ability level. The American Parkinson Disease Association (APDA) National Resource Center for Rehabilitation runs a toll-free hotline (888-606-1688) that allows callers to speak with a licensed physical therapist who can offer advice about exercising and help connect callers to resources in their communities.

While the most important thing is finding a fitness activity you enjoy, and sticking with it, Amodeo says she's seen benefits from a few particular types of exercises in particular — such as boxing, which, she notes, combines aerobic exercise, weight training and balance all in one class, as well as yoga and tai chi, which deliver balance training and help with fluidity of movement. "They're also good for overall mindfulness and taking time for you," she notes. For those more limited in their mobility, she says a stationary bike or aquatic therapy are great options.

While research shows cardio is especially key to cerebral blood flow, Amodeo recommends working in some weight training, too. "The only way you're going to help beat the disease is by becoming stronger and able to move better," she says.

And finally, don't overlook a dance class as a potentially fun and beneficial type of exercise. One study showed that Argentine tango classes in particular improved PD patients' balance and functional mobility.

---

<https://www.aarp.org/health/conditions-treatments/info-2021/parkinsons-exercise.html>

# THE WELLNESS CORNER CONT'D...

## **Exercise is Medicine, A Letter From One of Our Memebers**

This pandemic has changed so much in my life. I am grateful for things opening up and more accessibility. The little things I took for granted like going to exercise classes were something I will never take for granted again. Over the last year plus, it has been easy to fall off from our normal routines. One of the things that has been especially difficult, especially for someone with PD is the closure of gyms, exercise classes and support groups. We may feel weaker, be dealing with more symptoms and feel more slow, stiff and in general, not as great.

I recently started working out with my trainer again after trying to do some exercises on my own. It was hard to keep myself accountable and hard to know what I was doing and should be doing. I am lucky I found a trainer who is knowledgeable with PD that can come to my house. We use resistance bands, items around my house and things that can purchased at the hardware store to assist with my workouts. My trainer spends a portion of our workout with me doing every day tasks, like getting off the floor and sitting back down, so I am comfortable getting up on my own and know the easiest way to get up from the ground.

When I started working out again it was TOUGH. I was sore, I was tired and it was harder than I remember. While I did try to move every day on my own, it wasn't the same as pre-pandemic. I didn't realize how out of shape I was from before the pandemic. The more I have been exercising the better I have been feeling, my tremors, slowness and stiffness are improving.

It is important to move and make sure you incorporate some movement each day. With many people becoming vaccinated and gyms/exercise classes opening up I hope more of us can get back to how it was because the benefits of exercise for PD are immeasurable. If you still cant get to a class or gym, think about something you can do each day. Start with your feet or your hands, work on balance, take a walk, ask family or friends to exercise with you to keep accountable or find someone online. I learned I need someone to help push me and we all have to find what works for us, but if there's any take away from this time, it is exercise is medicine.

## **EXERCISES YOU CAN DO AT HOME**

### **Child's Pose (Balasana)**

This gentle forward bend relieves mental and physical tiredness and promotes a sense of inner calm. It also loosens up your hips, thighs, and ankles. Plus, it relieves back tightness and discomfort.

For extra support, place a cushion under your forehead, torso, or bottom.

1. Sit back on your heels with your knees together or slightly apart.
2. Hinge at your hips to fold forward.
3. Extend your arms in front of you or rest your arms alongside your body.
4. Place your forehead on the floor or a cushion.
5. Relax deeply, letting go of any tension in your body.
6. Hold this pose for up to 5 minutes.



# 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](mailto:gabriela59@aol.com) or Nicole at [nmante86@gmail.com](mailto: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](http://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](http://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](http://www.parkinsondaytona.org)  
[parkinsondaytona@gmail.com](mailto:parkinsondaytona@gmail.com)

### Board of Directors

**Vince Kinsler**  
PAGDB Executive Director  
[yovinnny57@aol.com](mailto:yovinnny57@aol.com)

**Akisia German**  
[germanaahc@yahoo.com](mailto:germanaahc@yahoo.com)

**Alaine Keebaugh**  
Boston Scientific  
[Alaine.Keebaugh@bsci.com](mailto:Alaine.Keebaugh@bsci.com)

**Bruce Popielarski**  
[popiebpb@yahoo.com](mailto:popiebpb@yahoo.com)

**Christina Atanasoski**  
Newsletter & Web Designer

**Ellen Lauturner**  
[elauturn1@gmail.com](mailto:elauturn1@gmail.com)

**Gabriela Trotta**  
[gabriela59@aol.com](mailto:gabriela59@aol.com)

**Jennifer Harris**  
[jharris1@5ssl.com](mailto:jharris1@5ssl.com)

**Ken Sipes, CPA**  
Treasurer

**Marianne Chapin**  
Rock Steady Boxing  
[mchapin130@gmail.com](mailto:mchapin130@gmail.com)

**Matt O'Malia**  
O'Quinn All State Insurance

**Nancy Dawson**  
Halifax Health Hospice  
[nancy.dawson@halifax.org](mailto:nancy.dawson@halifax.org)

**Sharon Estes, RN**  
386-252-3777

**Ursula O'Leary**  
[utrudeau@msn.com](mailto:utrudeau@msn.com)