

Optimal Nutrition for Living Well with Parkinson Disease

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Senior Health Solutions

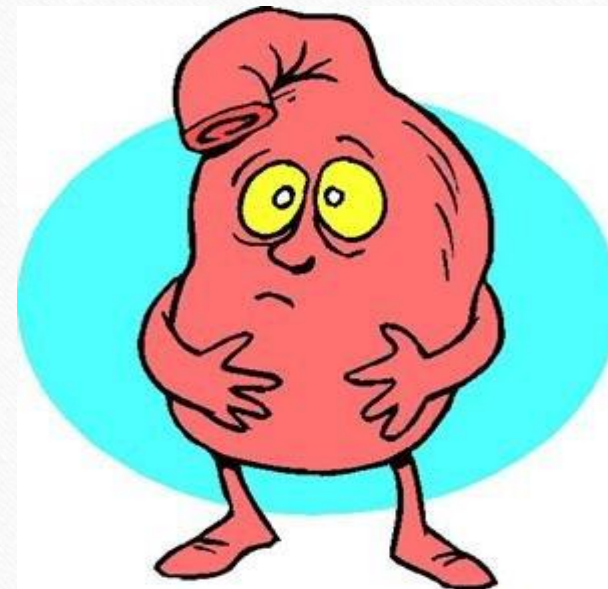
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GI Tract in Slow Motion

- Chewing becomes slower
- Increased risk for choking (dysphagia)
- Prolonged gastric emptying
- Colon transit time increased



Beef

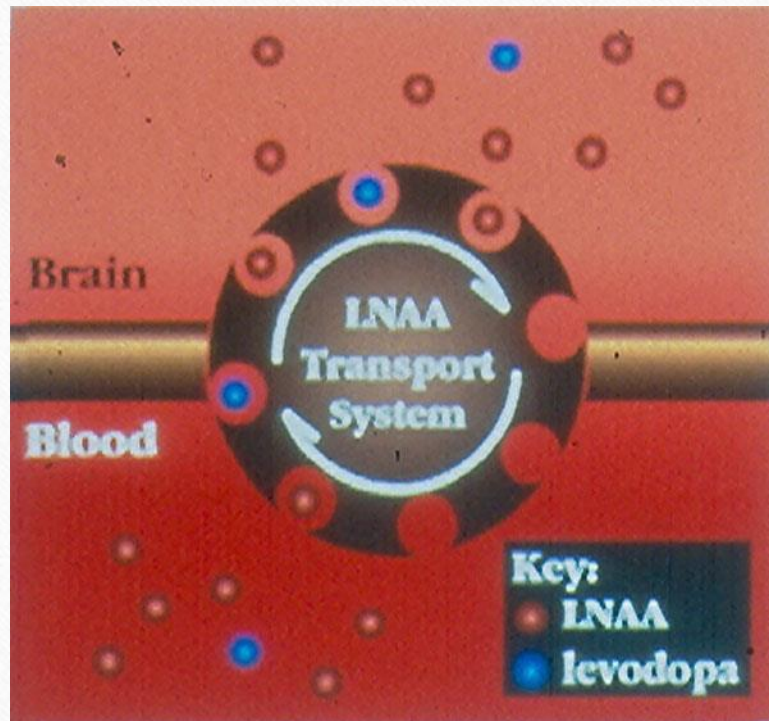


Savory toppings stack up on 12-inch Mexican Platter Burger (facing page): Cheddar cheese, green chiles, tomatoes, guacamole, and sliced olives. Feature this show-stopping sandwich at a back-yard party for ten.

