



Parkinson's Perspective

Newsletter of the Colorado Parkinson Foundation, Inc. and
the Colorado Springs Parkinson's Support Group

www.co-parkinson.org | (719) 884-0103

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president@co-parkinson.org

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Vacant

Photographer: Annette Garcia

Lending Locker Coordinator:

Mary Sauvain [redacted]

Main Dish Coordinator:

Bill Hicks [redacted] or
potluck@co-parkinson.org

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and Janet Adams

Media Relations: Mary Sauvain

Medical Advisor:

Dr. Brian Grabert, MD

New Member Table Chairmen:

Norm Tuinstra

Sunshine (Cards):

MJ Thompson [redacted]

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Contact Julie Pfarrer at
db_mgr@co-parkinson.org or
call [redacted]

The **Colorado Springs Parkinson's Support Group** (part of CPF) meets 10AM, the first Saturday of each month at the Central United Methodist Church, 4373 Galley Rd, Colo Spgs, 80915

(with exceptions to be noted
in this newsletter)

Next Meeting: Saturday, November 2nd – 10:00 am – 1:30 pm

We will NOT be Zooming OR recording this meeting

Location: Central United Methodist Church, 4373 Galley Rd - just east of Murray Blvd.

9:30am – Come early for a group sing-along with music therapist, Heather Johnson.
See more about Heather's business under 'Other Opportunities' later in this newsletter.

9:45am – Everyone else come a few minutes early to check in, greet other members and ask questions.

First time visitors: Be sure to sign in, get a name tag and proceed to the visitors' table for some special attention and information.

Knowledge is power and enables us all to live well, so plan to attend the meetings at Central United Methodist Church.

NOVEMBER PROGRAM

Topic: Break-out Sessions

Moderators: Parkinsonians: Kathleen Foster and for the caregivers: Jill Reid & Julie Pfarrer

The Parkinsonians get together in one room and the caregivers in another to discuss their questions and concerns about their PD journey.

The meeting will be followed by a potluck

The November Potluck Theme - Thanksgiving Dinner!

Turkey and gravy will be provided by CSPSG.

Members bring appropriate Thanksgiving side dishes such as mashed potatoes, dressing, cranberry sauce, pumpkin pie, etc.

If you would like to sign up to bring a side dish/dessert for the meeting, you can contact Bill Hicks at [redacted] or potluck@co-parkinson.org, no later than Wednesday, October 30th and tell him what you would like to bring.

Remember that bringing food for the potluck is voluntary.

We look forward to seeing you there!



**WHEEL CHAIRS
& WALKERS
ARE WELCOME
AT NEUROPONG!**



Don't let balance problems
or bad backs keep you away.

There are 2 wheelchairs available in the gym, if needed. Call the Downtown YMCA at (719) 473-9622 and register as a non-active member if you don't have a membership with the Ys of the Pikes Peak Region; then ask them also to sign you up for NeuroPong.

The President's Corner



Don't forget to order your tennis-ball yellow t-shirt featuring the Colorado Parkinson Foundation & the Colorado Springs Parkinson's Support Group. Small, medium, large and extra large shirts cost \$18; XXL shirts cost a flat \$20. We will take orders and payment at the November and December meetings if needed, but why wait??? In fact, don't wait! Get in on the upcoming order by placing your order

now. Just call Julie Pfarrer at [REDACTED] OR go on our website at co-parkinson.org and click on the donate button on the home page; in the comment section, indicate that the "donation" is for t-shirts, how many t-shirts you want, and what size or sizes (S, M, L, XL, or XXL).



You should also take advantage of the FREE (my husband's favorite price) NeuroPong sessions at the Downtown Y. Check out the photo of Tessa, a 12-year-old with cerebral palsy who comes and plays with the NeuroPong trainers from her wheel chair. It's patently obvious that she's having fun! Kathleen Foster told me at NeuroPong today that she doesn't always feel like coming to NeuroPong, but then she comes anyway (she expressed it more colorfully than that—something about getting her backside off the sofa!) and is always glad she came. My brother-in-law, Ric Pfarrer, says he's been able to cut back his Parkinson's meds because of NeuroPong, and Jeannie Ransberger says she's moving much better than before she started NeuroPong. So come join us on Tuesdays and Thursdays from 1 pm to 3 pm and watch your Parkinson's symptoms improve.

I just got an email from Silver Key Senior Services about their new affordable senior housing. There are 50 units for residents aged 62 and older, with 13 units specifically designated for veterans. The rent for one-person apartments ranges from \$585 to \$1,170 (depending on income), and rent for two-person apartments ranges from \$702 to \$1,404 (also depending on income). Upper income limits are \$43,680/year for the one-person apartments and \$49,920 for two-person apartments. The housing is located on S. Murray. Call Melanie Young at 720-914-5328 for questions.

