Practical Suggestions to Help Improve the Lives of People with Parkinson’s Disease (PWP)

By Ken van der Walt

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INTRODUCTION

My motivation for writing this manual was that I found it frustrating that so many positive and practical hints and tips contained in books, journals and files are often inaccessible to many PWPs in South Africa.

I felt that this information needed to be extracted and condensed into an easy-to-read format. Comments, criticism and additions are most welcome to enhance the value of the manual. We will endeavour to keep this manual up to date by sending out regular updates via the support groups.

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P.S. It would be wise to consult your medical specialist if you are to make any change to your routine.

March 2010
I found I had Parkinson’s Disease (PD) during 1995 when I noticed my handwriting was not fully controllable, my use of a calculator was difficult and the dialling–up on the telephone was usually wrong. Parkinson’s is a progressive breakdown of nerve cells in the brain that control movement, which gets worse over a period of time. Instead of a future of happy retirement I was condemned to a future that was heading to a body mass of uncontrollable shaking, painful cramps, drooling, sleep deprivation and an array of other nasties.

“WHY ME?” I asked. Was this the punishment one expects for having lived a fairly regular existence.

At first I sank to an all time low. I let the disease [Hitch-Hiker] overwhelm me to the extent that I was sick. I could now act sick, sometimes using the dilemma when it suited me; much like a naughty child.

**What made me climb out of my hole of despair?**

My wife Yvonne and I always had the thought to build a smaller house suited to our requirements now that our children had flown the nest. Although I was a bit doubtful she was still very positive about it so we went ahead with renewed enthusiasm.

I found myself totally involved in the design, layout and all the aspects of building.

At the end of each day we found ourselves pleasantly exhausted and I had no thoughts of the Hitch–Hiker getting in the way. In fact I just got on with the task at hand.

The house was finished after eight months. Luckily we had a friendly and experienced builder who willingly put up with our sometimes difficult requests.

**What now? What had I learnt?**

Basically I learnt that one needs a purpose [objective, goal] to reach for, as well as physical and mental exercise. The other vital ingredient is to have a POSITIVE ATTITUDE.

What did I do to spar with this highly competitive Hitch Hiker?
Accept the fact that you are in competition with this disease. He wants to control your body and you must find ways to counter his fancy sparring. To a degree it is up to you to decide how many rounds you will fight.

Muhammad Ali is still fighting a good fight from his corner.

"Float like a butterfly, sting like a bee"

**Exercise**

It is vital to keep reasonably fit and healthy. Reach back to when you were involved in various sporting activities e.g. tennis, golf, gym, croquet, bowls, bowling, basket ball, etc.

Take golf, initially you will not play as well as before, but go to a driving range and hit a few balls. Start off using a longer club than previously used; instead of a full swing take a half swing. Also take a broader stance. Do not try and hit the ball a great distance but rather shorter and straight. First time out, a half hour is sufficient then increase over a period of time.

When you feel more confident see your local golf club captain, explain your situation and find times to play when the course is quiet. Start off playing a few holes, increasing gradually. If there is a mashe course available, try that first.

You will find that the Hitch-Hiker is completely cast aside and you have a fruitful day outdoors in the open air and get the exercise you desperately need.

Tennis, bowls, gym etc. – the same approach applies.

Where there is a problem there is an opportunity to do things in a different way. It may not be as good but you are participating.

**THROUGHOUT BRING YOUR CONSCIOUS MIND INTO PLAY**

I am playing golf twice a week with the occasional full course as well, gym twice a week and bowls three times a week. While the Hitch-Hiker has all but "left the building".

*Ken van der Walt*

March 2010
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PARKINSON’S DISEASE (PD):

- is a slowly progressive disorder that is life-altering but is not life-threatening;
- is caused by the loss of nerve cells that produce dopamine in the brain; dopamine is an important chemical messenger. This loss of dopamine-containing cells affects the body’s ability to control normal movements

Not everyone will experience the same symptoms at the same stage.

In the early stages only one side of the body is affected.

**Typical symptoms are:**
- Trembling or shakiness of the hands
- Stiffness or rigidity of muscles
- Slowness of movement
- Problems of balance or co-ordination

**Other symptoms include:**
- Sleep disturbances
- Depression
- Speech difficulty
- Swallowing
- Memory loss

Many of these symptoms can be improved with medication.