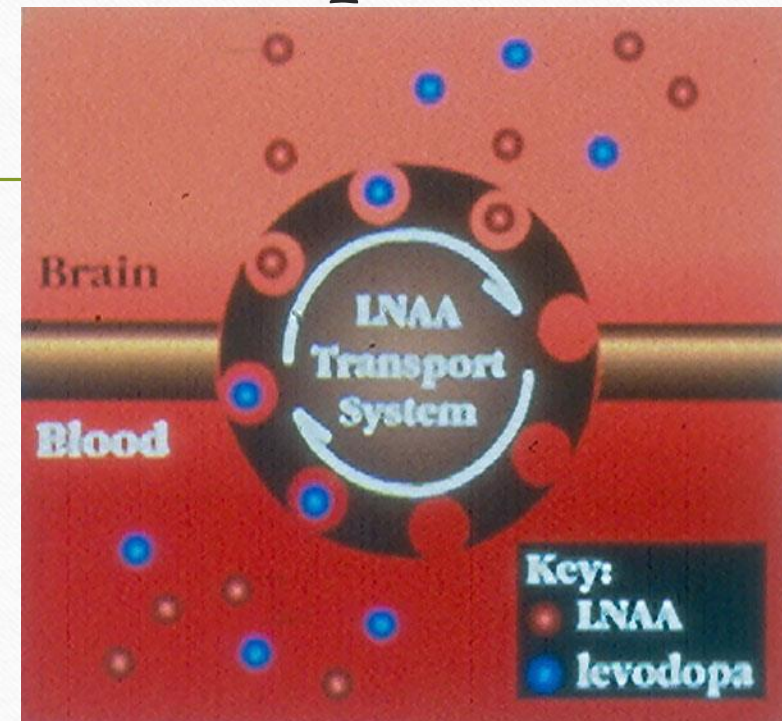
Levodopa Dose Timing

- Take carbidopa/levodopa 15-30 minutes prior to eating when possible.
- Each dose should be taken with $\frac{1}{2}$ cup non-dairy beverage.
- Take the dose with a pretzel or small piece of fruit if medication causes nausea.
- Crystallized ginger helps reduce nausea.

