



September Newsletter

Hi Folks,

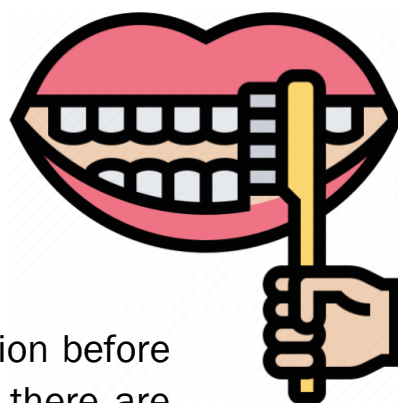
It's hard to believe it's fall already! Even though everything seems to have slowed down with the pandemic, the summer flew by.

I hope you are able to participate in the exercise programs & the “phone buddy” programs that we have listed below. And attend the ZOOM meetings with interesting speakers. We will continue to update you on research and treatments related to Parkinson's. Keep reading for a summary of our September meeting and more.

Guest Speaker: Dr. Waji Khan

Our September guest speaker was Dr. Waji Khan, a dental surgeon from Kingston (Catarqui Wood Dentistry). He spoke about oral hygiene and strategies to maintain dental health particularly with Parkinson's. The two main dental enemies are cavities and periodontal diseases, such as gum disease. Symptoms of Parkinson's disease (PD) may contribute to the development of said problems. Tremors and involuntary movements of the tongue and hands may make it more difficult to maintain oral hygiene such as brushing your teeth. PD may also impair swallowing reflexes. Certain PD medications may also cause extremely dry mouth.

Rest assured there are strategies and aids to help you manage and maintain your dental health. The Canadian Dental Association recommends visiting the dentist every 6 months, although this may vary from patient to patient, especially given the current pandemic. Dr. Khan recommends those with PD to inform their dentist of their condition before appointments. When a patient comes in with PD, there are



several things to consider: when to schedule an appointment aligning with the patient's medication schedule, drugs interactions and fall prevention. It is also recommended for caregivers to go to these dental appointments so that the dental team can share tips on how to help maintain oral health with PD.

The dentist can help treat cavities, periodontal diseases, and also prescribe medications for dry mouth. Excess drooling may also be a symptom of PD. If this is a concern, Dr. Khan recommends consulting a family physician or neurologist. At the end of the day, you as a patient have the greatest power in maintaining your oral health. Dr. Khan strongly recommends brushing and flossing your teeth after every meal and snack. This may be impractical for those who snack frequently throughout the day – to this, you may want to consider consulting a dietitian to adjust your diet and cut back on snacking. The most important thing you can do for your dental health is to make sure you are cleaning your teeth at least twice a day every day.

Some useful tools to help you maintain oral hygiene:

- Super floss
- Waterpik (alternative to regular flossing)
- End tuft toothbrushes (picture to the right)
- Electronic toothbrush (Dr. Khan highly recommends this)
- Mouth rinses like Peridex or Periogard for gum inflammation



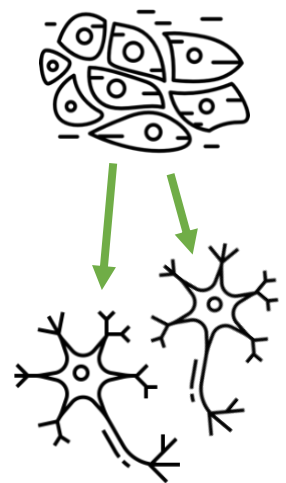
Thanks again to Dr. Khan for his informative presentation.

News & Articles



- ◆ The **Parkinson SuperWalk** opening ceremony happened on September 12th hosted by Larry Gifford, who is also the wonderful host of the podcast *When Life Gives You Parkinson's*. On that day, they announced that Parkinson SuperWalk raised **\$1.4 million**. Funds will go towards supporting more PD research. Great work everyone.

- ◆ Have you ever considered the possibility of **turning skin cells into brain cells**? Well, Professor Janelle Drouin-Ouellet from University of Montreal is attempting to do just that! If possible, this technique can unlock many discoveries related to aging. Donor skin cells from older adults with PD, when converted to a brain cell, should theoretically retain all the hallmarks of age and PD. This would help improve research regarding PD and aging. Read more about Dr. Drouin-Ouellet's studies here: [LINK](#)



- ◆ In the Alzheimer's world, there is exciting research promising the possibility of finding Alzheimer biomarkers from blood tests. This also opens potential research in the Parkinson's world – is it possible to **diagnose PD from a blood test**? This turns out to be a huge challenge since there is no specific biomarker of PD. Michael J. Fox Foundation is preparing to conduct research related to this discovery. Read more about it here: [LINK](#)

Virtual events and activities

- “**Phone from Home**” program run by *Seniors Association* seeks to connect adults 50+ and adults with physical disabilities. It is a safe, inclusive space for folks to increase social connectedness, especially for those who cannot leave their home. Chat, share stories, and form new

friendships. Contact the program coordinator Angela Winkler (613-548-7810) to sign up.

- “Telephone Tuesday” is another phone interactive program started by Queen’s students from Queen’s for Parkinson Kingston (QPK). In times of social isolation, everyone can benefit from some telephone conversations. Chat and form intergenerational friendships! At QPK, students are keen to learn more about Parkinson’s and to help raise awareness for PD. Sign up for regular Tuesday calls from Queen’s students. Email qpk@clubs.queensu.ca to sign up!



Exercise Programs and Resources

Name	Time and Date	Contact or Link
Dance classes	Tuesdays at 10 AM	Email us on how to register: parkinson.kingston.chapter@gmail.com
PWR!Moves	Wednesdays at 10 AM	
Dance for PD	Online classes and videos	https://danceforparkinsons.org/resources/dance-at-home
Parkinson Canada Exercise Guide	Online booklet	Link

Closing Remarks

Our next meeting will be on October 20th at 10am. It is hosted by Parkinson Canada presenting Zach Noyes – a kinesiologist from Neurogym in Ottawa. In order to attend, please email Krista Duncan to reserve a spot (krista.duncan@parkinson.ca).

Again, many thanks to our Queen's student volunteers for putting this newsletter together to keep everyone informed.

Since September is coming to a close, here is an October poem.

**"Crispy air and azure skies,
High above, a white cloud flies,
Bright as newly fallen snow.
Oh the joy to those who know October!**

**Colors bright on bush and tree.
Over the weedy swamp, we see
A veil of purple and brown and gold.
Thy beauty words have never told. October!**

**Scolding sparrows on the lawn,
Rabbits frisking home at dawn,
Pheasants midst the sheaves of grain,
All in harmony acclaim, October!**

**Brown earth freshly turned by plow,
Apples shine on bended bough,
Bins o'erflowed with oats and wheat,
And satisfaction reigns complete. October!**

**Radiant joy is everywhere.
Spirits in tune to the spicy air,
Thrill in the glory of each day.
Life's worth living when we say, October!"**

- Joseph Pullman Porter

Stay safe & be well

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