This month's recommended comedy movie is Shrek, starring Eddie Murphy, Cameron Diaz, and Mike Myers. I groaned at the opening scene's bathroom humor the first time I saw this movie; but when the Gingerbread Man was being tortured by being dunked in a glass of milk (no, really, that scene is funny with a capital F!), the movie had me! I laughed myself silly the rest of the way! And don't forget—laughter helps replace missing dopamine so laugh loudly and laugh often!

Ask the Doctor!



Dr. Grabert has generously agreed to answer your questions pertaining to Parkinson's Disease each month in our newsletter column called:

"Ask the Doctor!"

If you have questions you'd like to submit to Dr. Grabert, email them to Julie, our newsletter coordinator at: db_mgr@co-parkinson.org.

LENDING LOCKER INVENTORY

If you would like to borrow any of the equipment listed here, please contact: Mary Sauvain at [REDACTED].

Back brace	1
Bed cane	7
Bed pan	1
Bed rails	1
Bed risers (set)	1
Bedding lifters	2
Bedside toilets	5
Canes	8
Chair/sofa cane	2
Crutches (set)	2
Double floor exercise pedals	1
Freestanding toilet rails	1
Hospital bed	2
Hospital bed food trays	2
Hoyer Lift	1
Lazercue for freezing help	1
Lift chairs	0
Lift-ware tremor compensating utensils	1 set
Monthly med carousel with reminder alerts	1
Pick-up assist	6
Shower seats/benches	7
Sock helper	2
Stand-up assist	1
Standup Walker	1
Squatty potty	2
Swivel seat	1
Toilet arm assist	1
Toilet rail	1
Toilet seats	3
Transfer pole	2
Transport chairs	11
Tub rail	1
U-step	1
Walkers with wheels & seat	9
Waterproof mattress protector (Twin)	1
Wheelchairs	8

Items that are free for the taking:

Contact Julie Pfarrer if interested in these items at db_mgr@co-parkinson.org

7-day/7 compartments per day pill dispenser	1
7-day medium-size pill dispenser	1
Aluminum walker tennis balls	4
Aluminum walker tray	1
Bedside toilet commode liners: 3 big boxes with 6 smaller boxes in each	
Bibs	8
Blood Pressure Monitor	1
Disposable bed pads	7
Easy sip hydrate bottle	1
Gate belt	8
Hospital bed bedding: 3 sets of sheets 1 mattress pad 2 washable bed pads (new)	
Hospital gown	1
Hospital slippers—XL&XXL	2
In-bed knee lift	1
Male portable urinals, new in individual packages – 32 oz capacity	4
Plastic handicap plate	2
Plastic handicap bowl	1
Pill crusher, storage, & drink cup combination	1
Rehab squeeze balls	2
Reusable bed pads	8
Waterproof twin mattress protector	1
Weighted utensils	6
Seat cushion	1
Thick-it	1
Transfer pads – can handle a person up to 300 lbs	4
Attend advanced briefs, maximum protection—lg-24 ct	3 pkgs
Cardinal health guards for men - extra heavy absorbency -14ct	2 pkgs
Depend men's guards—52ct – 1 unopened and 3 opened with a few missing	8 pkgs
Fitright guards for men—52ct	1
Generic briefs, L/XL – 18ct	4 pkgs
Prevail daily male guards – one size fits all – maximum absorbency-14ct	2 pkgs
Prevail Nu-fit daily briefs w/ fastener tabs – 32"-44" size – maximum absorbency-16ct	2 pkgs
Women's Always Discreet s/m/ p/m maximum protection underwear – 42ct	2 pkgs
Women's Always Anti-Bunch extra long panty liners. Extra protection – 92ct	1 pkg

Program Review: October 5, 2024

| by Patricia Beatty, Secretary

Pat Yourself on the Back – You're Making Such a Difference in the Parkinson's World!