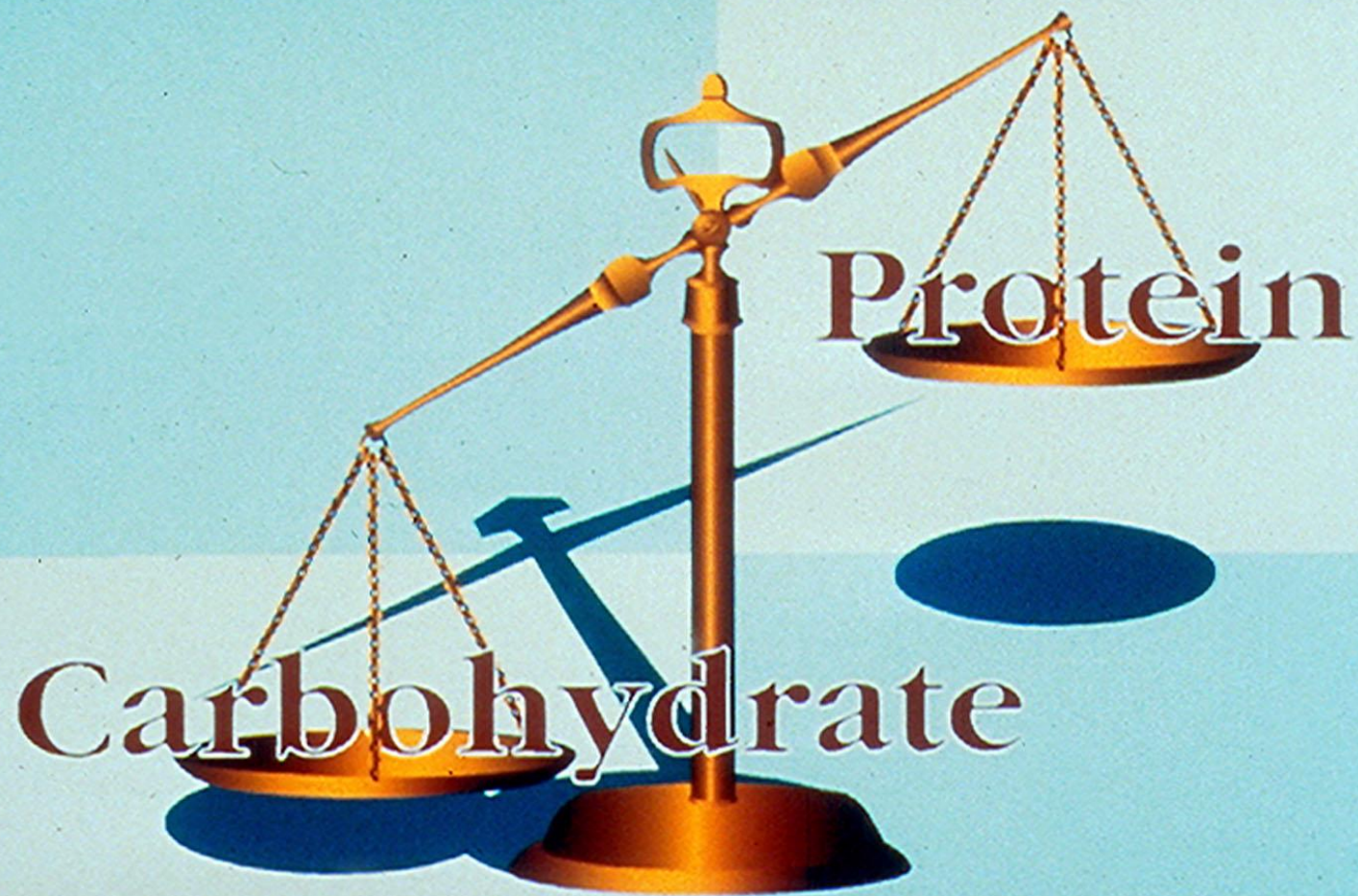
LNAAs and Levodopa Absorption



When the concentration of LNAAs is high, a smaller amount of levodopa is transported into the brain.

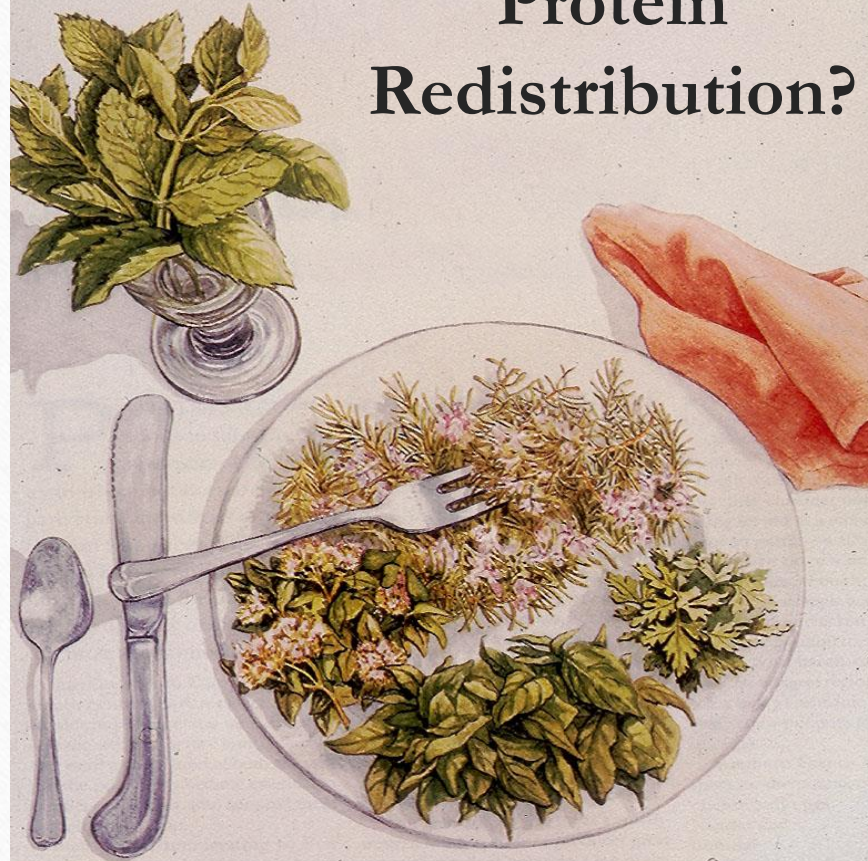


When the concentration of LNAAs is reduced, more levodopa is transported into the brain.

