

TIPS FOR DEALING WITH YOUR PARKINSON'S DISEASE

Always keep moving - physically and mentally

- Always make big movements, do not wriggle
- Endurance exercise is good (Nordic Walking, Smovey, Hiking)
- Better to refrain from sprints (do not „run after the tram“)
- Do stretching exercises in the morning
- When stuck: **Stop - breathe deeply - plan - start**
- In case of start inhibition: step backwards, then forwards („reverse parking“)

Avoid stress and time pressure

- Take a break when the body demands it
- Do not rush!
- Think positive
- Do not want to hide the disease

Medications

- Take on time
- Always with a big glass of water
 - the tablets/capsules must dissolve
 - and flushed through the stomach
- Do not change without consulting your doctor
 - but bring your ideas to the discussion!
- Pay attention to the time
- Always take DOPA products on an empty stomach and do not eat 30 minutes after use
 - not at the same time as protein

TIPS FOR DEALING WITH YOUR DOCTOR

Take **note of your complaints** for your next visit to the doctor, this will give you the time you need to exchange experiences in a direct conversation. Also take along a **written** medication plan.

All measures are important for the neurologist, not just the Parkinson's medication! Also sprays, inhalers, drops, suppositories, plasters, injections, infiltrations, infusions, ...

Your doctor can only help you if you put your opinion forward and work together. This includes questioning uncertainties and dispelling doubts, do not simply accept and then change the therapies on your own afterwards.