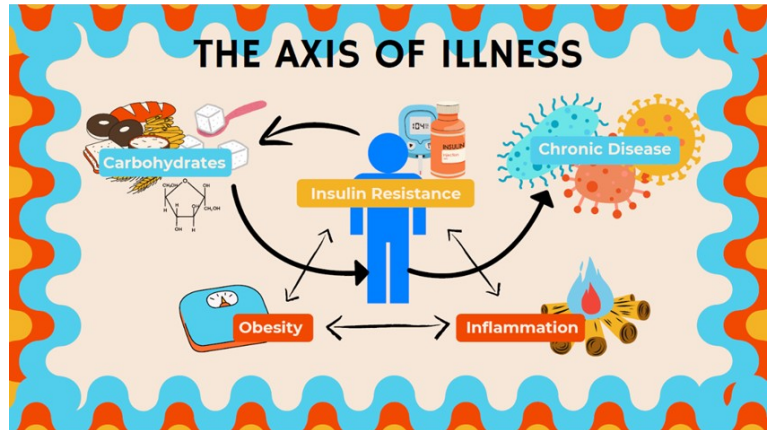
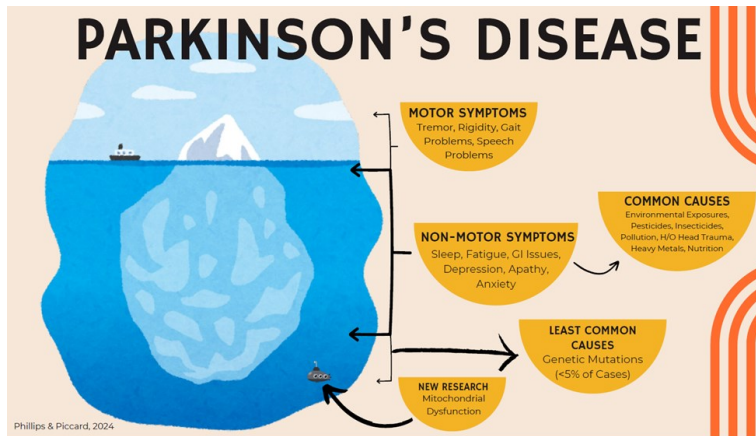
By Dr. Melanie Tidman, DHSc, M.A., OTL/L, MHP

At our October 5th support group meeting, internationally-recognized Parkinson's researcher, **Dr. Melanie Tidman**, presented an informative program on the positive effects of diet and exercise on individuals with Parkinson's Disease. Her most recent research was presented at the Metabolic Symposium in San Diego, California, in August, 2024 where it was warmly received by individuals from the U.S. and abroad. She was recently interviewed on *Life's Best Medicine*, a national podcast with Dr. Brian Lenzkes, and is scheduled to appear on the *Low Carb MD* podcast in late November 2024 to discuss her research. In her presentation, entitled **"Eight Years of Evidence"** she shared the results of her 5 research studies which have been published throughout the scientific and neurologic community worldwide.

Dr. Tidman began her presentation by stressing the all-important role of the Colorado Parkinson Foundation (CPF) and its support groups in the success of her research. CPF funded all of the research she talked about and the publication of its results, and the support groups provided her with most of the people who participated in her research. Without CPF and the volunteer research subjects, none of the knowledge we have gained would be available to the world today. It is groundbreaking and cutting edge.

Since the food pyramid came out in 1977, statistics clearly show an alarming increase in neurological disorders including diabetes, as well as other major health issues such as metabolic syndrome, fatty liver disease including in children, heart disease, cancer, and obesity. This is what motivated Dr. Tidman to explore dietary inventions that can mitigate or reverse all of these health issues.

Some background:



Ketogenic Diet for Neurological Conditions

70% - 80% - Fats
20% - 25% - Proteins
5% - 10% - Carbohydrates

Ketogenic Diet for Metabolic Conditions: Weight Loss, Diabetes, GI Issues & Autoimmune Disorder

60% - 70% - Fats
25% - 35% - Proteins
5% - 7% - Carbohydrates



Dr. Tidman conducted her first controlled research study in **2018** for the Colorado Parkinson Foundation. Her goal was to study 'THE EFFECTS OF A COMMUNITY-BASED PARKINSON'S WELLNESS RECOVERY (PWR) PROGRAM ON MOBILITY, BALANCE, COGNITION, ADLs/SELF CARE, AND QOL. She wanted to find out WHY persons with PD suffer from depression and lack motivation to participate in community activities or exercise. This study involved a community exercise program provided at local YMCAs designed specifically for persons with PD to enhance their motor skills, balance and coordination. (Note: this program is still being offered at the Tri-Lakes & Briargate YMCA.)

- **WHAT THE RESULTS TOLD US:** *This community-based exercise study showed improvements in socialization, self-reported coordination and motivation to exercise.*

Dr. Tidman realized that although there have been numerous studies targeting the effect of specific medications on Parkinson's Disease, there were no research studies on the effects of diet on PD. It has been

(Continued on page 6...)

Thank You!

Thanks to ALL
who brought food
and to those that
helped set up &
cleanup at the
last meeting!

December/January Newsletter
Input Deadline: November 15th

Call or e-mail Julie at:
[REDACTED]
db_mgr@co-parkinson.org

November CSPSG Executive Committee Meeting

November 5th at 09:30 am at a place to be determined

Contact Jill at president@co-parkinson.org if you haven't been to an Executive Meeting so we will know that you're coming and to get the address. Leave your email address so Jill can contact you if anything changes.

Parkinson's Disease Related Providers:

If you are seeing a provider not listed here that has given you excellent care with any Parkinson's issue, let Julie know at db_mgr@co-parkinson.org so that they can be added to this list.