Patients can be helped to help themselves and achieve a better quality of life.

“Life is what happens to you when you are making other plans.”
Improving your quality of life

MAIN POINTS

To succeed you must have a **positive attitude**

Bring your conscious mind into play

Where necessary replace involuntary movement with conscious action.

Do regular exercise

Eat healthy foods

Concentrate all the time (not easy but essential)

**JUST DO IT!**

“What do we live for, if it is not to make life less difficult for each other “

*George Elliot*
Introducing – Parkinson “Sparky”

A big plus is to have a **POSITIVE ATTITUDE**

- Being involved
- Being confident
- Making plans
- Encouraging others
- Being aware of others’ needs
- Praising others
- Smiling
- Tackling problems
- Thinking positively

Look out for “Sparky” in the pages that follow

Also consider a poem by Stephen Grellet [1773-1855]:

“I expect to pass through this world but once; any good thing therefore that I can do, or any kindness that I can show to any fellow creatures, let me not defer or neglect it, for I shall not pass this way again”
The No-No’s of Bad Attitude

DON’T:

• Always complain
• Distrust others
• Think negatively about everything
• Let others do everything
• Ignore others’ needs and problems
• Wallow in self-pity

• Criticise
• Be selfish
• Frown

How many of these (and others) describe you?

JUST DO IT!

“Fate keeps on happening”. Anita Loots (1893-1981) American writer
Apathy

(Oxford Dictionary: Lack of interest or feeling of indifference)

It’s so easy to get into this state of apathy. It’s very comfortable down there - don’t have to try for anything like moving around; having a thorough bath; making the bed, as it is only going to be made untidy later. This feeling of utter despair comes around often and we Parkies must not allow this hitch hiker to dominate our daily lives. It is very easy and so comfortable to let apathy take over. Fight it by being very conscious of all you do as it is waiting to rule your activities.

To counter its intrusion I suggest the following:

Concentrate more fully, slow down.

Whilst getting dressed think about what you are going to do today.

Decide positively that today is going to be a new beginning. If problems arise you will meet them head-on, not side-step them.

Promise yourself that you are going to have a happier life than before.

Treat every day as a special occasion.

To be able to do this you must strengthen your body through exercise either at home or a gym.

Regular walking is a must but it must be fairly strenuous to your level of fitness. (Check with your doctor first).

After a period of apathy your muscles throughout your body have become weaker. It is now time to strengthen them up again. To get back up again go to a gym or take two empty one litre Coke bottles, partly fill them with water. Now do various arm stretches, front, side, above your head and leg squats. Over a period of weeks increase the water in the bottles. While doing this whistle or hum a happy tune.

JUST DO IT! NOW!

“You will do foolish things but do them with enthusiasm.” Colette French writer (1873-1954)
Monkeys are always happy and full of energy, is it because they eat plenty of bananas??

Here is some interesting information:

Bananas contain three natural sugars; sucrose, fructose and glucose. Also fibre. This gives an instant, sustained and substantial boost of energy.

Research has proven that two bananas provide enough energy for a 90 minute strenuous work out. It is a favourite fruit of the world’s leading athletes.

Bananas are widely regarded to have benefits in a number of illnesses and conditions, such as:

**Depression.**

**Anaemia.** High in iron.

**Blood Pressure.** The US FDA has allowed the fruit to officially claim that it can reduce the risk of blood pressure and stroke.

**Brain Power.** Research has shown that the potassium-packed fruit can assist learning by making students more alert.

**Constipation.** High in fibre. Helps to restore normal bowel movement.

**Hangover.** One of the quickest remedies. Make a banana milkshake, sweeten with honey. Banana calms the stomach – natural antacid effect.

**Mosquito Bites.** Try rubbing the affected areas with the inside of a banana skin. It helps in reducing swelling and irritation.

**Stomach ulcers.** Has a soft texture and smoothness. It neutralises over-acidity and reduces irritation by coating the lining of the stomach.

**Smoking.** Bananas contain B6, B12, potassium and magnesium, which can help the body recover from the effects of nicotine withdrawal.

