

RESEARCH ROUNDUP

Is the nose, a gateway to the brain?

The link between the nose and neurological conditions and how researchers are using the nose as an entry to get medications past the biological "border force" of the



brain are being investigated.

Researchers have long been interested in the connection between the nose, the brain and human health, from studies suggesting certain air pollutants may enter the brain through the thin defences in the nasal cavity, to the link between loss of smell and the early signs of Parkinson's.

The nose is emerging as an important focus of research — to both understand how Parkinson's begins, and as a channel to deliver treatments to the brain.

In 1975, researchers first found that changes in the olfactory bulb, a dense bundle of nerves responsible for our sense of smell, were related to the loss of cells deeper in the brain. This discovery showed that this is a potential starting point from which changes that eventually cause the many motor and non-motor symptoms of Parkinson's might first appear before spreading deeper into the brain. Today, we know that changes in sense of smell could appear before symptoms, such as tremor, slowness of movement and stiffness, by up to 4 years.

RESEARCH ROUNDUP (Continued)

More recently, loss of sense of smell has been in the media due to it being a common sign of coronavirus infection. Suggesting this virus may be temporarily impacting the olfactory bulb. There is ongoing research to understand if this has long term implications or if this is linked to neurological effects of the virus.

The link between the nose and the brain could offer a passage for tiny particles from the environment to impact brain cells. The causes of Parkinson's are thought to be a mix of genetic and environmental factors, which researchers are still piecing together. Recently reported, there may be an association between air pollution and someone's risk of developing Parkinson's.

More research is needed to understand the effect of pollution on our brains, but could it be that pollutants are having an impact on brain cells via nasal access? More research is needed to understand how and what environmental exposures our noses may be susceptible to and their impact on our risk of developing conditions like Alzheimer's and Parkinson's. But on the flipside, perhaps this apparent weakness in our human biology might also provide an opportunity to deliver medicine to the hardest to reach organs in the human body.

RESEARCH OPPORTUNITY

1200 people with Parkinson's or another long term condition, and their partner or a family member are needed to complete a 15 minute online questionnaire. Please read the [Participant Information Sheet](#). And fill in the [online questionnaire](#). If you have any questions email Rubina at ShahR45@cardiff.ac.uk or phone 0785 250 3661 before 30 September 2021.

PARKINSON'S NEWS

Weymouth & Dorchester

Branch Newsletter

July-August 2021

FACE TO FACE AT LAST well ALMOST!

We are sorry to have to inform you that, due to the delay in lifting the Covid-19 restrictions, we are unable to hold the meeting planned for July 19th. Instead—barring no further delays—we will start face to face meetings on August 16th at the Upwey Memorial Hall.

The next meeting after that will be on September 20th for afternoon tea at Goulds Garden Centre.

Thereafter meetings will be on the usual third Mondays each month at Upwey on October 18th and November 15th.

The August meeting will be as planned for July, that is fairly simple with socialising, tea and cakes and a bingo session.

We will also have a raffle and those who attend are reminded that each attendee normally brings a small gift to put into the raffle.

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

USEFUL CONTACTS

National Parkinson's Free Helpline
for help with benefits and ser-
vices:

0808 800 0303

Local Parkinson's Nurse Specialists,

Hazel Coleman & Liza Rowley

tel: 01305 254789

Parkinson's Local Advisor: Mon-Thurs

Lorraine Bilton: 0344 225 9828

email: lbilton@parkinsons.org.uk

Dorset Adult Social Care Services:

for self referral for new enquirers

tel: 01305 221016

AGE UK help for older people:

tel: 01305 753839

LOCAL BRANCH CONTACTS

Treasurer/Acting Chairman: Dave

Clegg 01305 835108

Email: daveclegg49@gmail.com

Secretary: Jim Bayliss 01305

457505

Email: jimbay930@gmail.com

Carer's Contact: Jane Dare

Events: Jo Galley 01305 853312

Outings: Pat Pollard 01305 264471

Fund Raising:

Newsletter: Jim Bayliss 01305

457505

Email: jimbay930@gmail.com

Other committee members:

Simon Meyer, Elizabeth Irving,

Jill Osborne

Branch Website:

weymouthdorchesterparkinsons.org.uk

OUTINGS

Goulds Afternoon Tea

The annual get together at the Goulds Garden Centre in Preston is being planned for September 20th, 2:30pm for 3:00pm. You are invited to put your names forward if you would like to join us at this venue. It will be free for people with Parkinson's and £5 for carers.

Trip on mv Freedom

There is an opportunity for us to have a trip around Weymouth Harbour aboard mv Freedom. The boat is run by the charity 'Friends of mv Freedom' and takes groups of people with disabilities, including many confined to wheelchairs, on sea trips along the Jurassic Coast,



Portland Harbour and Weymouth Bay. Please contact any committee member to register your interest in taking a trip on mv Freedom to see if enough people are interested to make the trip worthwhile. The charity has just won 'The Queens Award for Voluntary Service' and two representatives of the charity will be attending a garden party at Buckingham Palace later this year.

PARKINSON'S AND TECHNOLOGY

Did you spot the recent BBC article [Parkinson's, AI and Me?](https://www.bbc.co.uk/news/technology-57342760)

Rory Cellan-Jones, a technology enthusiast and correspondent for the BBC, talks about his experience of Parkinson's research and how the digital age is transforming the search for better treatments and a cure.

He's been taking part in a clinical trial to test whether artificial intelligence can be used to develop a wearable device that could monitor the symptoms of Parkinson's and even help create tailored treatments in the future.



Read more about it on the BBC here: <https://www.bbc.co.uk/news/technology-57342760>

Rory was diagnosed with Parkinson's in 2019 at the age of 60 in unusual circumstances. He was put in touch with a neurologist after concerned members of the public spotted his hand trembling during a TV broadcast, and a neuroscientist wrote in to suggest it could be Parkinson's. Since then, he's been determined to understand more about Parkinson's and help find a cure. He hopes that by taking part in this trial, researchers can gather data that eventually could be used to help millions of people living with Parkinson's. The idea is that the data recorded by the sensors and the video of the session will teach the AI system how to grade symptoms the way a human doctor does.