



*** Next Meeting ***

“Nutrition and Parkinson’s”

**Rachel Reynolds, MS, RDN, LDN; Assistant Director,
Senior Nutritionist, Boston University Sargent Choice Nutrition Center**

Friday, May 24, 2024 10:00 am – noon (In Person ONLY)

Freedom Plains United Presbyterian Church, 1168 Rt. 55 (East parking lot)
(across from Arlington High school)



What to Eat?

Have you heard that there are some foods that interfere with your Parkinson's medications? Did you ever wonder if what you eat will affect your Parkinson's Disease? If so, have you ever wondered what kinds of foods would be best - or what kinds of foods might not be helpful? Have you ever not wanted to know, because you are afraid you might not like the answers you'd get? Have you ever struggled between eating the foods you think are "good" for you vs. the foods you really like to eat, the ones that make you feel satisfied? If the answer to any of these is "Yes," then this month's May 24th meeting is for you. Come hear Boston University expert nutritionist **Rachel Reynolds, MS, RDN, LDN** talk about Parkinson's and nutrition.



Mark Your 2024 Calendar – Monthly Meetings

May 24, 2024 – “*Nutrition and Parkinson’s*” – **Rachel Reynolds, MS, RDN, LDN**; Assistant Director, Senior Nutritionist, Boston University Sargent Choice Nutrition Center (In person only)

June 28, 2024 – *Discussion/Sharing (In person only)*

July 26, 2024 – “*What to Know About Hospitalization with Parkinson’s*” **Dr Fabio Danisi**, Neurologist, Movement Disorders Specialist, MidHudson Regional Hospital (In person only)

August 23 – TBA

September 27 – Discussion/Sharing

October 25 - TBA

November 8 – Discussion/Sharing

December 13 – Holiday Festivities

Special Events:

September 8, 2024 – Annual “*Walk over Water,*” Walkway Over the Hudson

We are now meeting at our easily accessible new venue, the ***Freedom Plains United Presbyterian Church (FPUPC), 1168 Rt. 55 Lagrange.*** Coming into Lagrange from Poughkeepsie on Rt. 55, go past the Arlington High School entrance on your left and the church on your right to the East parking lot. The entrance is at the far end of the lot, but, once in the lot, you can drive up very close to the building. Coming off the Taconic, you go towards Poughkeepsie and enter the parking lot just past the *Daily Planet* and the entrance to Tops Market. Handicapped rest rooms are across the hall from the meeting room, which is right inside the entry.

NOTE: 2024 DUES (\$15/INDIVIDUAL; \$20/COUPLE)

(Mail checks to: **PDSGMHV** P.O. Box 304 Lagrangeville, NY 12540)



Parkinson’s News Today is strictly a news and information website about the disease. It does not provide medical advice, diagnosis or treatment. This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or another qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on this website.

(Editor’s note: The following news “shorts” came from *Parkinson’s News Today*. Please note that mention of current trials or research “discoveries” are not to be taken as recommendations. These reports are merely to help keep you informed of Parkinson’s in the news. Always consult your neurologist regarding medications.

NeuroVigil launches portable device to measure brain electrical activity

Launch of iBrain monitor will target Parkinson's patients in 2nd phase

by [Andrea Lobo](#) | April 11, 2024



NeuroVigil has launched its [iBrain](#) personal brain monitor — an investigational portable device that can noninvasively record the brain's electrical activity in people with neurological conditions — in the U.S., according to a [company press release](#).

In the second phase of the launch, NeuroVigil will use a smaller version of the device specifically to detect signs of [Parkinson's disease](#).

And here's another similar device:

Machine learning tool may help detect Parkinson's disease: Study

Proposed model uses EEG data to analyze brain activity over time

by [Marisa Wexler, MS](#) | April 15, 2024



A new machine learning model is able to identify [Parkinson's disease](#) more accurately than other models based on electroencephalography (EEG) readings of the brain's electrical activity, a study found.

“The proposed model holds promising potential as a valuable and enduring aid for experts and clinicians in diagnosing” Parkinson's, researchers wrote in the study, “[An efficient Parkinson's disease detection framework: Leveraging time-frequency representation and AlexNet convolutional neural network](#),” which was published in *Computers in Biology and Medicine*.