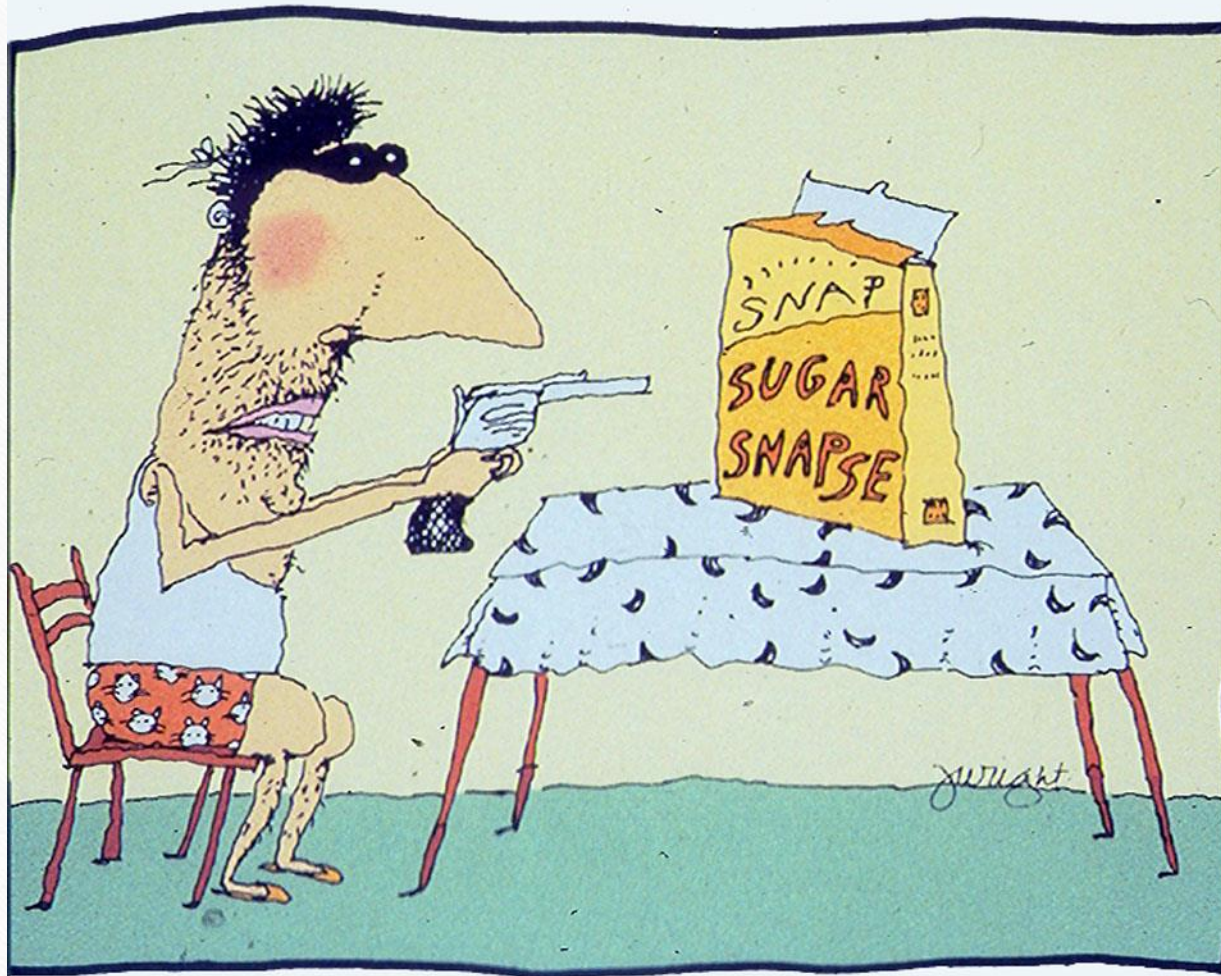


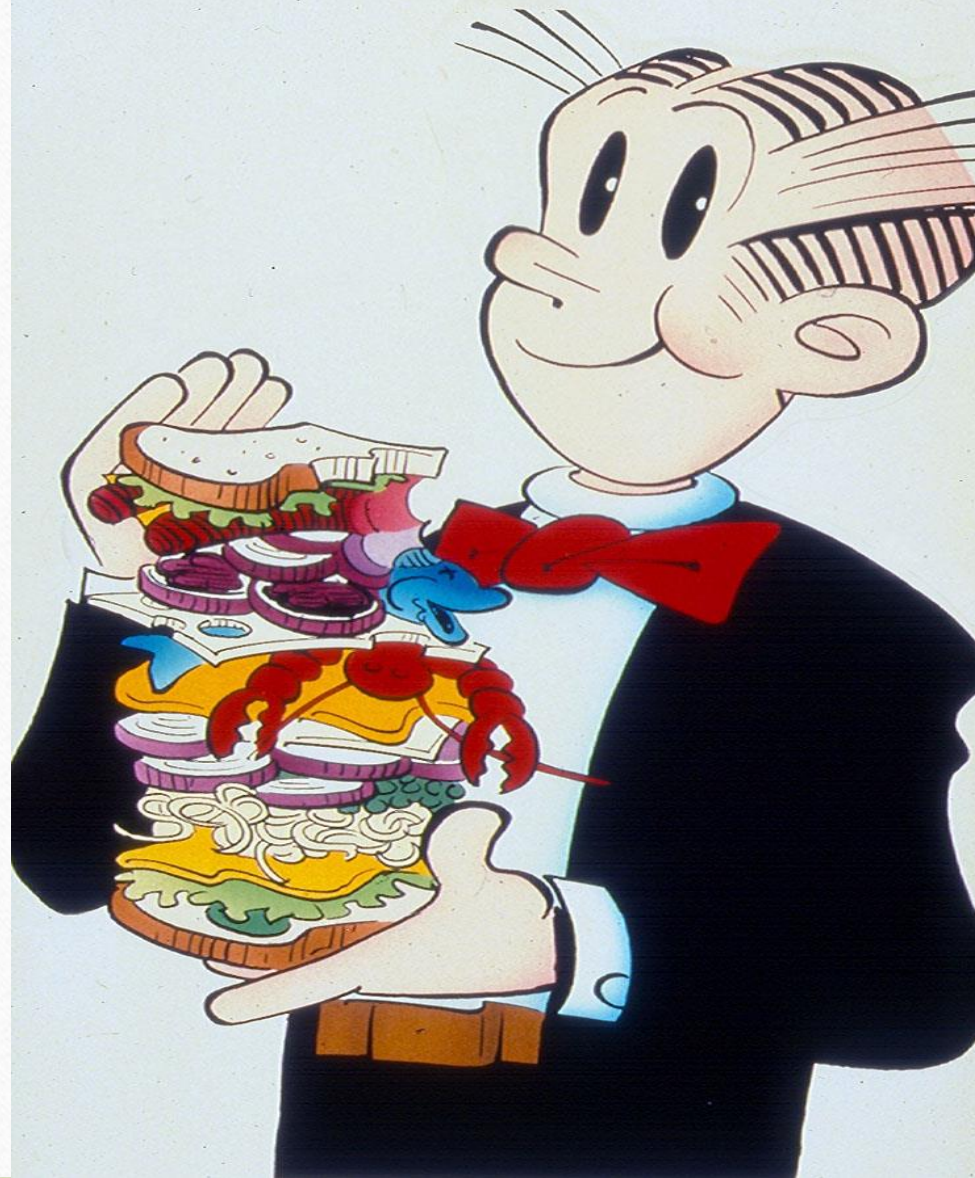
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Protein Redistribution?



