

Living Well with Parkinson's

What is your secret?

This is what five speakers with Parkinson's from different countries said at the World Parkinson's Congress

- Technology – How it can help people with Parkinson's. Keeping in contact with friends.
- Religion and Exercise – looking after body and soul.
- A walking frame – helped her get out and about.
- Became fascinated with finding out about the brain and what it does.
- Getting involved with the community – becoming a town councillor.

What is my secret ?

- Exercise – gets me out, keeps me mobile and gets me socialising



More secrets!

But am I doing the best exercise?

- Aerobic (e.g. walking and swimming) versus muscle strengthening exercise?
- Is there scientific rather than just anecdotal evidence of benefit?
- Lee Dibble, University of Utah, Department of Physical Therapy and Athletic Training
- Targeting Muscle Force Production to Improve Movement and Function in Parkinson's

Summary of results of scientific study

Provided actual evidence that:

1. Resistance training (muscle strengthening exercise) does not appear to damage muscle and can be done by PwPs (i.e. it is safe and feasible).
2. Resistance training increases strength, improves motor function, and improves mobility.
3. Resistance training improves **cough strength** and **swallowing** in people with Parkinson's* (**see next slide**).
4. Medication status and diet may influence the ability to perform and benefit from resistance training programmes.

Swallowing

- Swallowing can be a big issue as food can get into the lungs and cause Aspiration Pneumonia.
- Keeping these muscles strong is important.
- Corinne Jones from The University of Texas gave a talk on Early Management of swallowing disorders.
- She had this advice – practise good oral care, stay hydrated and get moving and if you have any problems swallowing seek professional help.

Back to my secrets!

- Exercise – gets me out, keeps me mobile and gets me socialising
- When stressed and anxious – playing Solitaire or Spider on the computer
- When feeling low – chocolate!



What is your secret?

- Talk about it
- Write it down
- Stick it on the board
- Over lunch read what others have said

- **What helps you may help someone else**
- **....and vice versa!**