



April is
**Parkinson's
Disease
Awareness
Month**

As Parkinson's Disease numbers continue to increase, so does importance of research

April is Parkinson's Disease Awareness Month. Parkinson's Disease is a progressive degenerative neurological disease. The importance of being informed and learning why we need to find a cure for the disease is that anyone can be diagnosed, and those numbers are rapidly increasing.

Parkinson's does not discriminate – it can affect any gender, race, ethnicity, and age – and the numbers are increasing. Many people are unaware of this statistic, but up to 10% of people with Parkinson's are diagnosed in their 40's or younger.

The condition causes tremors, gait and balance issues, limb stiffness, and slowing of body movements. However, Parkinson's Disease is much more than a motor disease. There are more than 40 symptoms impacting mood, sleep, pain, gut health, and constipation. All of these affect the quality of life arguably more than the tremor and motor symptoms. Depression and loss of speech are often visible to others, and further isolate those with the disease.

The Parkinson's Foundation reports that over 10 million people worldwide are living with the disease. This is up from 2 million in 1990. Looking to the future, the number of diagnosed cases is projected to double by 2040. This makes Parkinson's the fastest growing neurological disease in the world. As it continues to grow, it falls well under the scientific definition of a global pandemic.

The exact causes of Parkinson's Disease is unknown, but a combination of genetic factors, lifestyle influences, and environmental factors are believed to play a role. The interaction of all three components determines if someone will develop Parkinson's. Parkinson's-specific research is critical to better understand how these components interact to cause the disease, so we can learn how to prevent the disease.

Those with an affected family member are at increased risk of getting the disease, with certain genes known to be inheritable risk factors. Although several genetic mutations have been identified to be associated with a higher risk of developing Parkinson's disease, most people do not have these genetic variations.

Lifestyle and environmental risk factors of note are prior head injuries, drinking well water, exposure to metals, and exposure to pesticides. Common toxins found in pesticides that have been linked to Parkinson's are still in used in the U.S. On the other hand, even though pesticides and head traumas are associated with Parkinson's, many people do not have any obvious exposure to these environmental factors. Parkinson's-specific research is critical to better understanding the causes.

While there have been numerous advancements in treatment to improve the quality of life of those affected, the disease has an ongoing impact on one's health and well-being, and there is no cure. Prescribed medications, surgery, along with healthy lifestyle choices such as diet and exercise can alleviate some of the symptoms. Alternative therapies such as acupuncture may provide relief from symptoms as well. By taking an active role, those



with Parkinson's can live a full life for many years. Visit parkinson.org to learn more about the disease and how you can get involved with the Foundation. The Foundation works to accelerate findings and quickly apply them to care and treatments.



Just for FUN

Find these spring time words hidden within the puzzle. Have fun!

C N W Z P V M H U U Y W E A T H E R Q H T W D S
A E R E M R A F P N L Z L G L D U C K L I N G S
L N G R W O R M N Y I C I X C L O V E R C Y R U
I P I G L P W U O F L U F F Y V T F M T K N J N
L G Q A W E B F H A P R I L D E M O W G N I S S
Q I B N R S Y B V G R C E Z E L T I T D D B C H
Y K A A J H P R R R P V R W I H J Y B M P P L I
A B T B S T I R A E I S S I E K Y A R V P G E N
Q Z B U H K C U O L F S U R S H T M E Y G V A E
H O L T J J E N A U L R S B G P T F A B R R N S
C D G T S I V T P G T I E A L B E D K B A Z X S
H U N E E E V I H E E B P S E I I A Z M S Y G U
A M I R R X H Q D F R I H R H C D R W N S S D P
T B B F O G L O X E Z G N O E I C O D P M I I A
C R O L O S S X E C Q E R C M T N G F S H A I S
H E R Y D T F Z Y D S Y S A S S A G I F E D L T
I L I D T O Y M E T S H S H I R D C O P A P A E
N L S E U O M W E C O H X T N N E U Q Y L D M L
G A E S O B W S H W T B O R N K C W O T D A B E
L E B E O Q C I E U N E W B O R N O O L J N N O
N M S A C Q C R L A N Q K I T E L C A L C T I T
Q H B S Q K S I E G B L O O M I N G V T F I P W
K K S O S T P A K O J V M E A S T E R L Z U K Q
P S R N W B A S E B A L L R A I N B O W I C Y A

