

How to have Parkinson's Disease.

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- **DX:** Idiopathic Parkinson's Disease - February 2012 - Age 44
- **Medications:**
 - Azilect 1 mg
 - Ropinirole 8 mg
 - Carbidopa/Levodopa Dis Tab 6x daily 25/100
 - Carbidopa/Levodopa CR 1x daily 50/200
 - Inbrija as needed
 - Anti-chlorogenic drugs not advised due to hallucinations
- **On Time:** 6 - 10 hours a day
- **Work Status:** Long Term Disability 2016
- **Exercise:** Dancing, Boxing, Choir, Acting, Foundational Exercise

Take-aways

1. Parkinson's Disease changed how I live my life but it didn't change me.
2. How I Plan for wellness.
3. How I philosophically live with a chronic neurodegenerative disease.



Find the Movement you love

Always Now

The reality of your life is always now



The future is merely anticipated. It is another thought arising now..



PD has given me more...