The following providers have been recommended
by multiple members:

Colorado Springs

Dr. Bradley Priebe, MD – Neurologist at Peak
Neurology, PC; (719) 445-9902

Steven Swank, PharmD, BCACP – Peak Neurology,
Clinical Pharmacist Specialist; (719) 445-9902

Dr. Aparna Komatineni, MD – Neurologist at Centura
Penrose Hospital and UCHealth; (719) 694-3595

Dr. Andrea Manhart, DO – Neurologist
at UCHealth; (719) 365-7300

Dr. Lael Stander, MD – Neurologist at UCHealth;
(719) 365-7300 Note: Does well w/PD vision issues

Elizabeth Harmon, PA – UCHealth; (719) 365-7300

Melinda McClenden, NP – UCHealth; (719) 365-7300

Dr. Kevin Scott, MD – Neurologist at
UCHealth; (719) 365-7300

Dr. Monica Stanton, MD – Primary Care Physician
at UCHealth in Monument; (719) 364-9930

Dr. David Stevens – Neurologist at
CS Neurological Associates; (719) 473-3272

Bettner Vision – Neuro-Ophthalmology
Vision Therapy; (719) 282-0400

Denver

Dr. Michael Korsmo, MD – Neurologist at UCHealth,
Anschutz Medical Campus; (720) 848-2080

Dr. David VanSickle, MD – Neurosurgeon at
Neurosurgery One; (720) 638-7500
Note: DBS expert

Erin Van Dok, OD – Neurological Optometrist
at UCHealth Sue Anschutz-Rodgers
Eye Center; (720) 848-2020

Dr. Victoria Pelak, MD – Neuro-ophthalmology,
UCHealth Sue Anschutz-Rodgers Eye Center;
(720) 848-2020

Dr. Trevor Hawkins Neurologist at UCHealth
Neurosciences Center, Anschutz Medical
Campus; (720) 848-2080



Percy Alzamora
Steven Boswell
Ron Brown
Fred Carrico

Susan Coddington
Janet Corns
Nick Cressy
Sheila Davis
Joseph Facer
John Faino
Pat Faino
Dorothy Filippi
Annette Garcia
Doug Gibb

Richard (John) Hero
Brenda Hicks
Harry (Bill) Killa
Ann Knowles
Joan Lydon
Donna MacDonald
Carolyn Mangold
Pat Murphy
Jerry Nelson
Mittie Pedraza

Neal Purdy
Jeanne Ransberger
John Reid
Jack Risley
John Rogers
Joanne Snelling
Dan Spence
Spence Winkler
Marilyn Wisler

Your birthday isn't listed?
Fill out the membership form
and check BD listed "YES".

Potluck Favorites—Shakin' & Bakin' Cookbook Now Available!

The updated cookbooks are here!

The price is a donation or free if you can't afford to donate.
You can order them from Julie Pfarrer at db_mgr@co-parkinson.org.

The cookbooks are bound so that new recipes can be added in the future. So continue to send in your favorite recipes – old or new family recipes, newly discovered favorite recipes, etc.

We only want recipes that you have actually tried and liked – not ones that you think should be good but haven't tried or tasted.

All favorite recipes are welcome.

Send them to project@co-parkinson.org.



Recipe of the Month: Savory Caraway Cabbage

Our low carb/good fat ketogenic study showed incredible results. Not only was there remarkable improvement in the symptoms of Parkinson's but also with overall health in general (including the health of caregivers who chose to change their diet along with their Parkinsonian). Since it seems clear that everyone's health would improve exponentially if we all changed our diet to eat this way and since we have potlucks, we thought we would feature an easy low carb/good fat recipe or two in the newsletter each month to promote healthy eating.

If you have a favorite low carb/good fat recipe you'd like to share, please send it to Julie at: db_mgr@co-parkinson.org.

Ingredients:

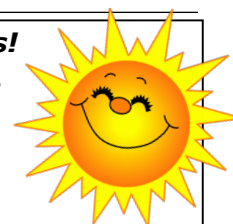
½ C butter	3 large tomatoes, chopped
1 large head cabbage, shredded	2 tsp salt
1 large onion	3 Tbl caraway seeds
1 C water	4 Tbl sugar

Directions:

- In a 3-quart pan, melt butter over medium heat.
- Add cabbage & onion and saute 10 minutes.
- Add remaining ingredients & stir to combine.
- Cover the pan & cook 30 minutes before serving.

Help Spread Some Sunshine to Our Members!

If you know of a Parkinsonian or PD caregiver that is having a tough time (illness, surgery) or one of our members has passed away, please let our Sunshine Chairman, MJ Thompson know. She can be reached at [REDACTED].



Other Local Support Groups:

Parkinson's Caregivers Support Group

All family caregivers of persons with Parkinson's are invited to come and participate in our discussion meetings. We meet the 3rd Thursday of each month from 10:00 to 12:00 at the Central United Methodist Church, 4373 Galley Rd, Colo Spgs, 80915. Contact Brenda Hicks at bbhicks54@gmail.com or (719) 331-8369 to let her know you are coming.

