



Living your BEST
life – while living
a life with
Parkinson's
Disease

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Objectives :

Understanding Parkinson's disease

Motor and non motor symptoms management

Exercise and physical therapy

Nutrition and hydration

Therapies

Support systems and resources

PARKINSON'S DISEASE

Motor Skill Symptoms

Nonmotor Skill Symptoms



BRADYKINESIA

(mask-like face, decreased blinking, degrading fine motor skills)



VOCAL SYMPTOMS



RIGIDITY AND POSTURAL INSTABILITY



TREMORS

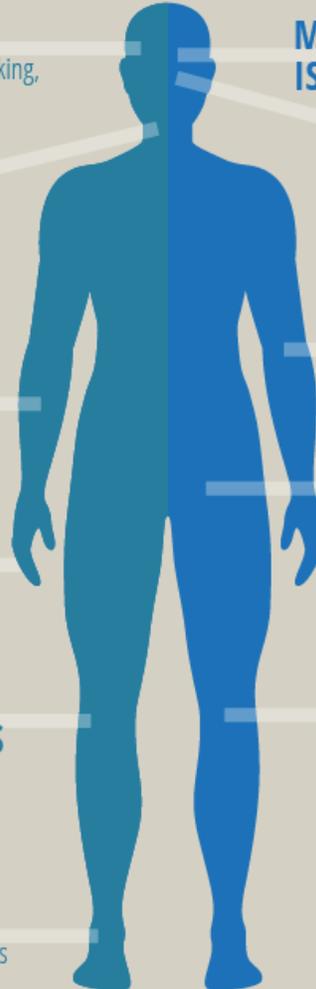


WALKING OR GAIT DIFFICULTIES



DYSTONIA

(repetitive muscle movements that makes body parts twist)



MENTAL/BEHAVIORAL ISSUES*



SENSE OF SMELL



SWEATING AND MELANOMA



GASTROINTESTINAL ISSUES (urinary issues, weight loss, sexual concerns)



PAIN



*includes depression, anxiety, fatigue, sleep problems, and cognitive ability and personality changes

Managing motor symptoms

- Stick to your medication schedule – write it down or keep a diary if you have to
- Establish a daily routine to keep your medications, mealtimes and sleep cycles on track
- Relieve stress – practice yoga, meditation or mindfulness
- **Any stress to body - uti, infection, travel etc could potentially worsen PD symptoms !**
- Get regular exercise to improve your balance, flexibility and mental health
- Maintain a healthy, balanced diet that's high in fiber and low in processed foods
- Follow your body's signals – take a break or rest if you feel low on energy
- Medication management with your provider

Managing Non- Motor symptoms:

- Create a regular routine and structure
- Go to bed and get up around the same time each day. Spend 7 to 8 hours in bed.
- Don't nap for more than an hour
- Fatigue- very common , pace your self
- Mood problems –Cognitive behavior therapy.
- Orthostasis - Take your time when you stand up, drink plenty of fluids
- Drooling – try to chew gum
- Constipation- Drinking lots of fluids, eating high fiber diet
- Bladder problems- Pelvic floor physical therapist. Bladder training

Diet and Parkinson's Disease

- ▶ Mediterranean Diet: Emphasizes fruits, vegetables, whole grains, fish, nuts, and olive oil, while limiting red meat, dairy, and processed foods.
- ▶ Calcium and Vitamin D: Low levels of vitamin D have been associated with an increased risk of PD. Need for healthy bones
- ▶ Gut Microbiome: There is growing evidence to suggest that the gut microbiome may play a role in the development and progression of PD. Some studies have suggested that a diet rich in fiber and fermented foods may be beneficial for gut health, which in turn may be beneficial for PD.
- ▶ **Hydrate Hydrate !!** At least 8 cups (64 oz of water) . Dehydration can cause constipation, impaired cognition and fatigue .



Exercise and Parkinson's disease

➤ Exercise has emerged as a promising non-pharmacological intervention for improving both motor and non-motor symptoms of PD.

➤ What kind of exercise should I do ?

- Aerobic Activity
- Strength training
- Balance, agility and multitasking
- Flexibility and dexterity
- Yoga and meditation
- Tai chi
- Dance



Start with seeing a Physical therapist specializing in PD

Use a pedometer (step counter) and start slow but slowly increase the steps

Pick an exercise you will enjoy

Find something you enjoy doing and stick with it !