**Stress.**

**Reduce the risk of strokes.**

When you compare a banana to an apple it has four times more protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A, iron, and twice the other vitamins and minerals. It is also rich in potassium.

*One old friend is better than two new ones.*
Fooling around with a computer can at the same time be most frustrating and enjoyable. Most people do not want anything to do with it as they are frankly scared of this electronic monster. They feel that they will be making a fool of themselves as they are too stupid to learn at this stage of their lives.

And they will if they approach it like a bull at a gate.

What is needed is a positive approach and to realise that it is entirely under your control. To get to an objective example, sending an e-mail needs a sequence of keyboard inputs. Rather than relying on your memory, have each sequential input written down on a sheet of paper and filed in a folder. A family member or friend would probably be very willing to assist with this. When needed refer to the relevant instruction sheet and follow each input. Place all other written computer objectives with inputs in this folder.

The first outcry will be that you are unable to use the mouse as you shake too much. I know of a number of PWP’s who have re-started calligraphy, oil painting again very successfully also playing bowls, power energetic walking and golf. I have a right hand shake so I changed my mouse to a left hand instrument.

What are the benefits of using a computer, particularly if you have Parkinson’s?

A big one is that you are able to communicate in the written word which allows you the control of your affairs. You become more independent and do not have to rely on others.

Contact with family and friends is readily available at low cost by using the e-mail facility. Or you can type-up letters and print out a hard copy and send by surface mail.

Once you have mastered e-mailing and letter typing you can consider internet banking. This will allow you to receive your financial data via the e-mail at any time. You can draw-up costs and budget accordingly.

Broaden your knowledge while surfing the Internet.

And last but not least you will be exercising your brain again. There are many software packages available e.g. bridge or blackjack etc. Remember if you do not use it, you lose it. So gain in the mental areas of your brain.

Are computers expensive? I know that a number of companies upgrade their computers at one time or another. To do what you want is pretty basic so let it be known that the members of your group would gladly take over a few.

We held a training session starting with the basic e-mail inputs. Once this was mastered we tackled the letter input detail. Repeat follow-up classes are necessary to clarify certain points and proceed to another programme. Do not rush the pace of instruction.
At this stage the Instructor does not have to be a “Guru” but rather someone who is using e-mail successfully.

It is vital that the whole class works from written instructions.

**Example: to receive an e-mail:** (these instructions may differ from computer to computer and depending on which software you are using.)

1. Make sure the computer is connected to a telephone line which has been programmed to accept e-mail, internet etc.
2. Switch on computer; wait until it has “booted-up”.
3. Screen will now show the programmes available i.e. The Desktop.
4. The e-mail icon is shown as OUTLOOK EXPRESS or MICROSOFT OFFICE OUTLOOK.
5. Place arrow of cursor on the icon and double-click the mouse.
6. The screen will now show the In-Box of the e-mail programme etc…
7. Etc … instructions may differ.
8. Etc … instructions may differ.

Once you have read the e-mail you can either reply to it, forward it or keep it. You could also delete it.

This procedure becomes automatic after a while.

While standing round a braai with a group of computer know-alls:

*Monitor - Keeping an eye on the braai…*
*Download - Get the firewood off the bakkie,*
*Hard Drive - Trip home without any cold beer,*
*Micro chip - What’s left in the bag after you have eaten all the chips,*
*Modem - What you did to the lawns*
*Laptop - Where the cat sleeps.*

*Web - what spiders make.*
*Cursor - The old bloke who swears a lot*
*Network - when you repair your fishing net*
*Online - When you got the washing hung up*
*Offline - When the pegs don’t hold the washing up.*
Constipation

Have regular visits to the toilet, preferably at the same time each day.

Warning – too much effort could result in piles.

Some suggestions:

• Fruit bars
• Nuts and fruit, followed by hot Rooibos tea
• 4 Prunes and a cup of hot green tea
• Lots of water
• Cooked porridge: oats, maltabela, mieliepap
• Hi-bulk and bran products, yoghurt
• Fresh fruit with peels, apples, pumpkin seed, raisins, dried figs, dates
• Proper brown bread
• Have a bowl of dried fruit and nuts on a nearby table with a large spoon so that whenever you pass you take a spoonful of the mixture

Consider your comfort while seated on the toilet – feet slightly higher off the floor, similar to squatting in the bush.

