



10 Things To Know About Parkinson's Disease

- No two people with Parkinson's are identical. Every patient is unique and may require a personalized treatment plan.
- Often, the first symptoms of Parkinson's can be a loss of sense of smell, constipation, or wrist or shoulder discomfort.
- Tremor, mobility issues, and facial masking are probably the symptoms that are most identified with Parkinson's. It is believed that symptoms may begin 10 or more years before visible symptoms might be recognized.
- Some people with Parkinson's disease may show no external symptoms but can have difficulty with memory and other cognitive issues, digestion, pain, eye problems, or depression.
- A positive perspective, a good attitude, staying flexible, and a sense of humor can help to deal with stress and anxiety.
- Embracing exercise (Rock Steady Boxing), speech therapy (SPEAK OUT!), yoga, reflexology, reiki, meditation, and massage can help to reduce anxiety and stress to calm both mind and body. Do not stop looking for a combination of therapies that work best for you!
- Parkinson's disease is not just an old person's disease (I have had Parkinson's for several years prior to my diagnosis and that was over 30 years ago).
- Dyskinesia (rapid, uncontrolled movement) is not due to Parkinson's disease itself, but it is a side-effect of the medications.
- Protein can reduce the efficacy of some Parkinson's medications. Consult your doctor for more information.
- Find a neurologist who is a Movement Disorder Specialist (MDS). They have completed specialized training in Parkinson's disease.



KarlRobb.com



10 Tips To Stay Positive and Proactive

Self-Care

- Take care of yourself. The more you know about Parkinson's, the better. You play the key role in your own health. Seek out therapies/modalities that work for you. Accepting your illness does not mean giving up.
- Explore the stressors in your daily life. Find an outlet to help you release your stress.
- Procrastination, denial, fear, and apathy only delay the opportunity to begin our own self-care. Do not hesitate to ask for help when you need it.
- If you don't laugh every day, start! Laughter has all kinds of health benefits. Don't take yourself too seriously. Don't stop laughing!
- The best exercise or activity is the one that you like and you are willing to do. If Parkinson's prohibits us from doing something we love, then we must find a replacement for that activity.

Attitude

- Appreciate the good in every day. Focus on what you can do, not what you can't do. Savor and appreciate everything.
- A person with a good attitude is much easier to be around and is good for our well-being.
- Stay flexible in all ways. A rigid pole often tends to break in the wind. A flexible pole will bend and give in the wind. Being more flexible will add a new dimension to your life.
- Being positive is a choice! When we label everything "good" or "bad", we lose sight that we cannot savor one without the other. You cannot have the sweet without the bitter. This is life!
- Plan ahead for what you can and be aware and engaged. Always have a plan B, C, or more.



KarlRobb.com



Parkinsons Wellness Checklist

Daily Self-Care

- Pick a vigorous but safe exercise
- Drink lots of water
- Do your stretching
- Do your voice exercises
- Meditate to relax your mind

Online Visits

- Consider Rock Steady Boxing
- Exercise your voice at ParkinsonVoiceProject.org
- Try the app Headspace for relaxation and sleep
- Stay social through online chats and Zoom meetings

Daily Exercises

- Find an exercise that you like to do: yoga, singing, and more
- Search the Tools & Resources page at KarlRobb.com
- Search “exercise” at DavisPhinneyFoundation.org/resources/
- Many blog and podcast resources at ParkinsonsDisease.net

Daily To Do's

- Check your medicine supply and refills
- Watch your weight and blood pressure
- Have your Vitamin D levels checked with your health care provider
- Eat a balanced, low protein diet

Doctors & More

- Keep notes (or have someone take notes) at your next doctor's appointment
- Monitor your moods
- Keep busy doing something that you enjoy
- Keep in touch with your doctors with any concerns or questions

Finish

- Projects that are not yet finished
- Something that brings you joy (music, funny videos on YouTube.com)
- Something healthy (find a new recipe or new exercise)
- Something that makes you think (Inspiring TED talks at ted.com/talks)