

The Parkinson Games

Newspaper

Sunday 01
January 2023



Ruud Overes

Registration Open The Parkinson Games 2023

We are proud to announce that the Registration of The Parkinson Games will be open on the 04th of January 2023.

An enormous amount of work has been done by many volunteers to make this possible. It didn't matter whether someone had Parkinson's disease or not. Inclusion (= doing things together) is important.

We made a completely renewed website and an APP especially for Registration.

The website can be found [here](https://www.TheParkinsonGames.com). Or the address is www.TheParkinsonGames.com

If you go to our website you will see a blue bar with APP written on it. Click this bar.

Two well-known logos will appear as shown below. These are the logos of the APPLE Store for the iPhone of Apple and Google Play for the other types of phones (= Android) respectively.

Click on the appropriate logo. You'll be taken to the APP Store.

Use the search function and type in: The Parkinson Games. You will see our well-known logo appear. Choose this APP and follow the on-screen instructions.

You will now find our well-known logo on your phone again. Click on the logo and follow the clear instructions.

The APP allows you to log in, pay, retrieve information and chat. You can ask your question in the chat. Your personal planning will also be available in this beautiful APP.

Finally, with this APP you will be able to make reservations for a.) Sports that you do not play in competition form and b.) side events like yoga.



Choose the right one sign up APP that fits your phone



Together we come across the street. We will never stop looking for the ultimate solution

23/24/25 June 2023

In Eindhoven (Nederland) a nice program

The Parkinson Games is a three-day event where people with Parkinson's experience the olympic experience themselves.

Program day 1

On this first day you can report at your leisure at the registration in the immense Indoor Sport Center. You will receive a goody bag and you have plenty of time for a snack and a drink on the lounge terrace before participating in the briefing for the Opening.

The Olympic opening begins. The countries enter the stadium and present themselves to the public. The Greek torchbearer brings the Parkinson's fire. We are welcomed, after which the fire is lit and a special show with Andrew Greenwood begins in which all participants participate. We sit on a chair and watch a dazzling presentation by Professor Bas Bloem with his vision on Sport and Parkinson's. Afterwards we will eat together and have a drink at the end.

Program day 2

The day starts (option) with Yoga, Tai Chi or Qigong as a warm up. After that more than 20 sports will begin.

Almost all sports you can play in competition form. That means neatly according to the rules and with a referee. But it is also possible to play the sport sportively or recreationally. Just for fun. Or to give this sport a try. This can be done, for example, with Parkinson's boxing. A non-contact sport is good for your balance and strength.

We also take your skills into account. Let me give you an example:

We have a football tournament where national teams play against each other. Foreexample, Spain against Portugal or the Netherlands against Germany. You don't have to get the country team together yourself. You register as an individual and we assign you to the right team. The other level is penalty shooting on an open goal.

Program day 3

Various sports are also offered on this day. Think, for example, of golf. Two players from one country against two players from another country. Compare it to the Ryder cup. We also have a duathlon where people swim and run. We end with a medal ceremony and the Closing.

Sport helps

Editorial staff

Why is exercise or sport so important? We are happy to explain it to you in a simple way. Read about this on

Page 2

Our goals

Editorial staff

What do we want to achieve with this beautiful event? We have defined four objectives. Read about this on

Page 3

The program

Editorial staff

We have listened carefully to you and adapted our program to your wishes so that you can enjoy even more.

Page 4

Exercise really helps

Why is that so? And why can you say that everyone has Parkinson's?

Of course, you have known for a long time what Parkinson's disease is, but did you know that you can say that everyone has Parkinson's? This requires a clear explanation.

You can think of your brain as a computer that controls your body. There are neurons in your brain. These are hollow tubes (colored yellow in the picture below) that are not attached to each other.

If there is a message from one neuron to another neuron, the head uses a substance called DOPAMINE.

If you have too little dopamine, it is comparable to a computer with loose wires.

As you can imagine, that's not good. Anything you can imagine can go wrong.

Fortunately, our brains are so smart that they can correct 'loose threads'. The brain simply looks for an alternative way around these loose threads. But if there are too many loose threads, even our smart brains can no longer correct it and one speaks of Parkinson's disease.

Parkinson's is a progressive disease. What do they mean by that?

If you are born as a normal and healthy baby, you have an organ in your head (substantia nigra) that produces enough Dopamine. As you get older, that organ will also get older. In this case, that means it makes less dopamine.

That's not so bad because the brain can correct a lot. That goes well until the organ produces only 50% or even only 20% of Dopamine. Most people follow the 'blue line' and have long since retired when they notice that they are starting to shake. (Shaking is a possible symptom of Parkinson's disease).

However, there are also mensen who follow the leftmost/green line and already have Parkinson's disease at the age of 13.



Everyone has Parkinson's but not everyone is sick

Scientific evidence from the Mayo Clinic

Proof that sport helps

The mouse model

Recent research with mice has shown that exercise helps in obtaining a greater cognitive reserve. Above you can see the brain (white part) of 3 mice and the organ (black) that makes the Dopamine. Picture A is of a mouse just before the start of the experiment. Pictures B and C are from the end of the experiment. Picture B is of a mouse that was allowed to be lazy and sat in the corner of its cage all day. Picture C is of an active mouse that was running in a running wheel for large parts of the day.

There is a clear difference between the pictures. In picture B you can see that the organ (black) has shrunk while in picture C the organ has become even larger. A larger organ (usually) means that more Dopamine is produced.

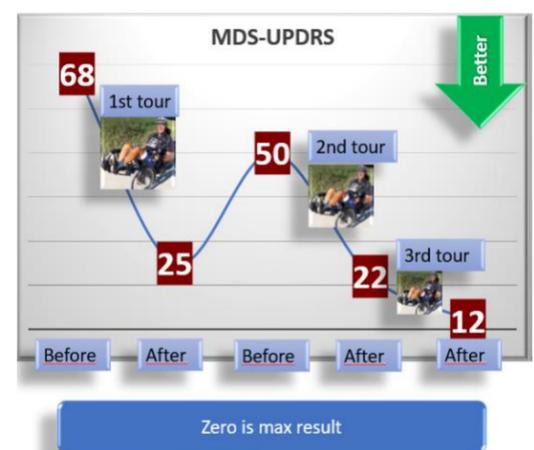
The question then is whether this also works the same with humans? You can see the answer here on the right.

Exercise helps

The human model

Ruud Overes (initiator of The Parkinson Games) made three beautiful long bike rides of up to 10,000 km in 80 days after his Parkinson's diagnosis. He asked a number of hospitals if they wanted to measure how he was doing before and after the bike ride. Below you can see the measurements carried out according to the MDS-UPDRS method used by, for example, the Radboud UMC. The measurements work with 'penalty points'. The aim is to get as few penalty points as possible. Ruud's score before the first bike ride was 68. After the summer bike ride it had dropped to a score of 25. A big improvement. We see the same effect on the second bike ride. Before the tour 50 and after the tour 22 points and after the third bike ride even 12 points.

The mouse model and the human model give the same picture.



Cycling/exercise helps slow the progression of Parkinson's disease symptoms