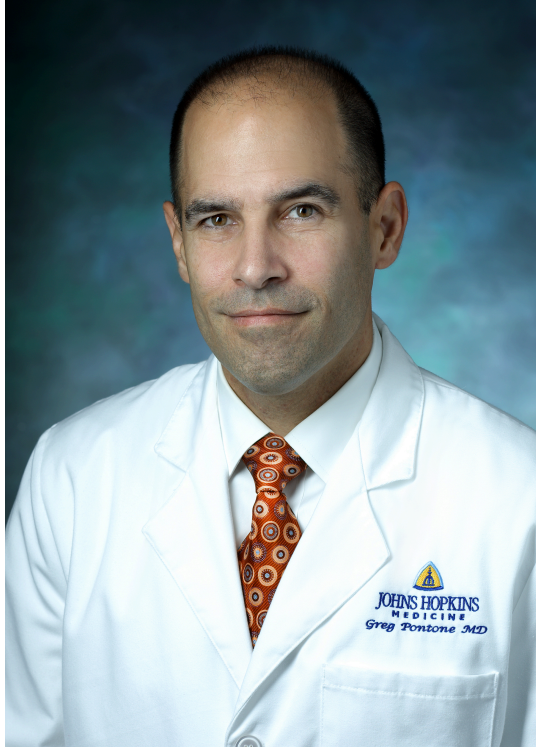


Lifestyle and Parkinson's



PARKINSON FOUNDATION
OF THE NATIONAL CAPITAL AREA



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Disclosures

- No relevant financial relationships with commercial interests
- Dr. Pontone is a consultant for Acadia Pharmaceuticals
- Dr. Pontone is a consultant for Concert Pharmaceuticals



Loss of perspective, social isolation and loneliness during Coronavirus 19

Social isolation and loneliness

Social isolation

- objective lack of contact or interaction with family, friends, and the wider community

Loneliness

- subjective negative feeling associated with a perceived lack of wider social network or absence of a specific desired companion

Social isolation and loneliness

- Social isolation significantly increased your risk of premature death, a risk that may rival those of smoking, obesity, and physical inactivity
- Social isolation is associated with a 50% percent increased risk of dementia
- Inadequate social relationships are associated with a 29% increased risk of heart disease and a 32% increased risk of stroke

UCLA Loneliness Scale

- How often do you feel that you lack companionship?
- How often do you feel left out?
- How often do you feel isolated from others?

How to reduce social isolation and loneliness

- Social facilitation using technology – videoconferencing (FaceTime, Zoom, Skype), social media (Facebook, Twitter), phone calls
- Attend religious services, join a club or interest group, consider getting a pet, socially distanced group exercise
- Leisure/skill development – learn a new hobby or skill, ‘productive’ activities were associated with a reduction in loneliness while passive consumptive activities (TV or radio) were not

How to reduce social isolation and loneliness – resources

- The national council on aging has a number of resources and works with government and non-profit organizations
- The American association for retired people, AARP, provides helpful information to seniors to help improve quality of life and provides access to Community Connection Tools
- Schedule your day – make a schedule, establish a daily routine

Depression



- Depressed mood
- Diminished interest or pleasure
- Decreased appetite/weight loss
- Insomnia or hypersomnia
- Psychomotor agitation or retardation
- Decreased energy
- Worthlessness or inappropriate guilt
- Poor concentration or indecisiveness
- Recurrent thoughts of death or suicidal ideation

Restoring perspective



The crisis will end



A couple of weeks of isolation with the family. What can go wrong?

Maintain a sense of humor