SERIAL KILLER







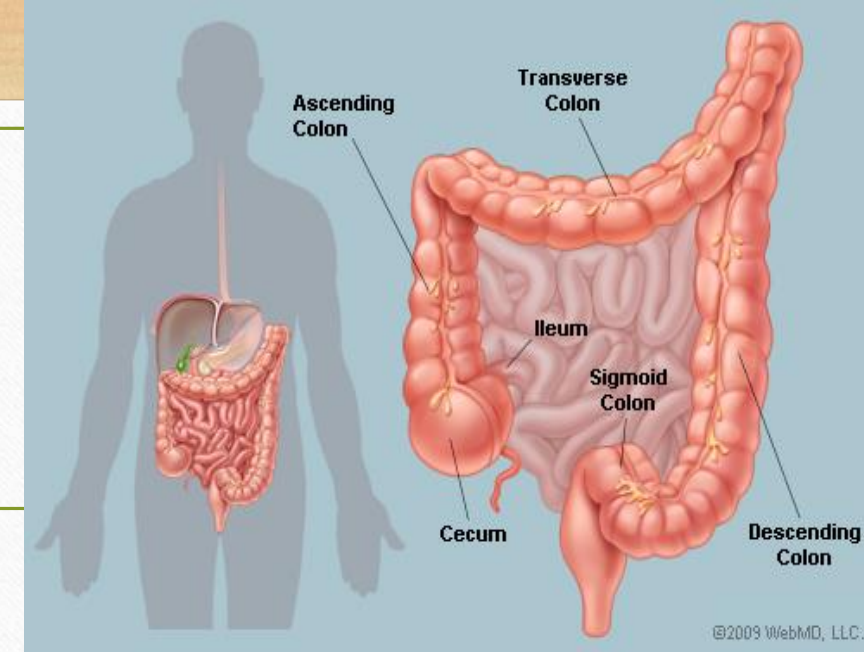
Taste is Informed by All Other Senses!