Ladies w/ Parkinson's Support Group

If you are a fun-idea person, please consider volunteering to lead this valuable group.

If you're interested please notify Julie Pfarrer at db_mgr@co-parkinson.org or [REDACTED].

Essential Tremor Support Group

Meeting Location: ENT Conference Room - Pikes Peak Library District.; Colo Spgs Library 21c, 1175 Chapel Hills Drive. For meeting dates/times or for questions, contact Jim [REDACTED] or [REDACTED].

Tri-Lakes Parkinson's Support Group

Meets the 3rd Saturday of every month at 10 am at the Monument Community Presbyterian Church, 238 3rd Street, Monument. For more info contact Syble Krafft at [REDACTED] or Barry Hanen-burg [REDACTED].

Other Opportunities:

Adult Speech Therapy:

Outpatient speech therapy services. Personalized speech therapy for restoration of function due to illness or injury.

Treating:

Parkinson's: Voice & Swallowing
- SPEAK OUT!
- LSVT

For more information, contact Jana Hothan, MA, CCC-SLP at slp@janahothan.com or by phone at (719) 338-8165.

Parkinson's Sing-a-Long Group:

Square Music Co offers individual music therapy services with Heather Johnson, MT-BC! Individual sessions can be held in person in the Colorado Springs area or via telehealth. Heather has over 5 years of experience working with neuro populations and hosts a Parkinson's singing group before each support group meeting at 9:30 am as well! Music therapy with Parkinson's works towards vocal strength, control, and longevity, increasing fine and gross motor skills, gait training, and other types of therapeutic goals through individualized music experiences. To learn more or schedule a free consultation, call/text Heather at (719) 345-2887 or email her at heatherjohnson@squaremusic.co.

PD Exercise Classes:

Falcon Exercise Group

Mon & Fri: 11:00 – noon, Grace Community Church. For more info contact Catherine Reed at [REDACTED].

UCCS Center for Active Living at the Lane Center

Power Moves group exercise and Balance & Agility classes. For more information call (719) 255-8004 or email CAL@uccs.edu

NIA Class

Moving to Heal – the art of feeling better; slower movements with joy and purpose. NIA works with balance, breath, cognitive mind/body function, mobility and stability. You can go at your own pace. Stop if you want, sit down and dance while sitting in a chair for a while. All while dancing to music from all genres; Jane, the instructor, often asks what we need that day and works her routine around what can help. She has done a wonderful job making the routines fit our Parkinson's needs. Cost: \$10 a class

When: Every Friday at 10:30 am

Where: 525 E Fountain Blvd.
MACS–corner of Fountain & Royer

One-on-One Physical Therapy

For people with Parkinson's Disease and all movement disorders. Provided by Danielle (Spivey) Mulligan, PT, MSPT who is a Physical Therapist, Certified Vestibular Therapist, LSVT and PWR for Parkinson's.

Where: 5818 N. Nevada Avenue, Suite 325
Phone Number: (719) 365-6871

Neuroping for Parkinson's

Table tennis for Parkinsonians who want to improve both motor and non-motor symptoms and avoid mental decline.

WHEN: Tuesdays & Thursdays

TIME: 1:00 - 3:00 p.m.

LOCATION: Downtown YMCA

207 North Nevada Avenue
In the Small Gym

To sign up call the front desk at (719) 473-9622

For more information contact Travis Lerma at (719) 495-5130 or tlerma@ppymca.org.
Neurologicrehab.com

Rock Steady Boxing – Boxing with Love

New Rock Steady Boxing for folks with Parkinson's Disease at the Boxing with Love Gym
Tues @ noon (please come 15 min early if your first time) 1710 Briargate Blvd. Ste 100 (Next to Dicks Sporting Goods).

For more info contact Karen Bishop PT, DPT at love@rsbaffiliate.com

Max Capacity NeuroFitness

Free Boxing, PWR Bootcamp and Cardio Circuit for people with Parkinson's. Cognitive Cardio class available for \$10/class!

Physical therapist Emily Moncheski at Max Capacity, PLLC, offers individual Parkinson's physical therapy, most insurance accepted
Conveniently downtown
525 E. Fountain Blvd. Suite 150

Contact Emily at emily@maxcapacitypt.com or call: (719) 213-3996, fax: (719) 284-4624

Dance for Parkinson's

Moving with joy, creativity, and community to support people living with Parkinson's. All are welcome and care partners are encouraged to move with us! Classes meet in person every Tuesday at 11:30 am and every Friday at 11:00 am at Ormao Dance Company, 10 S. Spruce Street. \$5/class.