Any exercise is recommended.
Cramps

Pain: Sometimes a dull ache and a persistent nagging, or gnawing at a muscle. Customarily restricted to one area at a time.

Cramping of the leg muscle is usual, especially at night.

Usually, but not always, related to a lack of dopamine in the brain.

The cramping occurs as the PD drug wears off. If pain responds to PD drugs, it is usually PD related.

When pain is severe and consistent, do not assume it is PD related, other causes must be considered.

PD sufferers also report a feeling of either hot or cold or numbness and tingling in their arms and legs.

It has been suggested that tonic water, as in gin and tonic, may help if taken before bedtime.

“The river delights to lift us free, if only we dare to let go. Our true work is this voyage, this adventure.”—Richard Bach. B 1936. American writer
Depression

You should always consult your doctor if you are feeling very down or depressed.

If you are feeling a little down, try and make a list of what is upsetting you. Add or shorten the list whenever necessary. Now make a list of all the positives.

*It’s a lovely day, family all healthy, old car is still running well, mother-in-law very supportive, husband doing extremely well at work, son Mark has been accepted at varsity etc.*

If you have listed all the positives, you will find that it is a lot longer than the negatives. If possible discuss with someone, not necessarily a family member. Add or alter as discussed.

Consider:

As tomorrow will be a pleasant mystery, let’s enjoy today, totally.

Don’t worry about tomorrow, it’s already tomorrow in Australia!

What’s to be done?

A suggestion:

On paper, analyse each negative on its own as to what would happen if you took control in a certain situation,

e.g. Mother-in-law is still trying to run your life.

Would you phone her, discuss with your husband/wife, wait for an opportunity when you two are alone???

Make a decision and **JUST DO IT!!**

Your family and you have standards which you all accept and adhere to. So provided your actions are within these parameters go ahead and do it – **JUST DO IT!! NOW!!**

You must take control of your daily activities. If they are stretching you too far - now is the time to say NO. Put yourself FIRST

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Remember:

*Yesterday is History*

*Tomorrow is a Mystery*

*Today is for living.*

[Do not waste it]
As a suggestion to feel more organised, get a desk pad calendar and enter all your tasks in an open space. Firstly enter the regular tasks,

e.g. Mark rugby 2.30 Wednesday,
    Sally ballet Thursday 3.00, etc.

Now enter each remaining task, in order of priority, when it is to be tackled, some this week, some next week or maybe later. Do not forget to enter future medical visits, theatre bookings etc.

Take the first task and give all that is necessary to complete the task. Once that task is done, move on to the next one and continue each task in its turn.

Once all tasks have been completed for the day, sit back and relax, if only for a short while. If you have the time, review the tasks for the next day, re-plan or re-schedule if necessary.

When drawing-up the schedule of tasks on your desk calendar you may find that you may not have enough time to complete a task. Telephone the people concerned and advise them of your problem. In 8 out of 10 cases they will tell you that a day or two delay will not matter. **It is most important to keep all concerned informed if there will be a delay.**

Our goal is to make friends, not lose friends. Visit friends, especially if they are ill, while they are alive and not only at their funerals.

Get away from it all occasionally. Join a book club, do voluntary work for e.g. Hospice one day per week, attend an art class, etc.

Now is the time to look after YOU.

**JUST DO IT! NOW!**

Sleep problems: Check your medications with your Pharmacist/ Doctor
Driving your car

Give yourself plenty of time – add 15 minutes. Plan your route before you start. Put on seat belt, check rear-view/side mirrors. Ensure front and side windows are clear and “see-throughable”.

Your speed: Suit it to your medical condition, preferably slower than you think. Keep at least 3 to 4 car lengths from the car ahead. Keep your eyes on the road ahead and not on your fellow passengers.

Check your rear-view mirrors often.

Use your indicators at all times. Extra concentration when changing gears, approaching crossroads, kids, animals etc. Don’t fiddle with car radio, cigarettes, cell phones etc, during above situations.

Don’t make sudden direction changes. You must plan well ahead. Change to a lower gear when approaching a turn. Lightly touch your brakes when seeing a possible problem ahead. This alerts the cars behind.
Automatic gears and power steering must be considered well before problems of co-ordination of hands and feet arise.

