

How to have Parkinson's

Amy D. Carlson

Davis Phinney Foundation Ambassador Los Angeles, CA

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- **DX:** Idiopathic Parkinson's February 2012 Age 44
- Medications:
 - Azilect l 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

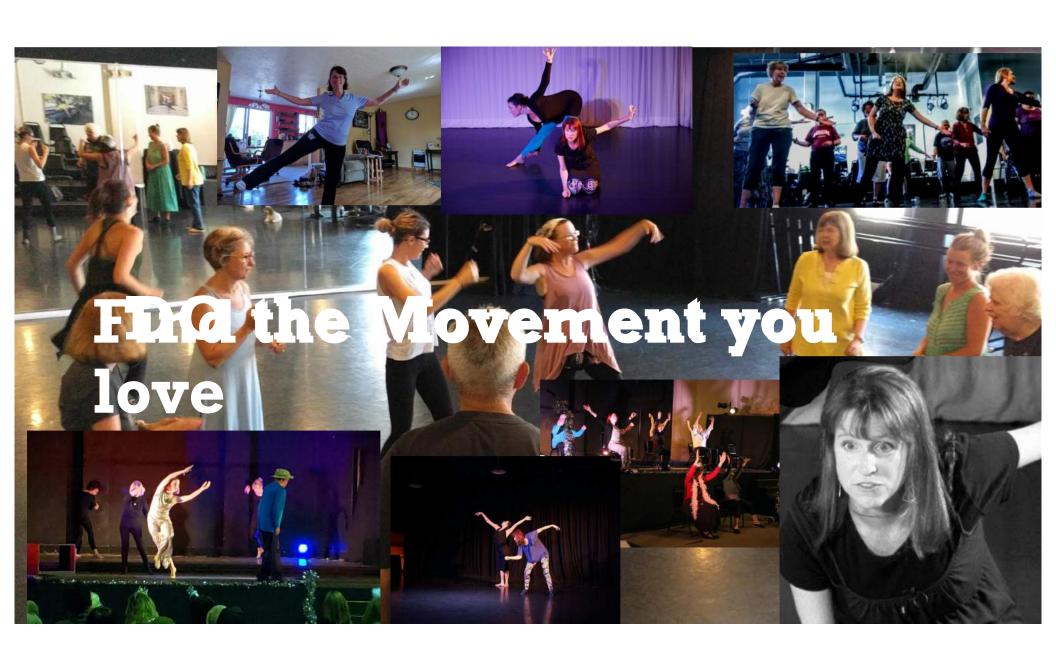


Take-aways:

- 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.

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The reality of your life is always now





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PD has given me more...



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