

Drew's Thoughts about Parkinson's Disease

- If you've got it. You've got it.
This seems obvious but what I believe is people start out in denial mode and waste precious time. Instead of wasting time do this:
 - Find a good neurologist (preferably one specializing in the disease)
 - Educate yourself. I'm continually amazed at the number of Parkinson patients who are ignorant about their disease.
 - Fight the disease but recognize that there may be a time when you can't do everything you are doing now.
 - Avoid holistic "medicine." You may have anxiety and want to use some holistic substance to relieve your anxiety. But the problem is, what you're taking has never been evaluated as to its effects on the Parkinson meds you need.
- There are treatments that seem to help to push off the negative effects of PD
 - Boxing. No I'm not suggesting anything silly. You will learn that there seems to be a correlation between a boxing regimen and a delay in the negative effects of PD. There are centers that specialize in boxing as therapy.
 - Pills or no pills. For some they prefer to put off taking any meds. There can be costs to doing this and costs to not doing it.
 - Swimming and Cycling can be good therapy.
- There are multiple forms of the disease
 - Early onset. Michael J. Fox was about 30 when he first noticed symptoms
 - "Regular PD. Typically this may be diagnosed as early as your 50s or 60s.
- The disease affects different people differently
 - Most have tremors – my wife never did
 - Some are affected with Parkinson-related dementia. The cause is not clear. Some argue the meds cause the dementia. Others say it's a natural progression of the disease for some people.
 - You can't look to others to know how the disease will affect you.
- As of 2019 there is no cure. This is not me being negative. Its simply a fact.
- PD is a cruel disease. I've been known to say that cancer is a much nicer disease. Cancer may kill you. PD slowly eats away at your life. Yes you may have a long lifespan with PD. For example, my uncle died in his 90s and was always only mildly affected. Yet for many, it is literally a killer over time.
- There is the notion that people don't die from PD but rather from something else. For many that may be true. PD killed Nora. The worse aspect for her was the dementia. She reached a point where she could not understand how to suck on a straw or how to chew and swallow food.

PD is at the top of my hate list. There's nothing else on the list!