



# 7 Tips for Living With Parkinson's Disease

Consider these tips as you adjust to life after your diagnosis.

## 1. Exercise Regularly

Exercise is beneficial for everyone, but for someone with Parkinson's disease, it can help improve symptoms, too. Build consistent exercise into your routine to improve flexibility, balance, coordination, muscle strength and decrease anxiety and depression.

## 2. Eat a Healthy Diet

Parkinson's disease can cause bone thinning, dehydration, weight loss and constipation. Eating a healthy, nutritious diet can help combat these symptoms and keep you feeling good.

## 3. Get Enough Sleep

To make sure you're getting the recommended eight hours of sleep, keep your room dark at night, make sure the room is cool and avoid naps longer than 40 minutes, caffeine, alcohol and exercise before bed.

## 4. Make Your Space Safe and Comfortable

You can limit your risk of fall in a few ways — move slowly and plant your feet firmly when you step, look ahead instead of down, and consider a mobility aid like a cane or walker.

## 5. Manage Your Stress

One of the common effects of Parkinson's disease is increased anxiety or depression. If you notice signs of agitation, anxiety, depression or other mental health concerns, talk to your doctor.

## 6. Ask for Help When you Need it

When living with Parkinson's Disease, some days will be easier than others. Remember to lean on your support group of friends, family and your care team.

## 7. Be an Active Participant in Your Care

Surround yourself with a care team that specializes in Parkinson's and understands your goals. Stay informed on your diagnosis and ask questions if you have them.

For more information on Parkinson's disease and how CorsoCare can support you, call us at 248-438-8535.