

## Q&A Panel: The Victory Summit Boise Event

Recorded on November 14, 2020

Davis Phinney Foundation

Below are timestamps for the questions asked during the Q&A Panel, along with brief notes about the panelists' responses.

**0:15** (question for Hannah Fugle, DPT)

*Are there any exercises that are not good for people with Parkinson's? Are there any exercises where people with Parkinson's should be extra cautious? What is "too much of a good thing" when it comes to exercise?*

Be aware of any comorbidities that may exist and about signs of cardiac distress. If you become unusually fatigued, sore, or feel otherwise unlike yourself, stop exercising and consult with a health provider. When weight training, exercise progressively and keep repetitions and weight loads scaled to your unique abilities.

**2:30** (question for Amanda Craig, OTR/L)

*What are some strategies people can employ to help with turning over in bed?*

A bed cane that slides between your mattress and box spring (or bed frame) can help you adjust when turning over in bed. Look for one that is appropriate for your height, weight, and style of bed.

**4:12** (question for Cynthia Fox, PhD, CCS-SLP)

*Why does deep brain stimulation (DBS) impact speech? Why does speech sometimes get worse for people after DBS?*

Researchers are currently focusing on this to better understand why speech sometimes get worse after DBS. Some hypotheses are that the positioning of the electrode can have an impact, and others believe that high-frequency programming can negatively impact speech.

**5:58** (question for Hannah Fugle)

*I like all types of exercise; is there a "best" exercise for people with Parkinson's? Is there a certain intensity or rate I need to hit to get the benefits of exercise?*

Activities that keep you engaged physically and cognitively are ideal. Cycling, treadmills, and exercises that allow you to set a rate—an external cue—can be beneficial. Stretching and balancing exercises are great. There's no one "best"; try to incorporate different exercises into your routine. Aim for 150 minutes of moderate- to high-intensity exercise each week (but build up to this number if you are new to an exercise routine). Aim for two days of resistance training per week, and try to practice balance exercises most days of the week. Build balance exercises into your day by doing a quick practice during commercial breaks, each time you brush your teeth, etc.

**10:12** (question for Amanda Craig)

*What should someone do if they can't install a grab bar in their home because they are renting their space or their space has tiles or other materials that are not conducive to installations?*

If you're renting, ask your landlord if installing a grab bar is allowed. Even if your landlord is not required by law to install accessibility items in the space, they may be willing to work with you and your needs. A tension pole is another option you could look into; these are not permanent. A secure shower or tub

bench with attached handles is a third option that could take the place of a grab bar.

**13:26** (question for Cynthia Fox)

*What can somebody expect when they come in for their first voice and sound assessment?*

For a speech assessment, your provider will likely interview you to learn how you use your voice, what situations are the most challenging, the timeline for any speech changes, and your goals. Then they typically do some exercises to measure sound measure levels, voice quality, and more. Sometimes you will be referred for an ENT exam so your team can see your vocal folds and determine if speech or voice changes are caused by Parkinson's or something else.

**16:02** (question for Hannah Fugle)

*Can DBS help with things like balance and gait?*

DBS can be very helpful for some people for treatment of motor symptoms, but results of DBS are very individualized and unique for everyone.

**18:01** (question for Cynthia Fox)

*Is there a type of progression with speech and swallowing issues for people with Parkinson's?*

Having a speech problem doesn't necessarily mean you will have swallowing issues. Speech issues can develop very early in Parkinson's, but changes are often subtle. Some people have swallowing issues early in their Parkinson's path, and others later or never at all.

**19:45** (question for Cynthia Fox)

*I have a lot of thick saliva and I can't seem to swallow frequently enough. I choke on water frequently. Are there any solutions to help with this? Can a straw help?*

If you're getting dehydrated, it can make your mouth feel more thick. A speech-language therapist would probably work with you on exercises to help you swallow more effectively. For some people, straws are hugely beneficial, but for others, they don't help or can cause concerns.

**21:18** (question for all three panelists)

*Are you seeing clients via telehealth right now?*

Hannah: We're seeing folks in person with modifications in our clinic; we need to see people in person to fully assess balance and gait.

Amanda: We're taking new clients and seeing regular clients via telehealth.

Cynthia: We're seeing clients both in person and by telehealth.

**23:54** (question for Amanda Craig)

*Are there any good cognitive training apps you'd recommend?*

Brain HQ and Elevate are two apps that are recommended.

**25:07** (question for Hannah Fugle)

*What should I do if I am having frequent falls?*

See a physical therapist. External cuing and assistive devices can help. Don't delay—schedule a visit with a PT to learn strategies that will work for you.

**26:00** (question for Amanda Craig)

*What are some details of a driver's license review?*



Every state has different requirements and laws about driving. In many states, you may need a medical review and a doctor to give clearance on your license renewal. Some OTs work with clients on skills and testing to help you strengthen the skills needed to drive safely. More information about driving and Parkinson's can be found [here](#).

**29:23** (question for Cynthia Fox)

*Does LSVT BIG do voice exercises like in [Carolyn's session](#) today?*

Adding voice and cognitive tasks are useful because they're more challenging and help you strengthen dual-task skills.

**30:26** (question for all three panelists)

*How does freezing while walking translate to driving movements?*

Amanda: It does translate because the part of the brain that causes freezing can impact your processing speed and other cognitive skills. Seek assessments with a PT and OT to address your specific challenges.

**32:12** (question for Cynthia)

*Does speech affect hearing? Does a Speech Vibe device affect hearing?*

Hearing affects everything with communication, and hearing assessments can be very beneficial. With the Speech Vibe, the device is in your ear, if you're not talking, there is no noise. It's triggered by your voice, and that's when you hear the noise in your ear.

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