



PARKINSON'S DISEASE

SPOTLIGHT ON PARKINSON'S DISEASE: KEEPING YOUR MIND AND BODY HEALTHY

THURSDAY, DECEMBER 10, 2020

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WELCOME AND INTRODUCTIONS



Rebecca Gilbert, MD, PhD
Vice President, Chief Scientific Officer
American Parkinson Disease Association

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PRESENTATION



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FINANCIAL DISCLOSURES

Salary & Grant Support: University of Connecticut

Honoraria: None

Speaker's Bureau: None

Equity & Consulting Agreements: None

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QUESTIONS

- What is social support?
- What do we know about social support & exercise?
- How can it help me stay healthy?
- How can I benefit from social support & exercise while social distancing?

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The bird a nest, the spider
a web, man friendship.

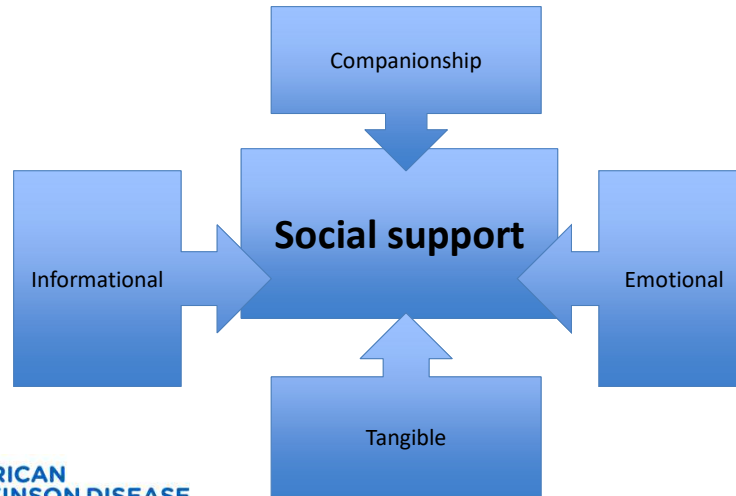
William Blake

BrainyQuote

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WHAT IS SOCIAL SUPPORT?

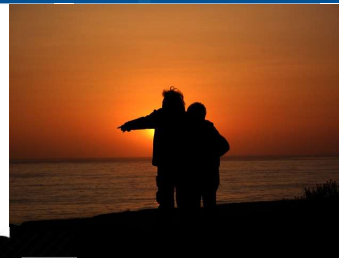


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WHAT IS SOCIAL SUPPORT?



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SOCIAL ISOLATION

Higher levels of:

- All-cause mortality
- Cardiovascular disease
- Worse mental health

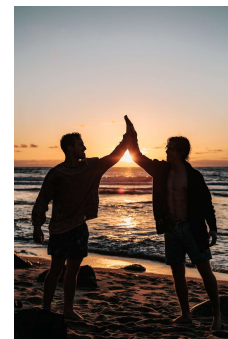


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SOCIAL SUPPORT

- Reduces depression
- Improves mood
- Improves cognition (memory)
- Improves quality of life
- Improves longevity
- Improves physical activity levels



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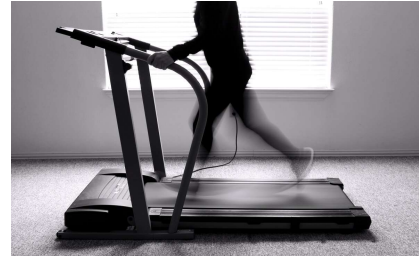
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EXERCISE IN THE MANAGEMENT OF PD

Exercise improves:

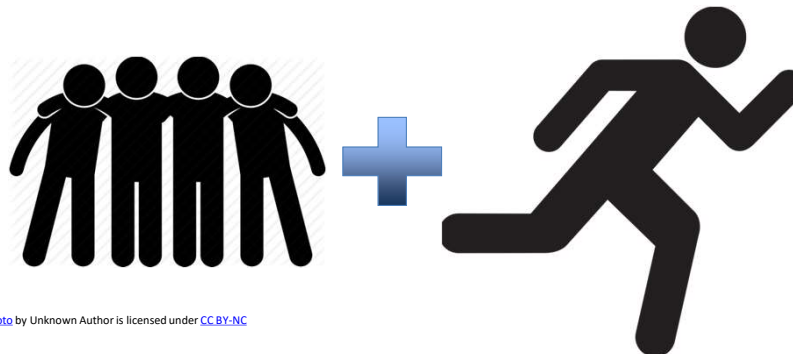
- Strength
- Balance
- Cardiorespiratory fitness
- Mobility
- Function
- Quality of Life
- Slow disease progression?