Free for care partners. You can also join us for this class online. Visit our website www.ormaodance.org and click on "Dance for Parkinson's" under the "Outreach" tab to get the Zoom link. Contact Laura at laura.hymers@gmail.com or (719) 640-8478

YMCA PD Exercise Classes

We utilize exercise as medicine to increase quality of life so that you can get better and stay better.

Tri-Lakes YMCA: PWR!Moves;
Tues & Thurs, 1:00-2:00 PM

Briargate YMCA: PWR!Moves;
Mon, Wed, Fri, 1:30-2:30 PM

YMCA at 1st & Main; PWR!Moves;
Mon & Wed, 1:15-2:15 PM

For more info contact Travis Lerma at tlerma@ppymca.org

Colorado Springs Rocksteady Boxing

"Let's kick some PD BUTT!" Tues, Wed, & Thurs: 10am–11:15am & 11:45am–1:00pm
Location: Otis Park. 731 Iowa Ave. For more info, call Bill O'Donnell at (719) 243-9422

Neuro Logic Rehabilitation and Wellness

One-on-one physical therapy and wellness services for people with Parkinson's Disease and other movement/neuro disorders in the comfort of their home with outpatient mobile services. We come to you, to meet you where you are in your treatment & diagnosis!

Board Certified Clinical Specialist in Neurologic Physical Therapy Certified PWR! (Parkinson's Wellness Recovery) Moves Therapist

For more information, contact Ryan Mueller, PT, DPT, NCS at (719) 306-0009 or ryan@neurologicrehab.com

Neurologicrehab.com / Fax: (719) 691-7994

(...continued from page 3) October Program Review)

determined that the Standard American Diet, best represented by the Food Guide Pyramid that is low in protein, fats and oils, and high in everything else, has not served the average person well over the last 6 decades. In an effort to make everyone healthy it has accomplished just the opposite. Heart disease, sugar diabetes, obesity, neurodegenerative diseases and many other conditions have increased at an alarming rate...including Parkinson's. Hence her **2020-2022** research study of the "EFFECTS OF AN LOW CARBOHYDRATE, HIGH FAT, KETOGENIC DIET ON PARKINSON'S DISEASE SYMPTOMS, DEPRESSION, ANXIETY, QOL, AND GENERAL HEALTH. The results surprised even her! Each of the 8 specified biomarkers recorded significant improvement.

- **WHAT THE RESULTS TOLD US:** *Statistically significant improvements occurred in several measurements, anxiety scores, and Part I of Parkinson's Disease rating scale (UPDRS):*
 - 81.6% of the participants improved their Body Mass Index (BMI)
 - 47.7% of the participants decreased their Fasting Insulin
 - 47.7% of the participants improved their Waist Measurements
 - 47.7% of the participants improved their Weight

With the success of this research and a growing interest in the investigation of nutritional approaches to managing symptoms, depression and anxiety, she conducted a more specific case study in **2022** which she titled, "EFFECTS OF A KETOGENIC DIET ON SYMPTOMS, BIOMARKERS, DEPRESSION, AND ANXIETY IN PARKINSON'S DISEASE: A CASE STUDY". Again the results were astonishing.

This participant had mild Parkinson's motor symptoms, mild-to-moderate symptoms of anxiety and depression and issues with blood glucose control.

- **WHAT THE RESULTS TOLD US:** *Significant improvements were observed in all health biomarkers including a reduction in A1C, C-reactive protein, triglycerides and fasting insulin along with weight loss and reduction in cardiac risk factors. Improved cholesterol HDL levels along with improved anxiety symptoms.*

The results of this case study demonstrated the need for more randomized clinical trials to further test the effectiveness of the ketogenic diet in improving cognitive function and controlling or reducing symptoms of depression, anxiety, and both motor and non-motor symptoms in PD. Thus the **2023-2024** research: "IMPACT OF A KETO DIET ON SYMPTOMS OF PARKINSON'S DISEASE, BIOMARKERS, DEPRESSION, ANXIETY AND QUALITY OF LIFE: A LONGITUDINAL STUDY". Before this study the evidence suggested that a low-carbohydrate, high fat diet may assist in treating neurodegenerative diseases.

- **WHAT THE RESULTS TOLD US:** *Again, statistically significant differences were seen in A1C, fasting blood work, BMI, weight and waist circumference, anxiety scores and Parkinson's symptoms:*
 - 81.9% saw a difference in their BMI (Body Mass Index);
 - 47.7% saw a difference in their fasting insulin;
 - 47.7% saw a difference in their triglycerides;
 - 81.9% saw a difference in their weight.

All these differences were quite significant.

A Metabolic Syndrome Case Study was conducted in **2024** entitled "KETOGENIC DIET AND METSYN IN PARKINSON'S DISEASE - SYMPTOMS, BIOMARKERS, DEPRESSION AND ANXIETY: A 24 WEEK CASE STUDY". [Note: Metabolic syndrome (MetSyn) is a group of metabolic conditions that occur together and promote the development of cardiovascular disease and diabetes.] Not surprisingly 12 of the 13 biomarker showed a marked improvement.