THE BIG DECISION :

WHEN DO YOU STOP DRIVING A CAR ??

AFTER A FEW CLOSE ACCIDENTS?

Have your driving skills slowed to a point where you have become a danger to other road users ??
Listen to comments of family and friends and advice from your doctor.

GIVE UP THIS INDEPENDENT PLEASURE SOONER RATHER THAN LATER
Drooling

It is the muscular difficulty in swallowing the normal production of saliva.

With the lowered head position and open mouth, pooling of saliva results. This leads to spillage or drooling.

Suggestion: be aware of this and consciously swallow often.

Lift your head up, close the mouth.

Try softly whistling as you can’t whistle with saliva in your mouth.

A successful solution is to eat two stewed prunes but do not throw the pips away. Suck them as if they are sweets. This will automatically cause you to swallow the saliva. Get into a habit of regularly eating prunes and saving the pips. Try not to chew on the pips as this has a risk of wearing your teeth down.

If you have a problem with constipation “Prunes will set you free”. Take care that you do not swallow them. When necessary you can stow them between your cheek and teeth. Much like a hamster.
Exercise

Exercise as much as you are able, not only to give you more strength to cope with the day’s activities but to get you out and away from your every-day situation, e.g. golf, bowls and gym. And do not forget mental gym!

**Question:** What kind of exercise is needed and how much?

**Answer:** Lots of different types of exercise.

To get a maximum physiological and neurological benefit, it would appear to be important to exercise on a regular basis. This is because muscular degeneration begins within some days of stopping exercise. Exercise sessions should involve a challenging degree of intensity, duration and complexity. These factors will vary widely depending on the abilities and impairment status of the individual.

### EXERCISE  EXERCISE  EXERCISE

**Resistance training • Lifting weights**

More and more articles are coming to the fore that exercise is the answer to most health problems. This either stops the problem entirely or slows down its progression.

Estimated facts are: Most men lose 2 kilos of muscle between the ages of 24 and 50.

Once past 50, one can expect to lose 1% of muscle each year.

The natural erosion of muscle and strength that comes with age leads directly to weak bones, stiff joints and slumped posture, and increases your risk of developing heart disease, diabetes etc.

Man’s most effective anti-aging weapon: Resistance training. Lifting weights regularly signals your body to fight to keep your muscles.

Researchers found that three body workouts per week for two months lowered their blood pressure by an average of 8mm of mercury. That’s enough to reduce the risk of a stroke by 40%.

As you age you lose bone mass, increasing the likelihood of a fracture in your hips or vertebrae. Lifting weights strengthens bones.

A study has found that for every kilo of muscle a man loses, he gains a kilo of fat. This increases his pants size as a kilo of fat takes up 18% more space.

Between the ages of 30 and 70, flexibility decreases by 20% to 50% making it difficult for joints to move through their full range of motion, thus setting you up for injury. Weights can help you fight this problem.

No weights available? Take two empty one-litre Coke bottles, half fill with water or less, one in each hand. Do three to six lifts above your head, then to side, then front and then squats. As you progress fill bottles with more water. Increase water level gradually at each work-out. Bottom line - keep your muscle and you will fend off fat.

If in any doubt, first consult with your Doctor.


March 2010
EXERCISE

It’s a matter of getting your conscious mind to take over from your sub-conscious mind, if only for a short period of time.

Join a gym. You need to go at least twice per week.

It is preferable to do it first thing in the morning.

Suggest only light exercise

Dancing is not only fun but good for you

- Your heart gets a workout as you move to the beat.
- It has a good effect on your range and flexibility.
- Helps with your stability and balance.
- Makes you feel good (brain gym).
- You can do it anywhere.
- Dancing is for everyone.

Dancing encourages you to stand tall, step lively, and get into the habit of naturally aligning your spine. It boosts your confidence.

BENCH MARK

A quick and practical method used to determine if you are overweight assuming you are of average height.

Waist Measurement:

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<th>Risk Level</th>
<th>Men</th>
<th>Women</th>
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<tbody>
<tr>
<td>Average risk</td>
<td>94 cm or less</td>
<td>80 cm or less</td>
</tr>
<tr>
<td>Increased risk</td>
<td>94.0-101.9 cm</td>
<td>80.0-87.9 cm</td>
</tr>
<tr>
<td>Substantial risk</td>
<td>102 cm or more</td>
<td>88 cm or more</td>
</tr>
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</table>

A high waist measurement is generally an indication of excess abdominal fat — associated with an increased risk for chronic lifestyle diseases.