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SOCIAL SUPPORT + EXERCISE



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SOCIAL SUPPORT & EXERCISE DURING THE COVID-19 PANDEMIC



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SOCIAL SUPPORT & EXERCISE WHILE PHYSICAL DISTANCING



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Liu & Lachman, 2020

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SOCIAL SUPPORT & EXERCISE WHILE PHYSICAL DISTANCING

Group Tango In-person VS Group Tango via Telerehabilitation



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SOCIAL SUPPORT & EXERCISE WHILE PHYSICAL DISTANCING



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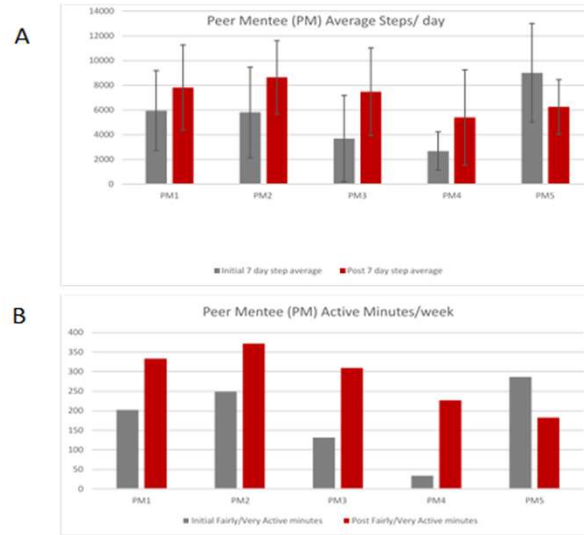


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SOCIAL SUPPORT & EXERCISE WHILE PHYSICAL DISTANCING



Colón-Semenza et al., 2018

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RESOURCES FOR EXERCISE & SOCIAL SUPPORT

Virtual Exercise classes

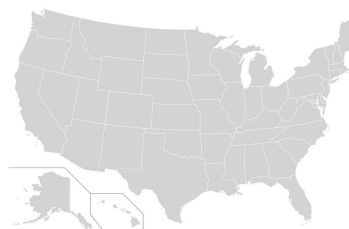
<https://www.apdaparkinson.org/free-online-exercise-and-therapy/>

Virtual Support Groups

<https://www.apdaparkinson.org/community/>

APDA IN YOUR COMMUNITY

Through our nationwide system of Chapters and Information & Referral (I&R) Centers, APDA uniquely delivers education, support, and patient services to Americans with Parkinson's and their families each day.



Find Local Resources
Find Parkinson's support groups, exercise classes, and more local resources near you.

ZipCode:

GO

Or, select your state below:

Select State:

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Anything is possible
when you have the
right people there to
support you.

✱
MISTY COPELAND

GH

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PARKINSON DISEASE
ASSOCIATION
Strength in optimism. Hope in progress.

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TAKE HOME
MESSAGE

- Social support & exercise independently are beneficial to physical and mental health.
- Social support & exercise together may provide enhanced improvements to physical and mental health.
- You can still safely & effectively benefit from social support & exercise while physically distancing.

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Strength in optimism. Hope in progress.

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QUESTION & ANSWER



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CLOSING REMARKS



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**FOR ADDITIONAL INFORMATION,
ANSWERS TO YOUR QUESTIONS,
OR FOR ADDITIONAL RESOURCES**

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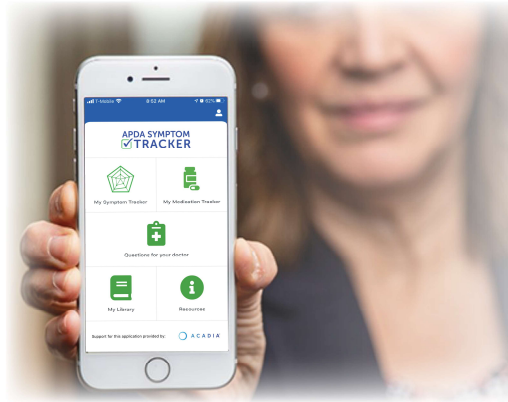
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