

How to have Parkinson's

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- **DX:** Idiopathic Parkinson's - 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 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.



Always Now

The reality of your life is always now



PD has given me more...