“... the open road is beckoning, a strangeness, a place where man can lose himself.” William Least Heat Moon. American writer
Falling or Tripping

Start a programme of regular exercise

I suggest you join a Gym that has a Biokineticist on hand. He/she will give instructions suited to your situation.

OR

Balance on one leg at a time (hold on to something while doing this). Should you have any fear about falling, get someone to hold you while you walk.

In severe cases of persons falling and injuring themselves badly, especially the head area, a scrum cap or a cricket helmet can be worn.

A walking stick is also a useful balancing tool. The bottom must have a rubber tip.

Lastly a “Walker” can be considered.

Don’t in any way feel embarrassed using these useful tools; it shows your tenacity, courage and independence.

Bifocal spectacles are a “No No” when negotiating stairs, up/down ladders and escalators, climbing on the roof or garden wall etc. If possible always hold onto a railing or something solid.

Mountain climbing has a rule that having two hands and two feet you always use three securing your climb e.g. two hands and one foot allowing the other foot to seek out its new position or two feet and one hand allowing the other hand to seek out its new position. No position change is actioned until the seeking foot/hand is secured.

Bathrooms are usually small and difficult to move in, so hold on to whatever is solid and reachable while you move around.

If possible sit down as much as you can especially while in the shower. A very secured seat in the shower is an advantage.

Occasionally when getting up too quickly a dizzy spell is felt. Firstly, hold onto something solid until it has passed and you feel normal again. Do not be in a hurry as you may well fall.

Important to have bar handles strategically placed on the bath wall and inside the shower cubicle to help you get in/out of the bath and shower. (Bar handles similar to a towel rail but able to take your weight.)

Bathrooms usually have tiled floors which become very slippery when wet. Replace all mats with a non-skid variety. Place a small towel on the shower floor.
Dr Gianni Maddalozzo, an exercise physiologist at Oregon State University, focused his research on the study of osteoporosis and muscle strength in adults aged 40 to 80 years.

Most of his subjects suffer from advanced Sarcopaenia: the loss of muscle mass naturally and with age. Sarcopaenia creeps by with small and hardly noticeable change.

You may notice that you have not got any thinner, as the muscle is typically replaced by fat.

An example: You suffer a fall and fracture your hip.

After surgery you try and rehabilitate the hip and leg.

You discover that you have virtually no muscle base to build on.

Some scientists are redefining the importance of muscle mass in terms of overall health, not simply performance or vanity.

Recent research shows that diminished muscle strength and mass are linked to declines in the immune system and the onset of heart disease, diabetes, weaker bones, stiffer joints and slumping postures.

Muscle mass also plays a central role in protein metabolism.

Important in the response to stress.

To complement muscle growth, increase your daily intake of protein.

Dr Wojtek Chodzko-Zajkoat of the University of Illinios:

“Now we are telling the older adults that they can’t maintain overall health without lifting heavy weights”.

After 50 you can’t get by just doing aerobic exercise.

“Far more effective to begin resistance training before the process gains momentum”. Dr Robert Wolfe, University of Arkansas.

The muscles of most men reach maximum size at the age of 25 - or attain the maximum numbers of fibre per muscle.

After that a long gradual decline takes place.

Over the next 25 years the muscle lose ±10% of their fibre.

Essential organs and tissues such as the brain, heart and liver rely on a steady supply of amino acids to bring together new proteins and maintain function. Under threat, however, these organs maintain a balance by drawing protein from the muscles.

Our skeletal muscle mass, beside powering all our movements, also serves as a reservoir for all our vital organs. Like all reservoirs, it can run dry.

A study in 2004 demonstrated a clear link between diminished muscle mass and cardiac failure.

It is highly recommended that your doctor is consulted before doing new exercise regimes.


Full details as to how to “Nourish your muscles “ and " The busy man's work out” are in the magazine.

Getting Dressed

Make a special area for yourself in the room - if possible seek out a corner. Plan your day the previous night.