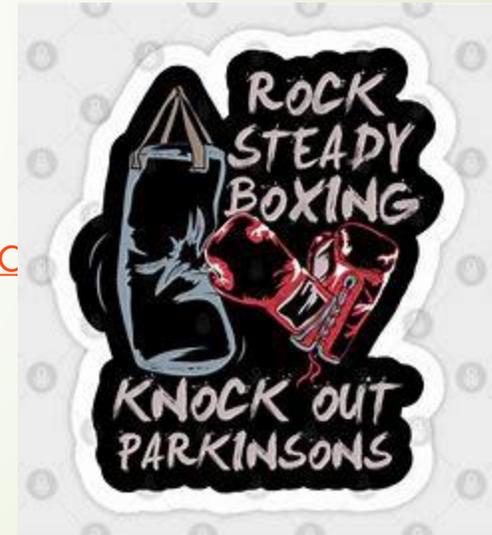


Therapies

- Physical therapy: improve mobility and balance exercises to improve strength and flexibility, as well as balance and gait training. Best devices to use
- Occupational therapy : Can help with handwriting, drawing, using utensils, fastening buttons, using computer, cognitive exercises
- Speech therapy: improve ability to communicate. May include exercises to improve speech clarity, as well as strategies to manage swallowing difficulties. Cognitive and mental exercises for speed and processing.
- Cognitive therapy : Memory and attention training, problem solving, organizing thoughts, coping strategies
- Music, art, pet therapy – anything that you enjoy participating in
- Massage therapy- to help relieve soreness and rigidity
- Home Health – for PT , OT and ST

Therapies

- ▶ LSVT BIG and Loud
website: lsvtglobal.com
- ▶ Local chapters for Parkinson's organizations
- ▶ Rock, steady Boxing
- ▶ CBT (cognitive behavior therapy)
- ▶ [Psychology Today: Health, Help, Happiness + Fin](#)



Resources

- ▶ **Palliative care:**

Is not only for end stage but can be initiated at any stage of the disease process!!!!

It focuses on managing symptoms and improving quality of life. Palliative care can be provided in addition to curative treatment and can include pain management, emotional and spiritual support, and assistance with daily activities.

- ▶ **Support Groups:**

Support groups can be a valuable resource for patients and caregivers. Support groups can provide emotional support, information about the disease, and opportunities to connect with others who are going through similar experiences.

- ▶ **Home health services:**

Home health services can provide support for patients who wish to remain in their homes. Home health services can include assistance with daily activities, medication management, and nursing care. Studies have shown that home health services can improve quality of life for patients with advanced Parkinson's disease



Resources

- Respite care:

Respite care provides short-term relief to caregivers who are caring for a loved one with Parkinson's disease. Respite care can be provided in a facility or in the patient's home and can provide caregivers with a break from their caregiving responsibilities.

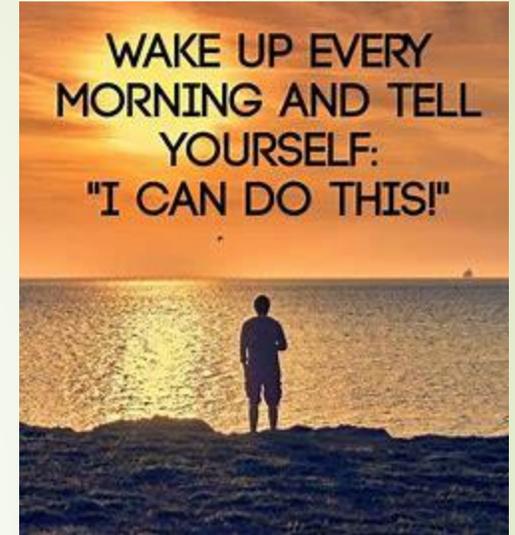
- Hospice care:

Hospice care is a type of care provided to people who are nearing the end of their lives. Hospice care can be provided in a patient's home or in a facility and focuses on providing comfort and support rather than trying to cure the disease. It can include pain management, symptom relief, emotional support, and spiritual care

Resources and support groups

Helpline at 1-800-4PD-INFO (1-800-473-4636) for answers to your Parkinson's questions through Parkinson's foundation

- ▶ [Support Groups - PMD Alliance](#) (based on which state you reside)
- ▶ [Find an Ambassador - Davis Phinney Foundation](#) (local ambassadors for support)
- ▶ [Parkinson's Buddy Network \(michaeljfox.org\)](#)
- ▶ [Find Local Resources & Support Near You | APDA \(apdaparkinson.org\)](#)
- ▶ [Agencies and Organizations | Caregiver Action Network](#)
- ▶ Local senior centers
- ▶ Local church/religious organizations



Resources for prescription assistance

- [NeedyMeds](#) Low-income patients at no cost
- [RxAssist - Patient Assistance Programs](#)- Comprehensive database of pharmaceutical companies, patient assistance programs that provide free medications to people who cannot afford.
- [PAN Foundation - HomeAssist](#) federally and commercially insured people living with chronic diseases.
- [Prescription Prices, Coupons & Pharmacy Information - GoodRx](#)- Coupons to help save \$\$ on prescription drugs





We don't know how
STRONG WE ARE
until being strong
is the **ONLY CHOICE**
WE HAVE.
Parkinson's Disease Awareness