

2019 Parkinson's Life Assessment by Greg Ritscher

Hope for 2020

Book Published
Involved in C.S. PD community
Diet & Nutrition
Fitness
Paddle Board Business
Retirement Finances
Get Off RX

Summary of 2019

Year of Transitions
Gulf Coast Walk-A-Bout
Consulting Gigs
Retirement changes
PD Symptoms increasing:
Tremor increases (^)
Weight Loss
Drooling
Too Active Sleep (REM)

Key Test Results

BMI 21.3; Percent Body Fat 5.9%; Weight 156lbs; Muscle Mass 138 lbs; Testosterone 677, <1.1k
Cholesterol 181mg/dL Range <200; Triglycerides 127 mg/dL Range<= 200mg; HDL 74mg
Range >=40mg/dL; LDL 82mg/dL Range <=130mg/dL; TSH 3.5 (<5.5); PSA .7 (<4.5);

Parkinson's ROI Factors

Circle shows what percentage each Factor I believe is helping me live with Parkinson's / ROI:

FACTOR	% of effectiveness	Positives	Negatives
RX	5	Carbo/Levo	\$, Pramipexole
Doctors	5	need holistic approach	Lack of personal touch
Exercise	14	“control”/ endorphin	plateau
Yoga	10	advanced PD, balance	trip \$
Alternative Therapy	10	Arts, Boxing, 14er	backward movements; find PT
Nutrition	13	CoQ10, 75oz H2O, Calories ^	<sugar, gluten,corn,soy,dairy
Supplements	9	D3, Selenium, Beta Boost	L Glutamine
Emotional Therapies	14	Faith, Paddle Board, Family	< stress, settle transitions
Support Group	6	Videos, TUH, studies	Colo Spgs/ Denver transition
Park Pointe, TUH	6	Significance	Fund Raising
Writing	6	Book, GBR Letters, Blog	Unknown
Retirement	2	More margin, Grand kids	<\$; < Self Actualization