

Lifestyle and Parkinson's



PARKINSON FOUNDATION
OF THE NATIONAL CAPITAL AREA



The how and why outside of pills

DISCLOSURES

No relevant financial relationships with commercial interests

Dr. Pontone is a consultant for Acadia Pharmaceuticals and Concert Pharmaceuticals

Dr. Falconer is a consultant for Abbott, GE, Abbvie, Acorda, Amneal, Adamas, Avanir, Kirin, Neurocrine, Sunovion and work as a Parkinson's Disease expert consultant for the FTC and US government.

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www.inova.org/move



WHAT ELSE CAN YOU DO TO HELP MANAGE YOUR SYMPTOMS?

- IN ADDITION TO TAKING YOUR MEDICINE, THERE ARE OTHER WAYS THAT MAY HELP MANAGE SYMPTOMS



KEEP A HEALTHY
LIFESTYLE



COMMUNICATE WITH YOUR
HEALTHCARE TEAM



TRY TO MAINTAIN
RELATIONSHIPS AND STAY
POSITIVE

HOW CAN EXERCISE HELP?

EXERCISE IS ONE OF THE MOST IMPORTANT THINGS YOU CAN DO TO HELP MANAGE YOUR SYMPTOMS



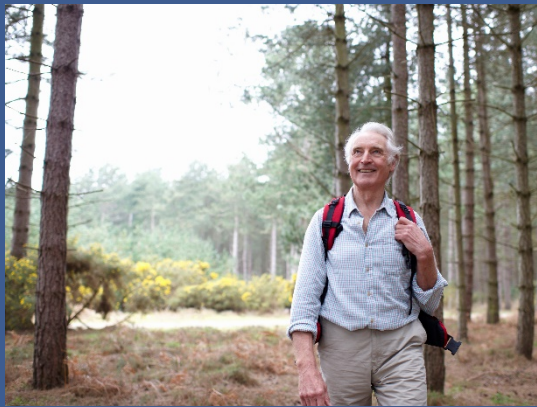
**IMPROVE MOTOR-RELATED
FUNCTIONING**

**IMPROVE MOOD, MEMORY, AND
SLEEP QUALITY**

**DELAY SYMPTOM PROGRESSION AND
HELP QUALITY OF LIFE**

WHAT TYPE OF EXERCISE SHOULD I PARTICIPATE IN?

MANY TYPES OF EXERCISES MAY BE BENEFICIAL AND IT IS IMPORTANT TO WORK WITH YOUR HEALTHCARE TEAM TO CREATE A PLAN THAT FITS YOUR SYMPTOMS



AEROBIC



STRENGTH



FLEXIBILITY

HOW CAN MAINTAINING A HEALTHY DIET HELP?

A HEALTHY DIET AS PART OF AN OVERALL HEALTHY LIFESTYLE CAN IMPROVE PARKINSON'S DISEASE SYMPTOMS



HOW CAN IMPROVING SLEEP HABITS HELP?

HEALTHY SLEEP HABITS MAY HELP WITH MOTOR AND NON-MOTOR SYMPTOMS



TIPS TO HELP IMPROVE SLEEP HABITS

MAINTAIN A REGULAR SLEEP SCHEDULE

KEEP A SLEEP DIARY SO YOU CAN TALK
TO YOUR HEALTHCARE PROVIDER

LIMIT DAYTIME NAPS

HOW CAN YOUR HEALTHCARE TEAM HELP?

PARKINSON'S DISEASE MAY CAUSE MANY DIFFERENT SYMPTOMS AND IT IS IMPORTANT TO COMMUNICATE WITH YOUR HEALTHCARE TEAM



IN ADDITION TO YOUR NEUROLOGIST, OTHER MEMBERS OF YOUR TEAM MAY INCLUDE:

PHYSICAL AND OCCUPATIONAL THERAPISTS

SPEECH-LANGUAGE THERAPISTS

MENTAL HEALTH COUNSELORS

WHY ARE HEALTHY RELATIONSHIPS IMPORTANT?

RELATIONSHIPS PLAY AN IMPORTANT ROLE IN MAINTAINING QUALITY OF LIFE FOR PEOPLE LIVING WITH PARKINSON'S DISEASE



TIPS TO HELP MAINTAIN RELATIONSHIPS

MAKE TIME FOR OPEN AND HONEST DISCUSSIONS

FIND A WAY TO EXPRESS EMOTIONS

ENCOURAGE INDEPENDENT INTERESTS

WHAT SUPPORT IS AVAILABLE?

Places to find information and support

- Local Foundations
- In-person and Online Support Groups

Specific physical therapy, occupational therapy, and speech and voice therapy for people living with Parkinson's disease

Specific exercise classes for people living with Parkinson's disease





THANK YOU – Q&A

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