



YOUR GUIDE TO MANAGING PARKINSON'S: WHAT'S YOUR NEXT STEP?

Have you or a loved one been diagnosed with Parkinson's disease (PD)? The experiences of living with Parkinson's over the course of a lifetime are **unique to each person**.

While living with PD can bring questions and uncertainty, knowing what to look for and what to do next can empower you to find your path forward. Here is a list of ways to help you navigate living with PD.

1 See a Parkinson's Specialist

If you haven't done so, see a movement disorder specialist (MDS), a neurologist with additional training in PD and other movement disorders. Because these doctors have more experience with PD, they are well-positioned to give a second opinion on your or your loved one's diagnosis or care and develop a personalized treatment plan.

2 Learn About Parkinson's

Knowing the facts about PD can help you or your loved one understand the disease and make informed decisions about your care. Along with your MDS, credible sources for support, community and other resources include:

- + [Parkinson's Foundation](#)
- + [The Michael J. Fox Foundation](#)



3 Build a Support System

Remember that you're not alone in your PD journey and that there are many places to turn to for help. While the type of support can change throughout life with the disease, a lot of people find comfort by talking with their spouse, close family member or friend, or joining PD support groups, online forums or exercise classes.

4 Eat a Healthy, Balanced Diet

The medication you take may require you to reevaluate your diet to fit your needs and improve your well-being. To treat some PD symptoms such as constipation and low blood pressure, the first step is to adjust your diet:

- + Drinking more fluids and eating more fiber can help maintain regularity in bowel movements.
- + Increasing fluid and salt intake will boost blood pressure, but consult with your physician – especially if you have heart or kidney problems.

5 Exercise Regularly

Exercise can lessen motor and non-motor symptoms like depression and anxiety, which are common in PD and can increase around the time of diagnosis. Studies have linked exercise to slower progression, as well as improved management of other symptoms. Your exercise routine may vary depending on your overall fitness level, but a good first step is to talk to your physician and have a thorough plan before starting any activity.

To access resources and learn more about Parkinson's Disease, visit parkinson.org and michaeljfox.org.