

**Welcome by President Wayne** – how is everybody doing? It was lovely to chat with different ones as they logged on. As you may have noticed, one of our new members needs some help to get her camera turned on. Is anyone familiar with a Mac-Book Pro that could help this gracious lady to use her camera on Zoom?

**Did you know?** There is information available in our resources closet or from Parkinson Canada; lots of information on various symptoms and strategies for dealing with them. There are sheets about Tremors, Swallowing, Freezing of Gait, Bradykinesia (slowness of movement), Stiffness & Rigidity, Drooling, etc. There are also pages about how to deal with Parkinson's, suggestions of what to do to live well with Parkinson's Disease. Information about Exercises, Medications, and Preventing Falls. Even an Introductory Guide to Parkinson's. Just about anything on the Parkinson Canada Website "Resources" list, we have and we can collect what you need and get it to you. Or you can order direct from [www.parkinson.ca](http://www.parkinson.ca).

Wayne will make a list of our inventory and send it around. If there is anything you need in the meantime, call Nora Lea and she will see that you get it.

Also, here are some of the books we have available to lend around:

- Always Looking Up - Michael J. Fox
- No Time Like the Future – Michael J. Fox (donated by Bob Lesk)
- Does anybody have a copy of Lucky Man? – also by Michael J. Fox
- Counterpunch – Duking it out with Parkinson's Disease – by Gil & Struby Thelen
- DVD - LSVT-BIG Homework Helper – Exercises for People with Parkinson's Disease and other Neurological Conditions (Donated by Austin & Jane Davey); some of the purposes of this DVD are, "it can be used
  - Prior to Treatment as an introduction to LSVT BIG therapy.
  - During Treatment as a guide for homework exercises
  - After treatment as a motivation to practice and keep moving well."



**Jokes** – something to make you smile: Thanks, everybody for bringing some jokes to share and lighten the mood.

**Projects we are considering undertaking:**

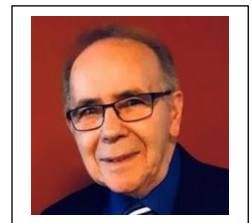
- Would someone like to put together a photo history of the group? We have snaps gathering dust as well as digital pictures that no one ever sees. It would be nice to have them available at meetings or special occasions. A number of people thought this would be a good idea. Claire and Louise have volunteered to take on this project.
- What about setting up a phone call system where group members call and touch base with various other members, particularly shut-ins (which is all of us right now!). Marianne and Fran have volunteered to work on this with Nora Lea.

- Would it be a good idea to have a welcome team for newcomers? Someone to call and chat and offer resources from our resource cupboard, as well as share their own experience with Parkinson's Disease. Nora Lea needs someone to help with this.
- We needed a volunteer to make our Facebook page work, and make the most of it. Cindy Shyminsky volunteered to resume posting on it and keeping it fresh. Look for Parkinson Canada Sudbury Chapter and Support Group when you go to FaceBook. Cindy says if you have anything that would be appropriate to post on our facebook, just email it to her or call her and she will do it. [cshyminsky@hotmail.com](mailto:cshyminsky@hotmail.com) or 705-560-8805.

One of the projects already undertaken is the renewing of **our website**. Brian Matthews has taken this on and showed us a potential beginning. We have reserved and paid for the domain name (parkinsonsudbury.ca) and it is “under construction” at the moment. He is enjoying having this project to sink his teeth into. Any suggestions, call him at 705-522-3495 or send to: [brianmatthews@sympatico.ca](mailto:brianmatthews@sympatico.ca)

**Sad news:** We sincerely regret the passing of Frank Morassutti. Always the one with a smile and a word of encouragement for everyone, and an insatiable sweet tooth. He was a pleasure to be around.

<https://www.sudbury.com/obituaries/morassutti-john-franko-frank-3619654>



**Good news:** Our bank balance at this point in time is a little over \$20,000 so we are in good shape to continue offering the exercise class through the Parkside Centre. That does not include the memorial donations that honour Frank Morassutti or Peter Higham. The group has received an anonymous donation of \$1500 in memory of Peter Higham, and the person asked that when this is over (Covid-19) we “have a party” or do something “just plain fun” for all (or as many as possible). We are tossing around a few ideas, any suggestions would be appreciated.



#### Community Information:

- the United Way is offering **free reusable cloth face masks**. If you have any members in need in your Sudbury support groups that you would want to provide some of these masks to, please contact Sarah to make arrangements:
- Sarah Dost, Community Mobilization and Engagement Manager  
United Way Centraide North East Ontario/ Nord-est de l'Ontario  
957 Cambrian Heights Drive, Unit 201, Sudbury, ON P3C 5S5  
Telephone: 705.560.3330 Ext 223

#### Online Events:

If you need a shot of encouragement that there are good people researching Parkinson's in Canada, check out the Movement Disorders Speakers Series from Toronto Western Hospital – as they introduce the Patient Advisory Board, designed to aid the staff serving clients in the Clinic, keeping it **patient-focussed**: [https://www.youtube.com/watch?v=547PUS\\_CLhk](https://www.youtube.com/watch?v=547PUS_CLhk) Their enthusiasm is palpable!