Vision Hearing Touch Smell

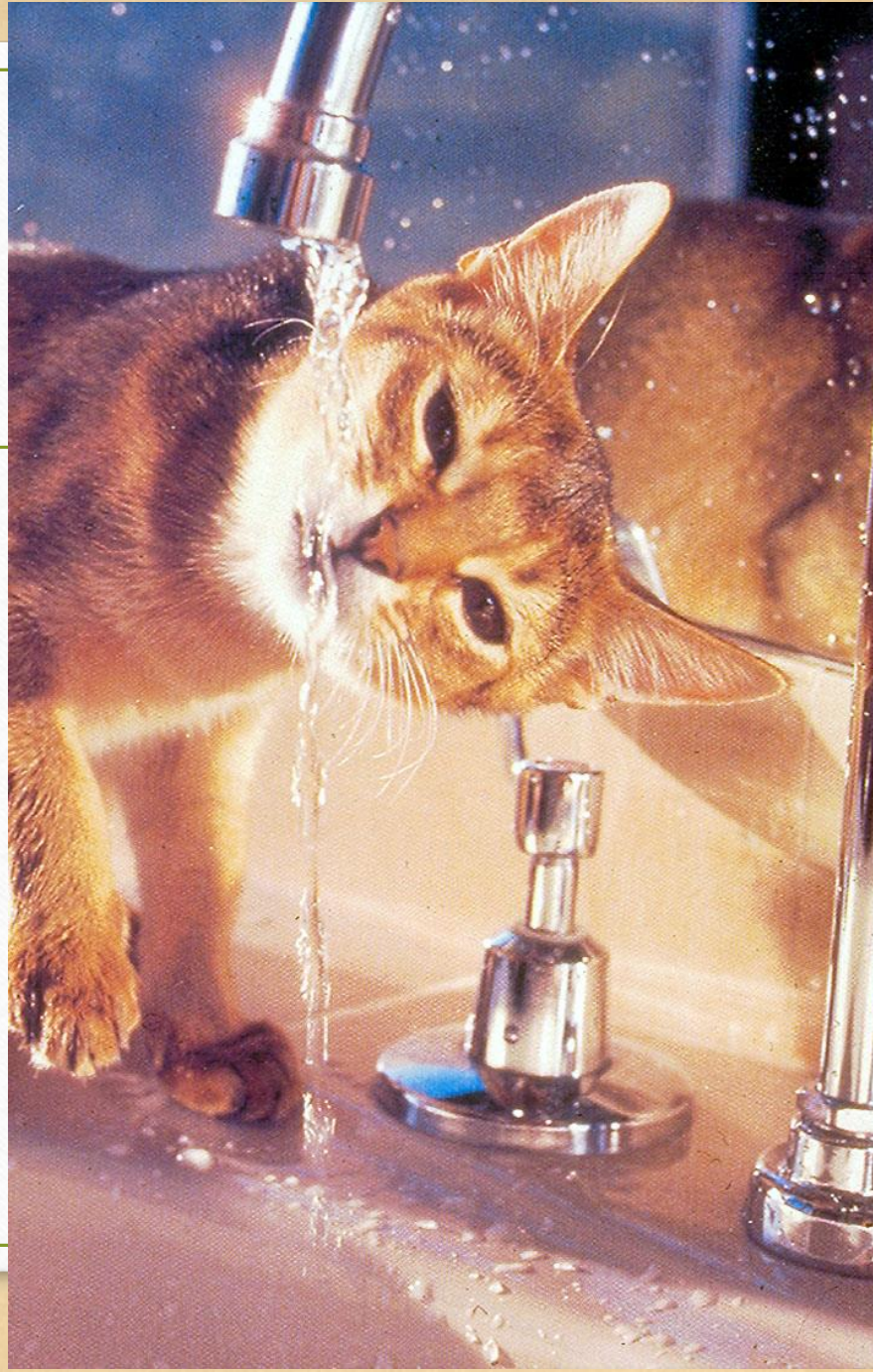
Gut Restoration

- Deal pro-actively with constipation.

 - PD markedly slows the GI process
 - Mobility problems limit weight-bearing exercise
 - Useful OTC agents to prevent or treat constipation:
 - *Daily stool softeners such as docusate sodium*
 - *Miralax*
 - *Triphala, an Ayurvedic adaptogen & antioxidant*
 - *Infant glycerin suppositories*
 - *Fleet enema for occasional use*
- *Squatty Potty*