There is no test that can conclusively [diagnose Parkinson's disease](#). Instead, diagnosis is made based on evaluation of the patient's symptoms and elimination of other possible causes. This is often a time-consuming and frustrating process, and a major goal of Parkinson's research is to find faster and more reliable ways to diagnose the disease

AAN 2024: Skin biopsy test may help confirm Parkinson's diagnosis

Syn-One test also could be used to guide treatment decisions, data show

by [Marisa Wexler, MS](#) | April 17, 2024



The Syn-One test, which uses a skin biopsy to look for atypical clumps of the protein alpha-synuclein, may help both in confirming a diagnosis and guiding treatment decisions for people being evaluated for Parkinson's disease, new data show.

“Skin biopsies are minimally invasive and, our study showed, very effective in aiding the diagnosis of parkinsonian disorders,” Jonathan Ross Isaacson, MD, of Beth Israel Deaconess Medical Center, in Massachusetts, said during a talk at the American Academy of Neurology (AAN) 2024 Annual Meeting, held April 13-18, in Colorado and online.

Isaacson's presentation was titled “[Clinical Utility of Synuclein Skin Biopsy in the Initial Diagnosis and Evaluation of Parkinsonian Disorders](#).”

To date, there is no medical test that can confirm the diagnosis of Parkinson's disease. Instead, the diagnosis is made clinically, based on the symptoms that a person is experiencing. This is somewhat subjective, however, and misdiagnoses are common — especially early in the course of the disease.

Abnormal clumps of alpha-synuclein in brain cells are a hallmark molecular feature in Parkinson's disease, as well as in some forms of atypical parkinsonism. . . The Syn-One test looks for these clumps in skin nerves using biopsies collected from the neck, thigh, and calf.

In his talk, Isaacson provided an overview of how the test had impacted clinical decision-making for 97 patients who were evaluated for possible Parkinson's at the Beth Israel clinic, in Boston, between 2021 and 2023.

Two-thirds of these patients (66%) had a change in their recorded diagnosis after undergoing the Syn-One test, the data showed. More than half (55%) experienced a change in treatment. Overall, more than 4 in 10 — specifically 41% — had a change in both diagnosis and treatment after the skin biopsy test. Meanwhile, 1 in 5, or 20% of those tested, saw neither change.

“In our study, skin biopsies were shown to have a major impact on clinical decision-making,” Isaacson said, though he noted that additional research is needed to validate and generalize the results.

In a study abstract, the researchers noted that using the biopsy test to aid in a Parkinson's diagnosis may also help in confirming or not the likelihood of other related medical conditions — many of which can also be misdiagnosed.

“The need for earlier and accurate diagnosis of these progressive neurodegenerative disorders is a major unmet need impacting diagnostic certainty, early symptomatic treatment, and avoidance of inappropriate therapy,” the researchers wrote.

The Syn-One test is sold by CND Life Sciences, a U.S.-based company. CND was not directly involved in this study, though one of the co-authors disclosed owning stock in the company.

“The data presented at the AAN meeting will highlight our growing portfolio of work around the utility of our Syn-One Test through its potential to disrupt neurodegenerative disease diagnoses and help biopharma companies move their scientific research forward,” Todd Levine, MD, chief medical officer of CND, said in a company press release.

Note: The Parkinson's Disease News team is providing coverage of the American Academy of Neurology (AAN) 2024 Annual Meeting April 13-18

SPARX3 study of treadmill exercise for Parkinson's recruiting at 24 sites

Trial testing effects of moderate- and high-intensity aerobic exercise
by *Margarida Maia, PhD* | April 16, 2024

Now Recruiting

SPARX3, an ongoing clinical trial investigating the effects of moderate- and high-intensity aerobic exercise — specifically, treadmill walking four times per week — in Parkinson's disease, is still recruiting patients at 23 sites in the U.S. and one in Canada, according to the trial's website. The Phase 3 study, which spans two years, is now enrolling patients, ages 40 to 80, to test the impact of aerobic exercise on Parkinson's disease progression.

