

Beat PD Buzz

News for People with Parkinson's & their Family



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Can Exercise Cure Parkinson's? by M. Hespeler

No, of course exercise can not cure the disease, but we think it may change the way a person with PD lives their life. Yale and Beat PD are partnering on a Clinical Trial that they believe will show scientific data that the brain changes with high intensity exercise. This is the first time ever, in history, that brain scans are being used in research with Parkinson's and exercise. Beat PD members will be a part of history in discovering the effects of exercise on PD.

In January, the first participant started the trial, and we now have 6 enrolled. They each have a brain scan at the start of their six months of exercise. They must then commit to three Beat PD classes per week. Then another brain scan is done to compare the changes. We are anticipating seeing more activity in the brain which then results in improved effectiveness of the dopamine receptors and therefore improved movement in the patient.

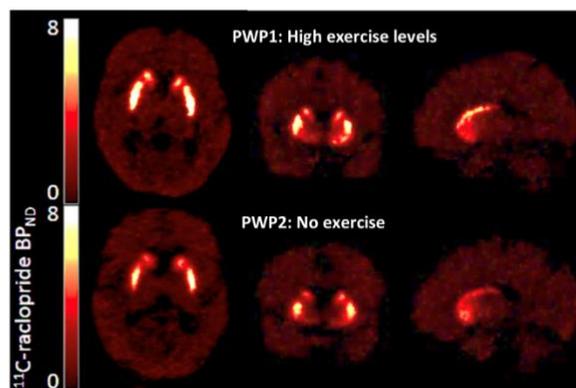
Dr. Tinaz and her team of Professors and Graduate students meet with Beat PD Trainers regularly to discuss trial details and progress. Trials must be very controlled to have good results. The entire team is excited to enroll 13 people with the disease and compare the results. For more information and updates on this trial, please go to www.beatpdtoday.com

"Exercise is my medicine. It is like brushing my teeth, I must do it every day." Michelle



Raclopride PET imaging

Raclopride is a radioactive tracer that binds to the dopamine receptors



Local clinical trials in CT:

1. PPMI-Parkinson's Progression Markers Initiative, IND,MJ Fox
2. Exercise & PD-Yale
3. Ketamine and Depression-Yale
4. Speech and PD-UConn
5. PRISM-IND, New Haven

Clinical Trials

If Not You, Then Who?



In-Person Classes or Virtual?

There are exercise classes everywhere on the internet. And they are free! Any style, any level, any equipment, any time. So why go to classes like Beat PD? I do not have to leave my house. I can roll out of bed, and I am ready! No driving, less time, and I do not even need to brush me hair or teeth. I work out with the screen and a character in the video, and I am all set. What is the big deal? I am exercising.

It is a big deal. We have been locked up in our homes for many months. We have gotten lazy and unsocial. We have no self-initiation, or motivation to get out. By staying home, you are missing some key benefits of getting to the gym. First, you miss out on human interaction. Socialization helps cope with stress and major life changes. It is an important psychological factor in helping us to forget the negative aspects of our lives and thinking more positively about our environment. It helps avoid episodes of isolation and depression.

Secondly, the gym has extra benefits than your living room. There is more of a variety of equipment which makes a more interesting and challenging work out. The gym has boxing bags to punch which is fun and exhilarating. And finally, you are inspired and energized by the people around you. Humans are meant to interact with others, not be alone. So, come on out. We suggest a "Hybrid" approach-do a couple classes from home, and a couple in person each week. When you feel safe from Covid, join Beat PD at any location. Your membership allows you to go to any location as many times as you want.

Why are Beat PD Classes Better?

1. They are specialized for people with Parkinson's and for their specific symptoms.
2. You are in a class where everybody has the same challenges.
3. The classes are high intensity.
4. No lesson is every the same, keeping it interesting and engaging.
5. We offer a variety of locations and times for live classes.

In Person Classes Have Started

Classes have started in several locations with more starting up later this summer. We presently have classes in East Hartford, Branford, Farmington, and Suffield. Other locations to open soon are Marlborough, Vernon, Cheshire, and Mystic. If you have a Beat PD Monthly Class Pass, you may take classes at any location with no limit on number of classes. You also have the option of taking virtual classes. To register, go to www.beatpdtoday.com/membership or call 860.918.9594.



GOLF FOR PARKINSON'S

Beat Parkinson's Today presents its 1st Annual Golf for Parkinson's Tournament on Friday, September 17th at Portland Golf Course.

We are a 501(c)(3) nonprofit and we rely on grants, sponsorships, and donations.

We need golfers and sponsors. Please email inquire@beatpdtoday.com with any questions or go to www.bpdgolf.com to register.