Thursday, April 29, 2021 Parkinson Canada at 1 pm. **Resilience Webinar: Perspectives on Living Well with Parkinson's: No Matter What.** Excellent speakers! Read their stories in the e-Parkinson Post and at the bottom there is a link to the actual registration form. [Click here](#) This is not a Zoom session, it is a seminar on the web, so it will not matter if you comb your hair or are in your pyjamas as you will not need a camera. When you register you will receive two emails confirming your registration, one will be from Parkinson Canada and one from Discovery Campus, which is the platform they use to bring this webinar to us. (Not a hacker 😊)

**World Parkinson Coalition** – Virtual – May 17-21, 2021. This does require payment of a fee. But considering the quality of the presentations and the scientific focus, if you are science-inclined, you will find it well worth it. <https://www.worldpdcoalition.org/page/WPCVirtual> You can access the schedule and program ahead of time and just take in the parts that interest you.

Somewhere in here, Lillian led us in an **exercise-break**. We don't want to spend too much time sitting in front of the computer and find ourselves stiffening up. So if you are reading this, its time to get up and move about a bit. Practice what we preach!

**2021 Insight into Parkinson's** (sponsored by PD Warrior out of Australia) offered an interesting group of topics, which are free for one month. One that surprised me, was the sessions dealing with Medical Misinformation, aka "Bullshit" or "Baloney". I had never seen it addressed before. You can go to their webpage for the conference at <https://www.insightintopd.com/2021-program/> <https://benzkluger.com/2020/12/05/the-medical-bullshit-detector-part-i-untrustworthy-products-and-unbelievable-ideas/>

In the light of all the Covid misinformation being disseminated through social media, it intrigued me. And especially as the speakers offered a "B.S. detector" (at no charge). It is a series of questions to run through if you suspect the information you are hearing or reading is questionable. One of the speakers I listened to was Dr. Benzie Kluger out of the USA, although with his lack of "political correctness" he could as easily been Australian. This is a "Reader's Digest Condensed Version". His personal website that has all the information. It can be found at:

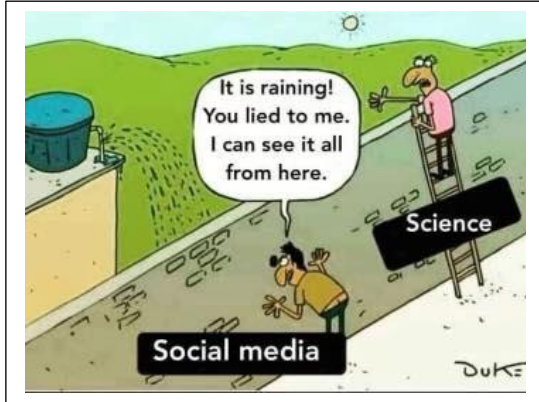
<https://benzkluger.com/2021/04/05/what-is-medical-bullshit/> or

<https://benzkluger.com/2020/12/05/the-medical-bullshit-detector-part-i-untrustworthy-products-and-unbelievable-ideas/> and

<https://benzkluger.com/2020/12/15/the-medical-bullshit-detector-part-ii-unreliable-experts/>



Everything is coming up . . . roses ? . . . well, maybe tulips . . . as long as there is lots of fertilizer . . .



Bullshit is one of those things that, like obscenity, can be hard to define but we know it when we see it. We tolerate an amazing amount of stink and crap. From political speeches, to advertisements, to stupid sayings on the internet about living our best lives, to Facebook garbage, to... you get the point. We've also all been victims of baloney. Not just big BS, like the downstream effects of political corruption and incompetence, but personal BS. Getting ripped off by a scam artist, overpaying an

incompetent contractor, buying a lemon from a used car lot, getting talked into paying more than we should for something we didn't want...

But, what exactly is baloney?

Medical baloney happens when a person claiming to care about your health sells you a product or idea that helps their well-being without truly respecting your well-being. Notice the element of disrespect in these examples:

- General Nutrition Center (GNC) selling you a weight loss supplement that contains none of the ingredients on the label
- Your local news channel hypes a story that researchers have discovered a cure for Parkinson's and neglect to mention that it was a single study in an animal model
- A functional medicine doctor orders a large battery of tests on you from an unregulated lab and then prescribes unproven supplements based on the results.