Give yourself at least 30 to 45 minutes to get dressed - (Unnecessary stress is created if you are running late.) Do not rush as you have planned plenty of time. If necessary take a rest.

While dressing, if you suddenly freeze, use the command; Ready, Steady, then with a combined effort do whatever is necessary on “Go”.

In your corner place a chair with a cabinet on each side of the chair. (These are there to help you get up or sit down.) Place your clothes within easy reach. (A footstool would be useful) Keep a shoe-horn in easy reach.

All your clothes, shoes and socks must be set out before you start, and within easy reach. Thread your belt in your trousers before you put them on.

Do one thing at a time!

Use a shoe-horn when putting on shoes.

Replace buttons/shoe laces with Velcro where possible.

Add a paper clip to the zipper–puller to make it easier to grip.

A foot-stool can be found at an auctioneer’s or second-hand stores. Or use a small box and place 2 bricks in it, tie with string. To smarten it up, get a piece of off-cut carpet from a local carpet concern.

If at all possible get dressed in front of a mirror. This will help you see where a possible snarl-up is situated. It will also help you to straighten-up all items of clothing.

Do as many things as you are able while sitting down particularly if you have balancing problems. This includes the shower but must have a securely fixed seat.

Most head injuries occur because of poor balance.
Getting out of the Car

Open the car door as wide as is possible.

Swing your body round so that both feet are on the ground.

Slide your bottom as far forward as is possible.

Get your feet as far under your body as possible.

You are now at a right angle to your seat.

Place your left hand on the open door; while the right hand grips the doorpost.

Lean your body forward.

Now by pushing up on your arms and legs together you should be able to get on to your feet.

Be ready to take a few steps forward.

Cars are parked very close to each other, particularly at shopping centres. A number of PWP’s complain that they cannot open their car doors wide enough to get out of their cars.

It is suggested that they look to park on the outer fringes of the parking area where plenty of space is usually available. It means walking further, but this will give them some exercise.

“And the trouble is, if you don’t risk anything, you risk even more.” Erica Jong. 1942 American Writer.
Use a chair with solid arms.

Slide to the edge of the seat,

Put your hands on the armrests,

lean your body slightly forward,

place your feet **under your body** and ready yourself to push up.

Push up with your arms and feet together.

Be ready to take a few necessary steps forward.

(This combined effort may cause you to fall forward, so take a hold on something once you are up)

"You must do the thing you think you cannot do."  Eleanor Roosevelt (1884 – 1962)
Associate things with something else e.g.

your cell Pin number 1945 with the end of the war - 1945 or with your birth date – 1945,

e.g. Your partners name ? Rose

(“Rose, Rose I love you“– sung by Frankie Lane).

Omega 3 e.g. flax seed oil, is recommended for aiding memory – check with your doctor/pharmacist.

“A true friend is like the refrain of a beautiful song.”  F Patarca
To stand erect:
Pull your shoulders back, chest out, your chin tucked in. Head up, eyes straight ahead, arms at your sides.

To assist:
Place your right arm behind your back.
Grip your left upper arm with your right hand and tighten up.
While walking past a shop window:
Check your image in the glass and correct your posture.
Also check out how other people are walking
They have fairly big steps and are swinging their arms
Copy them and leave behind that PD “HITCH HIKER” shuffle.
... AND hum that happy tune!

JUST DO IT! NOW!

“The most popular labour saving device is still money.” P. George American Sports Writer. 1949
Rhythm of Movement

**Oxford Dictionary** “Movement with a regular succession of strong and weak elements.”

Watching Wimbledon Tennis Championships, the commentator mentioned that the serving player was faulting on his first serve. That he seemed to have lost his rhythm and would need strong concentration to get it working again.

As we get older, the rhythm of movement gets less and less and we battle to get out of bed, turn over in bed and get out of a car, etc. To help you it is recommended that you first concentrate on what you are going to do and how you are going to do it.

Once this is visualised in your mind bring the movement elements together with a silent “one, two, three and go”.

It is of vital importance that you participate in some form of exercise like walking and/or gym.

“Imagination is the highest kite one can fly”. Lauren Bacall 1924
Seen as a shaking motion that mainly occurs at rest and becomes less during an activity.