This participant was morbidly obese, pre-diabetic, had hyperinsulinemia, had significant mobility impairment with chronic back pain, and had anxiety disorder and depression.

- **WHAT THE RESULTS TOLD US:** *Clinically significant results were found when baseline biomarker results and scales were compared with 12-week results. Positive trends were seen for all variables at 24 weeks. Improvements in health biomarkers including A1C, C-reactive protein, triglycerides, fasting insulin, weight loss, waist circumference and cardiac risk were observed at 12 and 24 weeks. Some improvements in scores on an anxiety scale were seen. The participant saw a:*

35.8% decrease in fasting insulin
20.5% decrease in weight
26.2% decrease in waist measurement

Dr. Tidman is **NOW RECRUITING** for her **2024-2025**: "EFFECTS OF THREE DIETARY APPROACHES ON BIOMARKERS, COGNITION, SLEEP AND FATIGUE IN PARKINSON'S DISEASE: A 36 WEEK CROSSOVER PILOT STUDY". This will be done in 3 phases over a 36-week period with the specific addition of Coconut Oil or MCT (medium-chain triglycerides) Oil daily during phase 3.

Variables under investigation for this study:

- Sleep quality
- Fatigue level
- Cognition level
- Biomarkers of health
 - Triglycerides
 - HgA1C
 - Fasting Insulin
 - Hs-C-Reactive Protein
 - Weight
 - Waist measurement



Any person with PD at any stage, ages 30-90 is eligible to participate in this study. If you are interested, general questions or comments will be addressed at:

<https://forms.gle/nBd4ZDEWYdy3Y1TC6>

Or you can use the QR Code to the right to access a form to complete online.

Or you can email Dr. Tidman at study@co-parkinson.org.

CPF applauds Dr. Tidman for her diligent research and the effort she puts into improving the lives of People with Parkinson's.



Retired Neurologist Shares Benefits of Climbing with other People with Parkinson's

"I feel like I move smoother on the wall than sometimes I do walk," Doug Redosh said. "I feel like when I'm climbing the tremor can go away."

GOLDEN, Colo. — On most Tuesdays, Doug Redosh can be found at Movement climbing gym in Golden. At 69, the retired neurologist has been climbing for 50 years and still feels a rush.

He's conquered cliffs for decades, but they are no match for his current climb: a diagnosis of Parkinson's disease.

"Parkinson's is, as we say, neurodegenerative disorder. Usually, we say people have nonmotor symptoms early on and later they develop motor symptoms -- stiffness, rigidity, slowness in movements and tremor," he said. "I was formally diagnosed in 2019, but my father had Parkinson's, so I knew I was at high risk."

Redosh always knew in the back of his head that a diagnosis was a possibility, but that didn't mean hearing it for the first time didn't hurt.

"It wasn't a shock. I knew it was coming, but it was confirmatory of what I knew was coming," he said. "I was bummed, sure. I was bummed."

After the diagnosis, Redosh kept climbing,

By Jaleesa Irizarry, 9 News Denver, August 4, 2024

figurately and physically, by creating a local chapter of a program called Up Ending Parkinson's.

"This was founded in Virginia by a gym manager who is a physical therapist," Redosh said about the program. "And she noticed climbing patients were doing better with their Parkinson's."

A recent study solidified the theory. The study included two exercise groups, a standard exercise group and a climbing group.

"The climbers did better than the standard exercise group, because we know that exercise does help," Redosh said. "This is the first time a study shows that climbing is beneficial, and admittedly climbing is a lot more fun than being on a treadmill or on a stationary bike."

Redosh's chapter of Up Ending Parkinson's meets every Tuesday. Since he started a few months ago, he's welcomed a few participants, including Jared Sacks, who was diagnosed in 2021 at age 34.

"I have some family members that have Parkinson's but I definitely was not expecting it," Sacks said. "I'm an avid climber and I think I've really been looking for people in the community that are going through the same thing."

Sacks found the community with help from

Redosh. Both noticed the improvement of symptoms.

"I feel like I move smoother on the wall than sometimes I do walk," Redosh said. "I feel like when I'm climbing the tremor can go away."

"I've been climbing for a long time, and I didn't know that it would help with Parkinson's," Sacks said. "It also helps, puts me in the moment. When you're on the wall you don't think about anything else but what's in front of you. You don't have to worry about what's going on at work, what's going on in your personal. Just attacking the problem."

Redosh believes Parkinson's is a problem no one should face alone. He hopes more people with Parkinson's will join them and see for themselves how climbing can change more than someone's view.

"I think it's empowering. If I can climb a mountain you know I can deal with Parkinson's," Sacks said.