Alive	April	Baseball	Basket	Beehive	Birds	Blooming	Boots
Born	Break	Breezy	Bunny	Butterfly	Caterpillar	Chicks	Clean
Clouds	Clover	Crisp	Daffodil	Daisy	Duckling	Easter	Egg
Farmer	Flowers	Fluffy	Grass	Hatching	Iris	Kite	Lamb
Lilac	May	Mothers	Nest	Newborn	Outdoor	Pastel	Plant
Rain	Rainbow	Raincoat	Refreshing	Robin	Season	Showers	Sing
Sprout	Stem	Sunshine	Sweet	Tulip	Umbrella	Weather	Windy
Worm							

Simply Delicious



Cheese Manicotti

Prep Time: 25 mins; **Bake Time:** 1 hr; **Serves:** 7

Ingredients

- 1 carton (15 ounces) reduced-fat ricotta cheese
- 1 small onion, finely chopped
- 1 large egg, lightly beaten
- 2 tablespoons minced fresh parsley
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 1 cup shredded part-skim mozzarella cheese, divided
- 1 cup grated Parmesan cheese, divided
- 4 cups marinara sauce
- 1/2 cup water
- 1 package (8 ounces) manicotti shells
- Additional parsley, optional



Instructions

1. Preheat oven to 350°. In a small bowl, mix the first 6 ingredients; stir in 1/2 cup mozzarella cheese and 1/2 cup Parmesan cheese. In another bowl, mix marinara sauce and water; spread 3/4 cup sauce onto bottom of a 13x9-in. baking dish coated with cooking spray. Fill uncooked manicotti shells with ricotta mixture; arrange over sauce. Top with remaining sauce.
2. Bake, covered, 50 minutes or until pasta is tender. Sprinkle with remaining 1/2 cup mozzarella cheese and 1/2 cup Parmesan cheese. Bake, uncovered, 10-15 minutes longer or until cheese is melted. If desired, top with additional parsley.



Frozen Peanut Butter & Chocolate Terrine

Prep Time: 30 mins + freezing; **Serves:** 12

This terrine can be made ahead of time and stored in the freezer. For serving, it cuts easily, revealing the lovely layers of banana, peanut butter and chocolate.

Ingredients

- 15 Nutter Butter cookies, crushed (about 2 cups), divided
- 1 carton (16 ounces) mascarpone cheese
- 1 cup sugar
- 2 teaspoons vanilla extract
- 1 carton (8 ounces) frozen whipped topping, thawed
- 1 medium banana, sliced
- 1 cup semisweet chocolate chips, melted and cooled slightly
- 1 tablespoon baking cocoa
- 1 cup chunky peanut butter

Instructions

1. Line a 9x5-in. loaf pan with plastic wrap, letting edges extend up all sides. Sprinkle with a third of the crushed cookies.
2. In a large bowl, mix mascarpone cheese, sugar and vanilla; fold in whipped topping. Divide mixture evenly among 3 bowls.
3. To 1 portion of cheese mixture, fold in sliced banana; add to loaf pan, spreading evenly. Repeat cookie layer. To second portion, stir in melted chocolate and cocoa; add to loaf pan. Sprinkle with remaining cookies. To third portion, stir in peanut butter. Spread over top.
4. Freeze, covered, until firm, at least 5 hours. To serve, invert terrine onto a platter; remove plastic wrap. Cut into slices.

– courtesy of tasteofhome.com