Launched in 2021 and headed by principal investigator Daniel Corcos, PhD, a professor at Northwestern University's Feinberg School of Medicine, in Chicago, the SPARX3 trial (NCT04284436) expects to recruit 370 patients with recently diagnosed Parkinson's who haven't yet started on any medication.

"The question we want to answer is whether there is a benefit to exercising at the higher intensity in terms of slowing down the rate at which (Parkinson's) disease progresses," Corcos

Participants in the study, who must have a disease duration shorter than three years, will be randomly assigned to 18 months of treadmill exercise, for 30 minutes four times per week. This aerobic workout will be done either at high intensity — to keep patients' heart rates at 80% to 85% of maximum — or at moderate intensity, with a target of 60% to 65% of maximum heart rate.

After the 18 months, patients will be followed for another six months, for a total of two years, to test their ability to sustain exercise independently, according to the press release.

Parkinson's causes a range of [motor symptoms](#) that can worsen over time, making it difficult for patients to walk, move, and carry out daily activities. [Regular exercise](#), including resistance, balance, and endurance training, can help patients maintain mobility.

Endurance training, which shapes the ability to sustain physical exercise for some time, may ease typically progressing symptoms in Parkinson's caused by a lack of the signaling chemical dopamine in the brain. Exercising at a higher intensity could perhaps provide even more benefits by [boosting dopaminergic signaling](#), according to researchers. . .

The importance of 'seeing the field' in life with Parkinson's disease

How a heightened awareness helps me better manage this condition

by *Doc Irish* | April 24, 2024



I was watching my youngest daughter's high school lacrosse game the other night and commented to my wife, "She's seeing the field really well right now." We talked a bit about how it's obvious, from a spectator's perspective, when our kids are bringing their A-game and are engaged and anticipating the action. It's fun

to watch. Even better, it's fun to be with our daughter after the game when she knows that she competed and made smart plays — especially on nights when she had great field vision and a special level of awareness of the game and the players.

Meanwhile, over the past week or so, I've been thinking about the unpredictability of Parkinson's disease and trying to negotiate my next steps. As I work on finding the right attitude with which to approach my condition, I realize my calling is to "see the field" of my life with Parkinson's.

Too often, we as people live in the field of our imagination. How many limiting beliefs are we carrying that prevent us from seeing what's right in front of us? How would our lives be different if we could see those fields? If we could be a better teammate?

Living with Parkinson's disease often feels like navigating through a constantly shifting landscape. Each day brings its own set of challenges with motor symptoms, including tremors and stiffness, and nonmotor symptoms, such as cognitive changes and mood fluctuations. The

condition requires adaptability and resilience, much like a player on the field adjusting to the game's ebb and flow.

Managing Parkinson's has taught me the importance of seeing beyond the immediate obstacles and envisioning a broader perspective. Just as lacrosse players must anticipate the movements of their teammates and opponents to make strategic plays, I must anticipate how my symptoms may fluctuate throughout the day and plan accordingly. This heightened awareness allows me to manage my condition better and maintain a sense of control over my life.

But seeing the field goes beyond daily survival; it's about finding meaning and purpose in adversity. Parkinson's has forced me to confront my own limitations and reevaluate what truly matters to me. It has pushed me to explore new passions and pursue opportunities for personal growth. By embracing the uncertainty of the future, I've discovered a bigger sense of purpose and a deeper appreciation for the moments of joy and connection that enrich my life.

Of course, living with Parkinson's also means grappling with fear. There are days when the future feels daunting, and I wonder how my condition will progress over time. But even amid these challenges, I try to remember how resilient I can be. Just as a team rallies together in the face of adversity, I'm lifted up by the support of my loved ones and the camaraderie of fellow patients who understand the challenges I face.

When I worry about the speed of development of new therapies, I try to remember that the most profound progress comes from within — the resilience and determination to compete and love the game, no matter the opponent.

As I think about the end game, I'm reminded of the words of author and Parkinson's advocate Michael J. Fox, who said that while Parkinson's is his toughest opponent, he wasn't giving it any ground. Like Fox, I'm determined to face each day with courage and resilience, to see the field with clarity and purpose.

In the end, living with Parkinson's isn't just about managing symptoms or navigating the complexities of treatment. It's about embracing life in all its unpredictability and finding meaning in the moments that matter most. It's about seeing the field — not just as a challenge to overcome, but as a canvas for endless possibilities.