**Adequate
hydration is
essential for
nutrient &
medication
absorption!**



Nutrients Impact Mood

Apathy

- Anxiety
- Depression
- Dementia
- Delirium



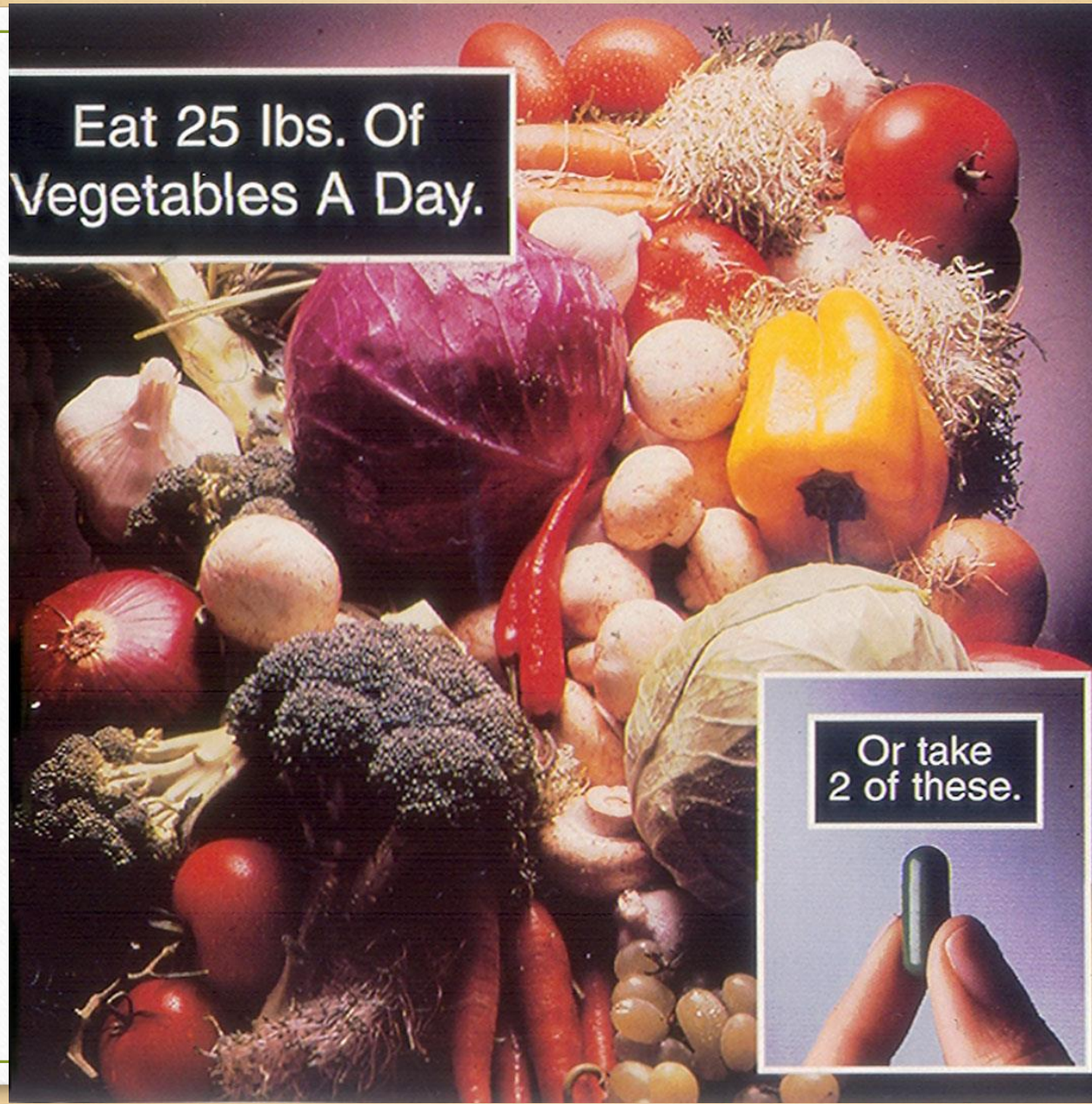
Apathy ~ *Who Cares?* *

- Lack of motivation; failure to initiate goal-directed behavior ~ Involves three domains:
 - Cognitive

 - loss of interest in new experiences
 - lack of concern about personal problems
 - Affect
 - flattened affect
 - no reactivity to positive or negative events
 - Failure to initiate activity
 - requires other person to structure activities
 - limited effort

*Laura Marsh, MD, Johns Hopkins

Eat 25 lbs. Of
Vegetables A Day.



Or take
2 of these.



Vitamin Vibes

- Choose a multiple vitamin supplement that includes lutein; avoid megadose supplements.

Choose sub-lingual dosing for B-12.

- Pyridoxine (B6) does *not* interfere with carbidopa/levodopa absorption.
- Vitamin D helps maintain bone health. Levels can be measured. Supplement with D3.

Mineral Matters

- Iron worsens constipation.
- Calcium may strengthen bones, but can worsen constipation. Calcium *citrate* is absorbed better than calcium carbonate.
- Magnesium is a good muscle relaxant.
- Lutein helps prevent macular degeneration.
- Biotin promotes hair skin and nail health.







