

CUTTING AREA

## HOW CAN YOU LIVE WELL WITH PD?

Here's how getting the most out of every day, is 'living well with PD'...

- Exercise - be active and stay active, using caution and moderation.
- Try to be social - a very essential treatment for depression and non-movement symptoms.
- Eat Well - eating the correct foods will contribute to maximizing the effectiveness of your PD medication.
- Sleep Well and Take Naps - an alert mind and a rested body are key to living well with PD.
- Reduce household hazards and create a safe environment by scheduling a home visit by an Occupational Therapist (OT).
- Keep a Journal - This is ideal for making the most out of your appointment with your specialist every 6 months.
- Start and stay on a routine / schedule for taking your prescribed medication.
- Be your own advocate - research and read authorized PD publications.
- Build your own support team (family, friends, local Parkinson's groups).



Consult your doctor before making any changes

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## FURTHERMORE

As you go forward in your life, aware over time, that you now have some answers to the changes that you've been experiencing in your body and mind, don't forget that you're not alone - you'll meet many others and build new friendships, within the Parkinson's Community.

There are many PwP who, live a very fulfilling life, making the best of each day - taking up a new interest or rejuvenating an old one - a hobby, travel, writing, volunteering, learn a new language...it's endless.

This brochure, produced by volunteer members of the World Parkinson's Program (WPP) - a Canadian Registered Charity, is reading material intended for a person who has been diagnosed with Parkinson's Disease (PD), as well as their family and caregivers

More information can be found on our website at [www.pdprogram.org](http://www.pdprogram.org)

- Events
- Literature in Various languages
- Tips On Living Well With Parkinson's
- Monthly Newsletter

Please consider helping others with PD by making a contribution to WPP

CRA Registered Charity #: 821312196RR0001



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## DIAGNOSED WITH PARKINSON'S?

Why Not Live Well with Parkinson's!



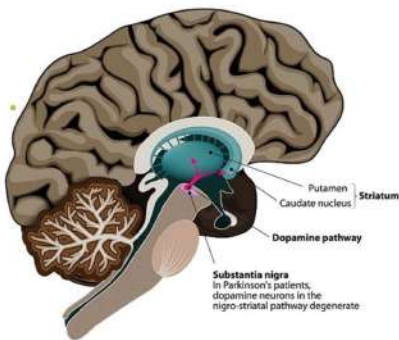
World Parkinson's Program is committed to the global empowerment of those living with Parkinson's



[www.pdprogram.org](http://www.pdprogram.org)

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## WHAT IS PARKINSON'S?



Parkinson's is a progressively degenerative neurological disease with no known cause or cure. The dopamine producing neurons in the substantia nigra area of the brain, are dying at a faster rate than what our bodies are designed to accommodate.

This results in a shortage of the chemical dopamine, which is required for our movement and non-movement functions and capabilities. A person diagnosed with Parkinson's may exhibit:

- Tremors,
- Rigidity,
- Slowness in movement,
- Balance issues
- and many other symptoms

There are numerous possible symptoms of various intensities. No two people with Parkinson's (PwP) are the same. It is quite common for the diagnosed patient to be prescribed levodopa/carbidopa to replace the dopamine that the brain is lacking, to assist with movement and non-movement functions, including cognitive capabilities. Levodopa / carbidopa has become the 'gold standard' in treating those living with Parkinson's (PD). While it does not stop the progression of PD, it does enable the patient to live well.

## WELCOME TO THE PARKINSON'S COMMUNITY

Parkinson's has become the fastest growing neurological disease, passing Alzheimers. It is expected that by 2040, the number of people around the world, living with Parkinson's will have doubled from the number today.

The good news is there is an active community of support for Parkinson's patients whose mandate is to support Parkinson's patients to 'Live Well With Parkinson's Disease'.

It's hoped that by introducing the newly diagnosed PwP, to the existence of a 'Parkinson's Community', it will assist them in:

- Bridging the gap between feelings of helplessness and hopefulness
- Planting the seeds for ones' future, living their life with Parkinson's
- Redirecting their focus from an underlying theme of "why me? to that of self-advocacy "ok, what's next? "...
- Highlighting what the 'PD Community' is really about

The Parkinson's Community, (PDC) includes all of us. The moment we're touched by its presence in our lives, whether as a care partner or as one living with the diagnosis, we become a community member.



The Community exists because of a necessity, a need. The Community exists because it's members, from all walks of life, see an opportunity to make a life of living well with PD, possible. But they don't have to make it alone.

A common fact is that no two people with PD have similar characteristics of the disease - symptoms, intensity, pace of disease progression, etc. can vary. So, treating your PD at the granular level, compared to the treatment required for another's may not be the same.

The PD Community recognizes that there exists many differences between its members, yet there is a common denominator that we all share; we all want to Live Well With PD. That being said, we are invited to participate, lead, follow, volunteer, inspire, communicate, celebrate, inquire, investigate, support and share (if one feels so inclined) their 'Life With PD' experiences.



Ideally, those delivering a Parkinson's diagnosis, have an opportunity to acknowledge and promote, at the first opportunity, the Community that exists for people with Parkinson's.

The goal of the Parkinson's Community is to provide support for a life well lived with Parkinson's Disease .