



Parkinson Canada Kingston Chapter

October Newsletter

Hi Folks,

The warm days and cold nights this fall have certainly brought us a riot of colour. I hope you have been able to get out and enjoy the reds, golds, bronzes and yellows that nature provides us.

If you are interested in a copy of the Neurogym presentation on Oct.20th please email me at parkinson.kingston.chapter@gmail.com .

News & Articles

- ◆ Mitochondria is the powerhouse unit of our cells. Dysfunction of mitochondria can cause oxidative stress and can potentially disrupt the normal functions of dopaminergic neurons. This is one of the suspected causes of Parkinson's. Consequently, antioxidant therapies, including physical exercise, are being studied as potential PD therapies. Read QPK's article regarding this exciting area of research: [LINK](#).



- ◆ A new study launching in France aims to find out if light therapy is capable of improving symptoms of Parkinson's. 7 patients will have a fiber optic cable implanted in their brain, and it will deliver pulses of near-infrared light to the substantia nigra, a region in the brain that degenerates in Parkinson's. The researchers are looking to show the therapeutic properties of light, which has been shown in other preliminary studies. Notably, many researchers remain skeptical about light therapy. Find out more in this article: [LINK](#).

- ◆ There have been incredible technological advancements in brain implants, which has allowed us to alleviate neurological symptoms and even fix disabilities. Deep brain stimulation (DBS) as a therapy for PD symptoms



has been highlighted as one of these advancements in a documentary called, *I Am Human*. It features a woman named Anne, who has PD and receives neural implants for DBS. Learn more about DBS and watch the documentary here: [LINK](#).

- ◆ Due to COVID-19, social isolation has affected millions of people across the globe. A recent study examined how people with PD dealt with social isolation. The study suggests that social connections facilitate happier and healthier outcomes! Read the study here: [LINK](#). Hence, do not neglect the value of connecting with family and friends over the telephone or social media and consider participating in virtual events!

Virtual events and activities



Ontario Neurodegenerative Disease Research Initiative (ONDRI) is hosting a webinar for Parkinson’s Canada about ongoing Parkinson’s research and managing PD during the pandemic. The webinar is **October 28th, 2020 at 1:00pm**. Find out how to sign up here: [LINK](#).



A new book called “Ending Parkinson’s Disease” by Ray Dorsey, Michael Okun, Todd Sherer and Bas Bloem; discusses the rise of the disease, factors that increase the disease onset, and how we can work together to end it. They also have free webinars where you can hear from renowned members of the Parkinson’s community. If you are lucky, you may also get a chance to receive a free copy of the book! More information here: [LINK](#).



Music Mends Minds is a nonprofit organization based in Los Angeles that aims to provide those with PD and/or dementia, an opportunity to connect with others through music. They are hosting virtual sing-alongs that are led by a music therapist every Monday, Wednesday, and Friday. More information here: [LINK](#).

Exercise Programs and Resources

Name	Time and Date	Contact or Link
Dance classes	Tuesdays at 10 AM	Contact parkinson.kingston.chapter@gmail.com
PWR!Moves	Wednesdays at 10 AM	Contact wellness@crossroadsunited.ca to register (by voluntary donation)
Dance for PD	Online classes and videos	https://danceforparkinsons.org/resources/dance-at-home
Parkinson Canada Exercise Guide	Online booklet	Link

Health & Wellness

- ◆ In October, we wanted to highlight sleep and the importance of maintaining good sleep hygiene. What is **sleep hygiene**? It is “a set of behavioral and environmental recommendations intended to promote healthy sleep” ([Irish et al., 2015](#)). The benefits of getting sufficient and good-quality slumber is manifold for your physical and mental health!
- ◆ The [Canadian guidelines](#) recommend adults and elders to get **7-9 hours** of sleep per night.
- ◆ For anyone who has trouble falling asleep or experiences insomnia, here are some helpful tips (more details here [LINK](#)):
 - 1) Try to avoid or reduce intake of caffeine, nicotine, and/or alcohol.
 - 2) Reduce noise and minimize sources of light in the bedroom.
 - 3) Maintain a regular sleep schedule.
 - 4) Exercise regularly.
 - 5) Avoid daytime naps. If you must, try not to nap for more than 30 minutes.



6) During the day, get as much daylight as possible. Open your blinds! Go for a walk outside! Exposure to natural daylight helps your body maintain a regular sleep and wake cycle.

- ◆ During the wintertime, when there is less sunlight, you may also want to consider taking a vitamin D supplement. Vitamin D deficiency, which is more common during wintertime, has been associated with various sleep disorders ([Gao et al., 2018](#)).



You may want to consult your physician first - taking too much vitamin D, conversely, may negatively impact your health.

- ◆ Some people have more trouble staying awake than falling asleep. According to [Parkinson's Foundation](#), 30-50% of people with PD experience daytime drowsiness. Some possible explanations are poor quality of sleep, general fatigue, and potential side effects of dopaminergic medications (e.g. Mirapex, Requip, Neupro; **consult your physician** if you think your medication is causing excessive drowsiness). Maintaining a good sleep hygiene can help combat daytime drowsiness!

Closing Remarks

Our next ZOOM meeting is **Tuesday November 17th** with a nutritionist who works with PD clients. To register contact Krista Duncan at krista.duncan@parkinson.ca.

-Stay safe & take care.