



YOUR
JOURNEY WITH
PARKINSON'S
DISEASE SHOULD
BE MULTIFACETED,

JUST LIKE
YOU

Not actual patients.

To learn more, click here
www.challengingparkinsons.com

When it comes to managing
your Parkinson's Disease (PD)



Not actual patients.

A HOLISTIC APPROACH MAKES ALL THE DIFFERENCE

Among the many factors that contribute to your well-being, physical and mental health are key. However, trying to maintain a healthy lifestyle while managing Parkinson's disease can easily feel overwhelming. Often, it's difficult to know where to begin.

In this brochure, you'll find resources to help you understand your symptoms, guide you in healthy living, and connect you with your care team. With this support, we hope you will be on your way to feeling as well as possible.

To learn more, click here
www.challengingparkinsons.com

Spotlight on PARKINSON'S DISEASE (PD)

What is an "off" episode?

Dopamine loss is often treated with levodopa/carbidopa or other medicines that help regulate dopamine, and these treatments generally work well for patients. But over time, levodopa/carbidopa becomes less effective, and symptoms of PD return before it's time for the next dose of the medicine. These periods when symptoms return are known as "off" episodes or "off" time.

"Off" episodes can include slow movement and rigidity, making it difficult to do things like:

"OFF" EPISODES

What is Parkinson's disease?

PD is a progressive nervous system disorder that affects movement and occurs when cells in the brain producing the chemical dopamine become damaged or die. Dopamine signaling is an important activity of the brain that controls movement. Another change that occurs over the course of PD is that the amount of adenosine receptors increases. It's believed that these imbalances affect movement.

~1 million
people living with
PD in the US



~60,000

Americans diagnosed
with PD each year

~50%

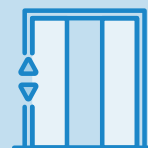
of people may experience "off" episodes within
5 years of initiating levodopa/carbidopa



Getting out of bed
without help



Completing a meal
without help



Stepping off an
elevator without help

How are
"off"
episodes treated?



If you are
experiencing
≥ 2 hours

of "off" time and
it is interfering
with your daily
activities, it may
be time to talk to
your doctor.



To learn more, click here
www.challengingparkinsons.com



Not actual patients.

HEALTHY LIVING

Tips for staying healthy with Parkinson's disease (PD)

A healthy lifestyle—with diet, exercise, and sleep—can help to improve general well-being for people with PD and for those who care for them.



Diet



Not an actual patient.

No foods can treat PD, but some foods might help with the symptoms.

Tips for a healthy diet

- Eat foods that are high in fiber, and drink an adequate amount of fluids to help prevent constipation
- Take medications with a full glass of water to help your body break down medicines more efficiently
- Limit sugar, alcohol, and caffeine, particularly before bed to help avoid sleep interruptions
- Consider taking vitamin D to help maintain bone health
- Snack on small quantities of nuts
- Maintain a balanced diet with nutrients such as omega-3 fatty acids

It's important to monitor weight, especially weight loss, since malnutrition can worsen the symptoms of PD.

Talk to a healthcare professional about diet and any weight loss you or a loved one with PD may experience.



Exercise



Not an actual patient.

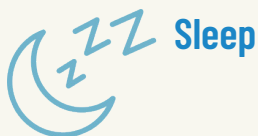
Exercising can increase muscle strength, flexibility, and balance in people with PD. Exercise can also improve well-being and help reduce depression or anxiety.

Tips on exercises for PD

- Consider exercises such as walking, swimming, gardening, dancing, water aerobics, or stretching
- Try not to move too quickly
- Check posture and focus on standing up straight
- Look in front, not directly down, when walking

Talk to a healthcare professional before starting a new exercise program. Because staying active is so important in PD, your doctor may suggest you work with a physical therapist to find an exercise program that is helpful for you.

To learn more, click here
www.challengingparkinsons.com



Not an actual patient.

Sleep disturbance is a common problem for people with PD. Poor sleep can affect health, mood, and overall quality of life, so good rest is important.

Tips to try to get the right amount of sleep

- Try to sleep about 8 hours every night
- Take 1-2 naps during the day to stay refreshed
- Reduce exposure to caffeine and other stimulants like nicotine
- Avoid exercise and heavy meals before bedtime
- When going to sleep, turn off electronics that may disrupt your sleep

Talk to a healthcare professional if you or a loved one with PD experiences trouble sleeping.



Not an actual patient.

Manage stress

Stress is known to worsen the symptoms of PD, so it's important to manage stress

Avoid falls

In later stages of PD, people may fall more easily. The following could help:

- Make a U-turn instead of pivoting
- Distribute weight evenly between both feet, and don't lean
- Avoid carrying things while walking
- Avoid walking backwards

Express your feelings

It can be difficult to live with a chronic illness like PD. It's normal to feel discouraged, depressed, or angry. Talk to your doctor about any changes in your mood.

Share the caregiving burden

While it is important for people with PD to take care of their mental health, it's also important that the people who care for them consider their own emotional well-being. People with PD and their care partners may benefit from talking to a mental health professional.

To learn more, click here
www.challengingparkinsons.com



Not actual patients.

CARE TEAM

Parkinson's disease (PD) can be complicated, so consider a team approach

A range of specialists may be included in the treatment team, including:

Movement disorder specialists

Unlike a general neurologist, these specialists focus specifically on conditions, like PD, that affect movement

PD nurse specialists or physician's assistants

These specialists provide expert care because they only work with people who have PD, usually helping people manage their medicines and making referrals to other specialists as their needs change

Social workers

Social workers coordinate with the rest of the care team to support people living with PD. This includes helping people with PD and their loved ones deal with the psychological, emotional, and logistical challenges of the disease

Physiotherapists/physical therapists

As part of the care team, physiotherapists help people with PD maintain their maximum level of mobility, activity, and independence

Occupational therapists

These therapists use activities of daily living to rehabilitate and create independence for patients with PD so they can participate in meaningful work, leisure, and self-care

Speech-language therapists

Speech-language therapists specialize in evaluating function and providing treatment in the areas of communication and swallowing

Sleep specialists

These specialists work to treat sleep disruptions in PD that can affect health, mood, and overall quality of life

Dietitians

These food and nutrition experts can provide advice to help with some of the symptoms of PD like difficulty swallowing, constipation, or changes in weight

Sexologists

Sexologists can help with sexual dysfunction that can be one of the non-motor symptoms of PD

Neuropsychologists

These psychologists help to treat abnormal functioning of the central nervous system, including the brain

Neuropsychiatrists

These psychiatrists can help to address some of the common neuropsychiatric symptoms of PD like depression, anxiety, apathy, and psychosis

Rehabilitation specialists

These specialists can help to manage problems like walking, speaking, and swallowing in people with PD

Geriatricians

Geriatricians can help to address the unique needs of older patients with PD

Ask a healthcare provider if a team approach is right for you or a loved one with PD.

To learn more, click here
www.challengingparkinsons.com