## The Medical "Baloney" Detector Part I: Untrustworthy Products and Unbelievable Ideas

### *Medical Bullshit Detector Checklist Part I: Products and Ideas*

When you read something from the internet, in a book or a pamphlet for a healthcare product, be prepared for "baloney" if it:

- Uses words like "revolutionary," "miraculous," or "game-changing"
- Is based on obscure or ancient medical knowledge
- Claims to work for multiple unrelated illnesses
- Uses a lot of scientific-sounding terms in a way that is more confusing than clarifying
- The rationale behind claims have large and questionable leaps of logic
- Has a clear profit motive for the person who discovered (and is now selling) the treatment
- More resources are spent on advertising the product than validating its safety or effectiveness
- Has minimal evidence supporting its claims that it actually works in people

- Relies solely on anecdotes and testimonials as proof of effectiveness
- Has never been replicated by an independent source
- Is available only outside of the US or only outside of conventional medical centers
- Goes against what you know from more credible sources
- Always be cautious when purchasing products that are not tested or regulated

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## The Medical Bullshit Detector Part II: Unreliable Experts

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While it's true that you can't judge a book by its cover, you can often learn a lot by looking at its author. In the case of medical bullshit—whether that be a best-selling book, a “miracle supplement” or a “revolutionary new theory on health”—a careful glance at the real accomplishments and actions of the person behind the message should in many cases put you on your guard. As you develop a nose for bullshit, you will find that simply the name of certain self-proclaimed experts may be enough to turn you away.

When someone claims to be a medical expert be prepared for Bullshit if they:

- Call themselves a leading medical expert and back that up with best-selling books rather than true scientific discoveries
- Are endorsed primarily by celebrity medical experts
- Are proud to be rejected by the medical establishment
- Are part of an unregulated profession or openly reject regulations and licensing procedures
- Discourages you from getting a second opinion
- Encourages you to stop standard medical treatments from other healthcare providers
- Works to heighten your fears and insecurities rather than relieve them
- Claims their ideas are too complicated to understand or uses explanations that are more – confusing than clarifying
- Goes directly to the public or press with their findings rather than try to validate them (or even better get others to independently validate their findings)
- Highlights the wrong credentials for the expertise they claim (e.g. a surgeon claiming to be an expert on nutrition)
- Uses nonstandard testing as part of their protocol
- If you are seeing them in person, talks more than listens and you do not feel seen or heard

The following organizations do NOT offer medical BS, they are usually reliable and well-researched. . . and when they don't get it right, or a panel discussion gets off track and into murky waters, they are quick to apologize and either send corrected information or delete the recorded version of the event.

- Parkinson Canada
- Parkinson Foundation
- Michael J. Fox Foundation
- Davis Phinney Foundation

#### Humour:

Of all the jokes that were shared, and there were some good ones, one that did not get the laughter it deserved, was Bruce's, partly because it was not heard well by many. I thought it would be nice to include here. As he tells it,

"You may not know it but I've been very busy over the past 2 years putting my thoughts and ideas together in a book about Golf. I am very proud of the results and in order to market the publication, I am asking friends and family to be the first to own a copy. Here's the Table of Contents from my new book, "Winning Golf Strategies," which I believe gives the reader valuable playing tips and insider information that I've gained through my own years of experience in the game and observations of my golfing partners.

Table of Contents . A MUST READ!!!

- Chapter 1 How to properly line up your Fourth putt.
- Chapter 2 How to hit a Nike from the rough when you hit a Titleist from the tee.
- Chapter 3 How to avoid the water when you lie 8 in a bunker.
- Chapter 4 How to get more distance off the Shank.
- Chapter 5 When to give the Ranger the finger.
- Chapter 6 Using your shadow on the Greens to confuse your opponent.
- Chapter 7 When to implement Handicap Management.
- Chapter 8 Proper excuses for drinking beer before 9 a.m.
- Chapter 9 How to urinate behind a 4" x 4" post ...Undetected.
- Chapter 10 How to rationalize a 6 hour round.
- Chapter 11 How to find that ball that everyone else saw go in the water.
- Chapter 12 Why your spouse doesn't care that you birdied the 5th.
- Chapter 13 How to let a Foursome play through your Twosome.
- Chapter 14 How to relax when you are hitting three off the Tee.
- Chapter 15 When to suggest major swing corrections to your opponent.
- Chapter 16 God and the meaning of The Birdie-To-Bogey Putt.
- Chapter 17 When to re grip your Ball Retriever.
- Chapter 18 Use a strong grip on the Hand Wedge and Weak Slip on the Foot Wedge.
- Chapter 19 Why male golfers will pay \$5.00 a beer from the Cart Girl and give her a \$3 tip, but will balk at a \$3.50 Beer at the 19th Hole and stiff the Bartender.

Hopefully you will find my book intriguing and purchase a copy.

PS-Bruce says he didn't actually write this, he got it off the internet. Somewhere.

Cute, though!

#### Next Meeting:

May 19, 2021 at 2 pm with Guest, Donna Greening, our Parkinson Canada Community Engagement Coordinator. I will send out a meeting reminder the Sunday before the meeting, with the Zoom link.

