



“Welcome” to the World of Parkinson's

This handout will contain information that has helped me "Live Well With Parkinson's" since 2005. I hope you find it useful and encouraging. -- Gloria Friedman 7/18/19

Some quotes that I heard when I was first diagnosed:

When you've met one person with Parkinson's, you've met one person with Parkinson's- every case is different
You don't die from Parkinson's - you die with Parkinson's or from complications due to Parkinson's
Unlike Alzheimer's you don't forget things, it just takes longer to remember them.

Abbreviations you might see:

PD	Parkinson's Disease		MDS	Movement Disorder Specialist
PWP	Person with Parkinson's		CG	Caregiver

Parkinson's is unlike almost any other disease. Here are some suggestions to "Live Better With Parkinson's"

- Your Parkinson's doctor should be a specialist in Parkinson's, not a general neurologist. Generally they are called Movement Disorder Specialists
- Most cases have no known cause, about 10 % are genetically based
- Keep active, keep moving
- Join a support group - in person or on-line
- Track symptoms, they may vary with your medicine cycle (there
- Don't be embarrassed to use a walking aide, you may not need it all the time but better to have it when you do need it.
- EXERCISE EXERCISE EXERCISE
- Educate yourself, give your adult children as much information as possible
- I've been told that generally younger cases progress slower than if you are older when diagnosed but it is a progressive disease so prepare for that possibility.
- Exercise, PT, OT are a must and should be done in programs and by clinicians who specialize in Parkinson's
- Most hospitals and doctors are not trained in treating patients with Parkinson's. Make sure your primary doctor, other specialists, even dentist are familiar with and have other Parkinson's patients.
- Make sure any non-Parkinson's drugs are checked for interaction with Parkinson's drugs.
- Order an Aware in Care Kit and other free literature from Parkinson's Foundation

Resources:

- Florida Movement Therapy – Ed Gray – Physical & Occupational Therapy – 561-733-5083 – Jog & Pipers Glen www.flmtc.com
 - Florida Movement Therapy – Ed Gray – Rock Steady Boxing - meets twice a week More and different classes coming soon.
 - Valencia Shores Parkinson's Support Group - meets first Sunday of month 11:30-12:30 in Clubhouse Classroom – contact Joan Teitelbaum 561-345-4593 or Gloria Friedman 607-731-4967
 - Parkinson Foundation – South Palm Beach - Mariah Moscone 561-332-1749
 - Parkinson Foundation -- National Office -- www.parkinson.org 800-473-4636
 - American Parkinson Disease Foundation -- www.apdaparkinson.org
 - Michael J Fox Foundation - www.michaeljfox.org
 - Patients Live Me – on-line support group and more - [click here www.patientslikeme.com](http://www.patientslikeme.com)
 - When Life Gives You Parkinson's – a podcast by Larry Gifford [click here](#)
- For more information contact Gloria Friedman 607-731-4967 gloriasf221@gmail.com www.gsfriedman.com