WEBINARS/Resources

Parkinson Foundation Webinars

“Trouble with Zzz’s: Sleep Challenges with Parkinson’s” May 8, 2024

For people with Parkinson's, sleep is critical — as the brain and body need more time to restore. Explore the common sleep issues associated with Parkinson's, how it affects sleep quality, and ways to get a better night's sleep with PD.



Watch each past one-hour Briefing at www.parkinson.org/webinar, click on Expert Briefing and then again on Expert Briefing in the paragraph that comes up. **NEW! These webinars now have closed captioning.** For *Mindfulness Mondays*, *Wellness Wednesdays*, and *Fitness Fridays* go to: www.parkinson.org/pdhealth. Not online? Have a question? Call: **Helpline at 1-800-4PD-INFO.**

Michael J. Fox Foundation -Third Thursdays Webinars:

**“Finding Your Way: Working through Emotions in Early Years with Parkinson’s”
Thursday, September 21 (archived)**

In this replay of a popular webinar, our expert panelists will discuss ways to manage emotions and navigate the early years of a Parkinson’s diagnosis. We’ll feature reflections from a person recently diagnosed in addition to people who have been living with the disease for years. We’ll also cover the valuable role people recently diagnosed can play in research.

Watch previous Third Thursday Webinars at www.michaeljfox.org/webinars

Davis Phinney Foundation – Live Well Today Webinar Series

Interested in topics like: Depression, Memory, Mood and Parkinson’s; Exercise, Freezing and Gait; Emerging Therapies; Women and Parkinson’s; or non-Motro Symptoms Medications? Try going to the David Phinney Foundation website for a list of recorded and upcoing hour long webinars on these topics and many more.

For more videos, books, articles, and blogs on Parkinson’s see:

- **American Parkinson Disease Assoc. at www.apdaparkinson.org**
- **Davis Phinney Foundation at www.dpf.org**
- **Michael J Fox Foundation at www.michaeljfox.org**
- **Parkinson’s Foundation at www.parkinson.org or call their Helpline at 1-800- 473-4636.**

MEMBER NEWS



STRETCHING CLINIC - Special Opportunity

The new FREE stretching clinic at **Marist College**, just for people with Parkinson’s, has announced the next open dates. Your personal appointment can be made through the links below:

Saturday, May 25th <https://calendly.com/juliefineman/pd-stretch-clinic-3-25-24>

You can also contact Dr. Kristin Mende at Kristin.Mende@marist.edu for more information and how to join. This is run out of the Doctoral Program for physical therapists at Marist.

Don't like to exercise alone?

Anne Olin is offering classes on **Tuesday mornings from 10-11:30 am** at the Town of Ulster Senior Center, #1 Town Hall Drive, Lake Katrine NY 12249. Classes are geared for all levels and spouses and partners are welcome. Sitting, standing, balance and gait exercises are included, all done to musical accompaniment. The Senior Center is a lovely, bright new building with an entrance ramp and lots of parking. Contact **Anne at (845) 679-6250**

Attention PDSGMHV Care Partners!

Did you know that we have an online Care Partners Support Group that meets the first Thursday of every month at 5:30pm? This group is facilitated by PDSGMHV member and peer councilor Alex Passas. If you'd like to be on the list for monthly invitations, you can contact Alex directly at passasalex@gmail.com.

Need some Equipment?

To donate or borrow, you can call Nancy Redkey at 914-475-2793 or email nredkey@aol.com. We currently have a variety of commodes, walkers, wheelchairs, and other adaptive accessories.

Love Freihofer's Products?

Turn your love into a contribution to the Parkinson's Foundation. If you shop at Price Chopper and buy any Freihofer's product, Price Chopper will donate ten cents to the Foundation with each purchase of specially marked Freihofer's items.



Parkinson's Disease Support Group of the Mid-Hudson Valley is a non-profit, tax-exempt organization.

www.midhudsonparkinsons.org

914-475-2793

NOTE: *If you no longer wish to receive this newsletter, please call or write Nancy Redkey at 914-475-2793, nredkey@aol.com, or PDSGMHV | P.O. Box 304 | Lagrangeville, NY | 12540.*