Nutraceutical Agents for Persons with Chronic Neurological Disease (GRAS)

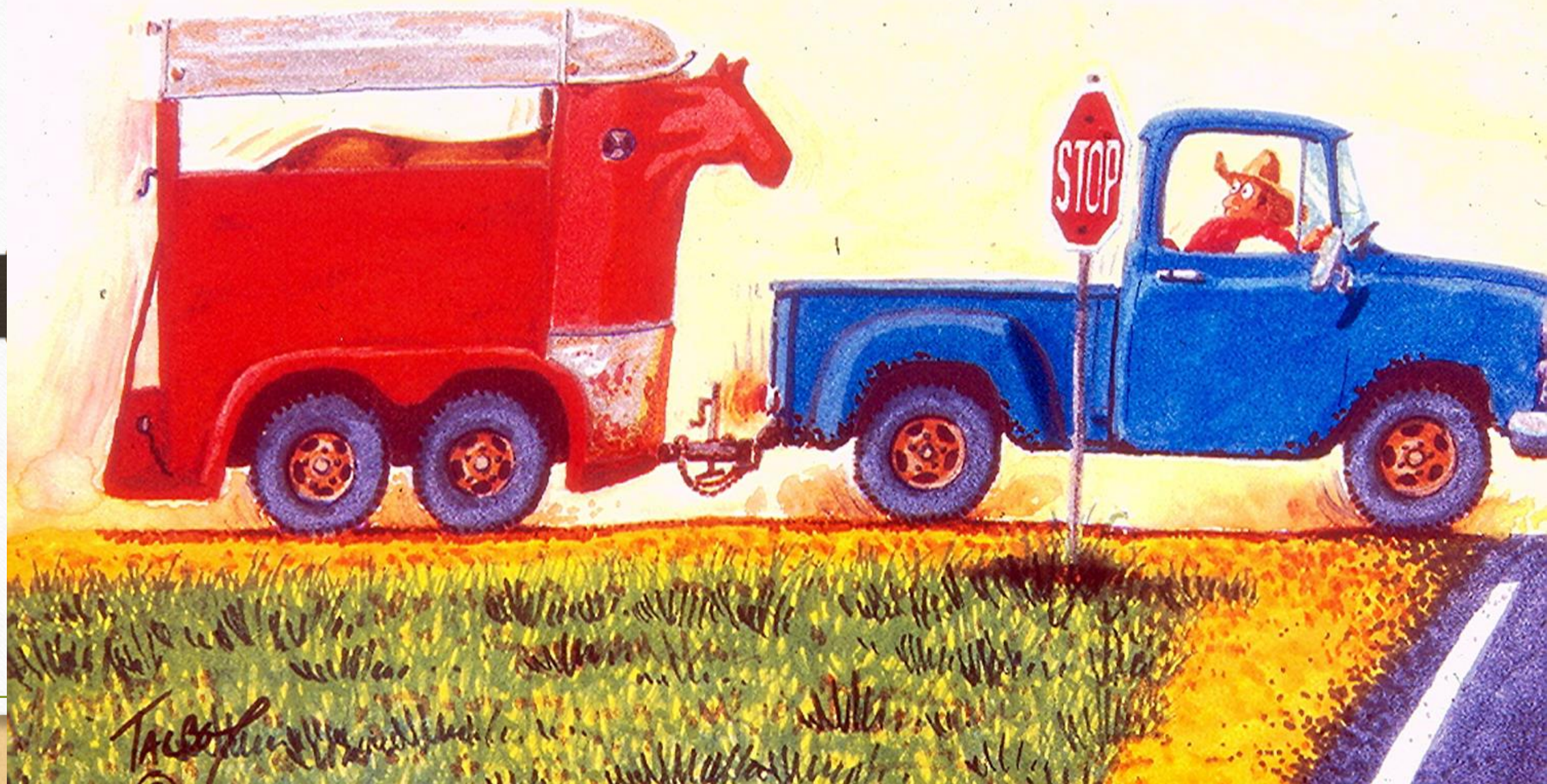
- Coconut oil (thick oil, thin data)
- Crystallized ginger for nausea
- Ginkgo biloba – daytime alertness
- Lactobacillus acidophilus – probiotic, healthy gut
- Milk thistle – improves liver function

Nutraceutical Agents for Persons with Chronic Neurological Disease

- Parsley - gastric reflux
- St. John's Wort – depression
- Triphala – Ayurvedic tonic, constipation
- Valerian root – sleep onset

Alteril brand has L-tryptophan, melatonin & valerian





Next Steps



- Write a simple plan for managing your constipation proactively.
- Identify two strategies you will implement immediately to improve your nutritional health.