Music seems to be the most helpful in many studies undertaken so far. Music is a powerful force

It seems to go straight to the heart, bypassing the mind and brain altogether.

Sound is a motion; it’s a vibration that is carried through the air.

To get the most benefit from music, we suggest you play a recording suited to your positive mood at the time. (jazz, crooners, opera etc.)

Listen to the rhythm/beat of the music and match your “shake” to the beat. Do this by tapping your forefinger to the beat.

You initially start off by doing it consciously but after a while it automatically taps to the beat. You may have to consciously “kick-start” now and again.

The same can be done while whistling, humming or singing quietly or loudly.

Particularly when walking as you need a beat to widen your stride and swing your arms.

Try the beat from the film “The King and I” sung by Deborah Kerr. “Whenever I feel afraid, I hold my head erect, and whistle a happy tune, and no one will suspect, I’m afraid”.

Various research has found that dancing gives extremely good results especially balance.

“I am never afraid of what I know.” Anna Sewell (1820—1878)
**BOWLS**

Bowlers not releasing the bowls:
Try a larger bowl (size 6). Hold in palm of hand and bowl without gripping the bowl.

Bowlers having difficulty adhering to a line on delivery:
Reduce your delivery to individual separate functions, namely
- sight the line you want to bowl;
- place your feet on the mat and body in that line; left foot slightly in front of right foot.
- take your usual pre-delivery stance; take your arm with bowl back and stop
- re-evaluate the weight required; deliver the bowl with left foot also coming further forward. Try it, but don’t give up.

**TENNIS**

Tennis players with Parkinson’s have a slow reflex action, thereby not being able to take a normal full stroke. Try a chopping stroke (undercut), which does not require a full back swing. Do not give up.

**GOLF**

Golfers having trouble with the long clubs.
Play \( \frac{1}{2} \) stroke if having difficulty with full swing. If normally a 5 iron required, use a 4 or 3 iron.
Also good to play on a Mashe course. But do not give up.

“Stay” is a charming word in a friend’s vocabulary. Louisa. M. Alcott (1832 – 1888)
Swallowing (Dysphagia)

Take many sips of water after you swallowed a mouth full of food. Use a straw if unable to drink from glass. Best to drink from a full glass as your head is in a better position.

Suck ice / ice lollies, ice cream, jelly. Choose soft foods like chicken, mince, thick soup. Avoid steak, chunky foods.

Swallow twice for every mouthful

Avoid sticky foods, e.g. peanut butter and fresh white bread.

Be careful of food with pips, e.g. olives, oranges.

Avoid stringy fibres, e.g. asparagus, celery.

After putting your medication in your mouth, get your tongue into a “v” shape as needed to whistle. Now suck/swallow the pills with water. You may find this a lot easier than taking big gulps of liquid.
bring your conscious mind into play!
stand up straight and flex your fingers.
eyes straight ahead - not down.
take a big step - and continue with big steps.
get the heel-toe rhythm going.
swing your arms with energy.
sing, whistle or hum a happy tune. (around the home or office take big steps, but there's no need to swing your arms with energy.)
consciously push the shoulders back and chest out. check yourself while walking past a shop window. do you see a bent and shuffling person in the reflection. if so, straighten up and stride out with your arms swinging.
and don't forget that happy tune. remember that song from the king and i; "whenever i feel afraid, i hold my head erect, and whistle a happy tune, and no one will suspect, i am afraid".
no need to feel "skaam" about striding out and swinging your arms, just look at the people around you, they have got the rhythm and are doing it quite naturally.
various statistics show that walking is extremely good for you, particularly your lower body and your heart and lungs. however, this does not give muscle tone to your upper body so that you can get out of bed, turn over in bed, etc.
it is suggested that a local gym be used to improve this area with light weights.
take two 1lt coke bottles and half fill with water. use them as weights and do various exercises to improve your arm muscles.
a big plus is to have a positive attitude.

"somebody without a friend is like a boat without a sail."

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DISCLAIMER

This manual does not necessarily reflect the views of Lundbeck, the Parkinson's Association, its management committee or its editor.

Nor do Lundbeck and the Parkinson's Association necessarily endorse any of the items included in the manual.

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It would be wise to consult with your medical specialist if you are going to make any change to your routine.