

# *Coping with Parkinson's Disease*

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# The Role of Stress

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  - Cost of stress over time
    - » - Shrinks hippocampus
- Leads to depression and anxiety

# The Role of Stress

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Don't deny your stress

# Depression

Three main transmitter substances

Serotonin

Dopamine

Norepinephrine



# Depression

Two types:

Major depression

Dysthymia

# Depression

Two expressions:

Sad and/or agitated

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Around 40% of Parkinson's patients are depressed

# Depression

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Two expressions: Sad and/or agitated

Around 40% of Parkinson's patients are depressed

Depression makes PD symptoms worsen

# Anxiety

It is fear without an object - the “what if”

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Four types: Generalized

Social, including panic

PTSD

OCD

# What about SEX?

For men - ED

Depressed libido

Premature or delayed ejaculation

Inability for orgasm

# What about SEX?

For women - Decreased libido

Lack of sexual arousal

Inability for orgasm

Pain with intercourse

Sometimes involuntary urinating



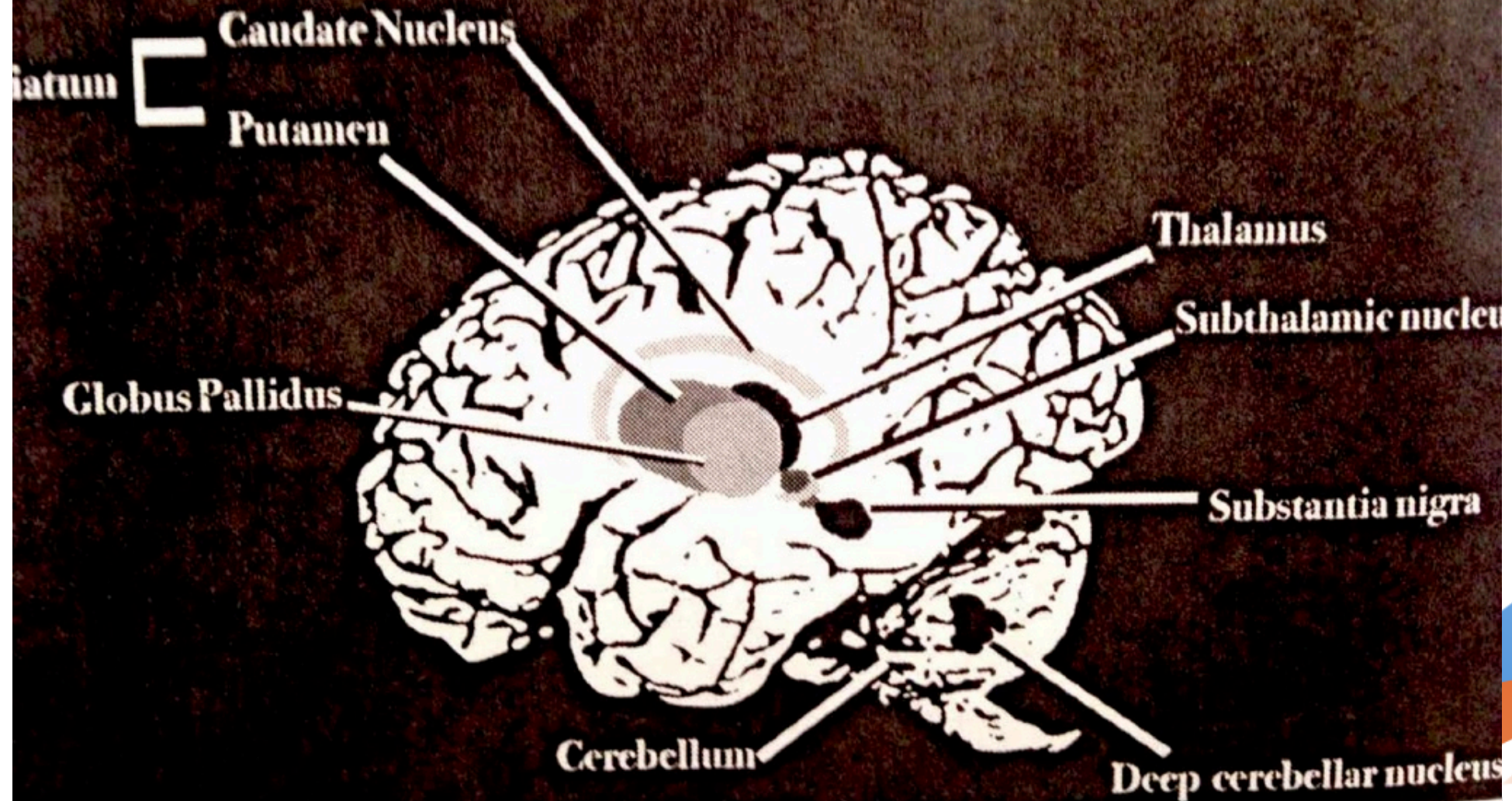
# What about SEX?

Intimacy is essential - wired to connect

Key is to communicate

Be willing to experiment

# Basal Ganglia



# Basal Ganglia

In the mid brain

Deals with voluntary, automatic movement

There is also deliberate movement

# A Research Project - “Counterclockwise”

- “I have come to believe less and less that biology is destiny. It is not primarily our physical selves that limit us but rather our mindset about our physical limits.”

Ellen Langer

**ATTITUDE IS EVERYTHING!**



## Five Things that make a difference

1. Exercise
2. Learn something new
3. Focused attention
4. Accept your diagnosis
5. Find the humor in it all “I laugh at my involuntary movements and the scene they create. There are times when I *love* these things.” Michael J. Fox