

# Parkinson's Disease Resources

## The web

The web is your friend and your enemy. When you know what you're looking for and you find it, it's a friend. But when you're just looking it can be an enemy feeding lots of false "information."

## Doctors

### Your family doctor

Make sure you have a good one and depend on her for good advice. When Nora's GP said go to another neurologist to see if he has any ideas about why you're so bent over we listened and that's how she was diagnosed with Myasthenia-Gravis.

### Your neurologist

If you can, find two—one a Parkinson's Disease expert and one more of a generalist. Without both Nora would probably never have discovered she had Myasthenia-Gravis.

### Your physical therapist

Odds are at some point you're going to need physical therapy. Look for one who has experience dealing with PD patients.

### Your psychiatrist

Recognize that you have a serious disease and you may well have trouble dealing with it. Having a psychiatrist as part of your team can be very important and helpful. It was Nora's psychiatrist who suggested restraints for when someone couldn't be in the same room. Nora had reached a point where she couldn't remember not to stand up without help and she would fall over-and-over again. The restraints allowed her to be safe and oddly improved her quality of life. When seated in her easy chair a waist belt restraint allowed her to be comfortable while preventing her from standing and falling

## Aspects of the disease

- Tremor – Nora never had this
- Stooped posture
- Slowed walking
- Balance issues
- Freezing
- Hallucinations
- Delirium
- Paranoia

The last three are more difficult to find information about.

## Tremor Resources

Deep Brain Stimulation (DBS) – an operation to the brain that can relieve symptoms for quite some time.

Various meds to ease the symptoms

Boxing – yes boxing. Do a search for Parkinson Boxing

<https://www.youtube.com/watch?v=J6g-OjBJ5c0>

## Freezing

One of the aspects for some PD patients is an inability to walk through doorways. Their brain causes them to freeze in place. However, it was discovered that if there was a line on the floor the person could step over the line. So there is a walker with a built-in laser which at the press of a button places a line on the floor which the person is then able to step over.

Do a search for U-Step walker. It's a very solid walker which can also be used to help a person stand up from sitting.

## Hallucinations and Paranoia

There is one drug Nuplazid from Acadia Pharmaceuticals. It is the only anti-psychotic drug currently available for PD patients. It helped Nora tremendously.

## Delirium

While Nuplazid is not marketed as helping with delirium, Nora's rather severe delirium disappeared once she started to take Nuplazid.