"That's what I want to get across, that this can help," Redosh added.

The group meets every Tuesday at the Movement gym in Golden at 10 a.m. The program welcomes all levels of climbing. Participants can even be brand new to the sport.

When sleep and Parkinson's Disease Don't Behave as Allies

By Christine Scheer — Parkinson's News Today, 4/26/24

EVEN IF SLEEP ISN'T AN ISSUE, GETTING INTO BED CAN BE

Lying down and sleeping seems like such a natural thing to do. I remember when one of my mother's caregivers said to me, "I finally got your mother to lie down." What? My mother didn't know how to lie down? It's true: Dementia had robbed her of that seemingly straightforward part of her bedtime routine.

After I was diagnosed with Parkinson's disease in 2015, I wasn't the best sleeper. I would usually wake up in the middle of the night with tremors and worry for a few hours, then finally fall back to sleep about 20 minutes before my alarm went off.

Sleep hasn't been an issue since my deep brain stimulation surgery in 2021, but getting into bed is another story. John, my husband, calls it my reverse triple cannonball. He exaggerates on occasion.

AUTONOMIC IMPAIRMENT LINKED TO SLEEP PROBLEMS IN PARKINSON'S

The problems started when we got a new mattress two years ago. It's super comfy to sleep on, but it is 1 or 2 inches higher than the old one. It's difficult for me to climb onto it, so I kind of do a backward leap, then roll to the left, roll to the right, and eventually get comfortable. Meanwhile, if John has gone to bed first, all this commotion wakes him up.

The other option is to climb onto the mattress on my hands and knees, but then I usually freeze with indecision about how to lie down from that position. Then I have to wake John up for help, anyway. Triple cannonball it is.

Luckily, I sleep very soundly these days, only waking up if nature calls or I have a terrible dream. These nightmares have only happened to me a couple of times, but the most recent one was the most alarming.

Some people with Parkinson's have frequent nightmares. There doesn't seem to be a specific reason; it's just another unasked-for gift from Mr. Parkinson's.

Don't you hate it when people insist on telling you their dreams? I won't tell you the dream, but I will tell you that it happened on our holiday in Portugal, and John had to wake me up because I screamed so loudly I woke up all the dogs in the neighborhood. Who knows about the other hotel guests? If I didn't wake them, the barking dogs probably did. I think they were probably relieved to see us both at breakfast in the morning, just to ease their minds that nobody was murdered during the night.

WHEN IT'S SNOWING INDOORS

I follow all the advice about getting a better night's sleep. Keeping the room cool is one crucial factor. We usually open our windows, even in the middle of winter, and snowflakes often blow in. Honestly, I don't even mind that. Even though it might be cold getting into bed, my body temperature has skyrocketed within 20 seconds, and I'm usually kicking the covers off.

Once awake, turning over in bed is very awkward. You can get special silky sheets that make turning over easier, but I have yet to go there. I'm worried I'll slip and slide right onto the floor. In the meantime, I use my regular cotton sheets to help me move. If they are tucked in correctly, I can get enough leverage to flip myself over. It's not graceful, but it works.

How did a simple good night's sleep become so complicated and my body so unwieldy? These are good questions — best answered in the morning.

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PARKINSON'S PERSPECTIVE

NOVEMBER 2024

Coming Events

See inside for more information

November 2nd - Reg Mtg at Central United Methodist Church – 10 am;
Program: Break-Out Sessions; Caregivers & Parkinsonians separate into different rooms to talk

December 7th - Reg Mtg at Central United Methodist Church – 10 am;
Program: Christmas Party!!!! - The Song Spinners will entertain us!

January 4th - Reg Mtg at Central United Methodist Church – 10 am;
Program: Parkinson's 101; **Speaker:** Jill Reid, Education Outreach

February 1st - Reg Mtg at Central United Methodist Church – 10 am;
Program: Break-Out Sessions; Caregivers & Parkinsonians separate into different rooms to talk

March 1st - Reg Mtg at Central United Methodist Church – 10 am;
Program: Scam Prevention; **Speaker:** Scott Mathis, Colorado Springs Police Department

More useful websites:

<https://parkinsonsnewstoday.com>; www.parkinsonrockies.org; www.parkinson.org; www.nwpf.org; michaeljfoxfoundation.org;
<http://caremap.parkinson.org>; <https://www.brainhq.com/world-class-science/published-research/active-study>;
www.davisphinneyfoundation.org/living-pd/webinar/videos/cognitive-nonmotor-symptoms-parkinsons; www.parkinsonheartland.org;
<https://www.pdself.org>; https://www.youtube.com/playlist?list=PLkPIhQnN7cN6dAJZ5K5zQzY84btUTLo_C; pmdalliance.org;
<https://www.michaeljfox.org/foundation/news-detail.php?self-care-tips-for-parkinson-disease-caregivers>