



Healthy Lifestyle for Parkinson's

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What's Occupational Therapy?

- Not just for work
- “Occupation” = things that occupy your time



Rehabilitation versus Prevention

Traditionally, rehab began *after* loss of function



But why wait for people to get severely sick?

Lifestyle Therapy



Why healthy routines are important



Lifestyle Therapy



Healthy Eating



Two Approaches to Healthy Eating

- 1) Complete overhaul
- 2) Gradual, incremental change

Choose an approach that is sustainable for you

“Good Food”



“Bad Food”



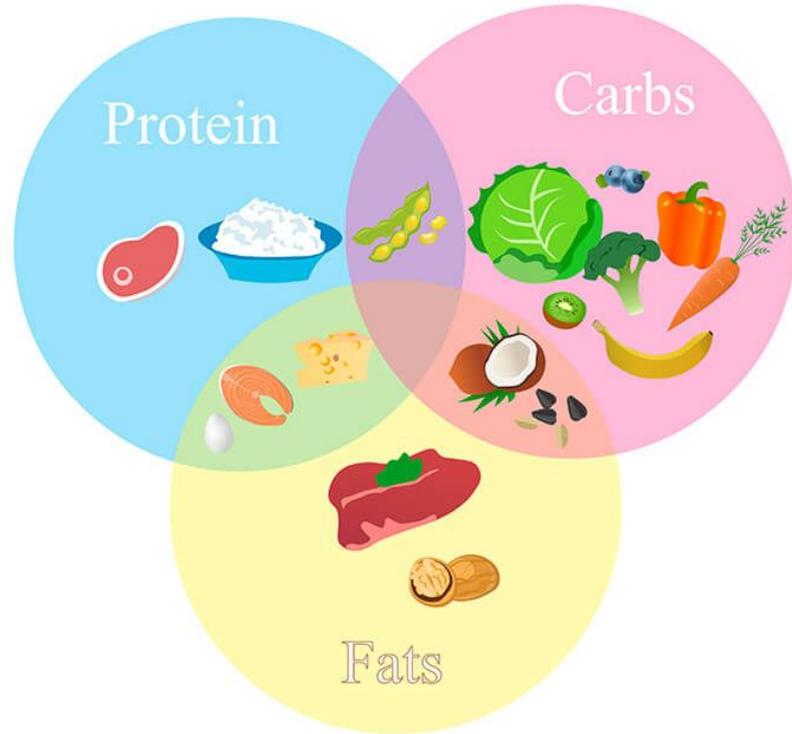
Health Spectrum

Least Healthy Food

Most Healthy Food



Carbs, Fats, and Proteins



*Fish and
plant-based
food*

OPTIMIZE YOUR DIET

NUTRITION TIPS FOR PEOPLE WITH PD



REDUCE MEAT & DAIRY

Meat & dairy are pro-inflammatory, high in cholesterol & fat. Animal protein is correlated with worsened PD symptoms.



EAT MORE PLANTS

A diet high in plant-based foods is anti-inflammatory, high in anti-oxidants, & has been shown to slow disease progression!



DRINK MORE WATER

It is recommended to drink 6-8 glasses of water a day (that's 2 glasses with each meal).



FISH & OILS

If you must eat meat, eat non-fried fish. For cooking, olive oil or coconut oil are recommended in moderation.



GET MORE FIBER

Fiber is essential for reducing constipation in people with PD. Try eating fruits, veggies, beans, legumes & whole grains!



ADD SPICES

Spices like turmeric, ginger & cinnamon are high in anti-oxidants & protect against cell damage! 1/4 teaspoon a day is recommended.

Quality Sleep



Benefits of sleep

- Helps control weight
- Reduces risk for health issues like heart disease, stroke, and diabetes.
- Improves focus
- Sharpens memory
- Improves mood and reduces risk for depressive illnesses
- “Washes” the brain
- Improves immune system
- Reduces inflammation

Cumulative sleep deprivation



“University of Chicago researchers followed a group of student volunteers who slept only four hours nightly for six consecutive days. The volunteers developed higher blood pressure and higher levels of the stress hormone cortisol, and they produced only half the usual number of antibodies to a flu vaccine. The sleep-deprived students also showed signs of insulin resistance — a condition that is the precursor of type 2 diabetes and metabolic slowdown. All the changes were reversed when the students made up the hours of sleep they had lost.” - Harvard Health

Basic Sleep Hygiene

- Keep your room cool, dark, and quiet
- Limit day time naps
- Dedicate your bed to sleep
- Limit electronics prior to bedtime
- Establish a relaxing wind-down routine
- Practice sleep-inducing mindfulness techniques

Physical Activity



Benefits of Exercise

- 1) Exercise reduces stiffness
- 2) Exercise helps your brain use dopamine from your brain and your medication better
- 3) Exercise can decrease tremors
- 4) Exercise improves your balance
- 5) Exercise Improves your mood
- 6) Exercise improves digestion
- 7) Exercise improves sleep quality
- 8) Exercise increases energy
- 9) Exercises improves your focus and memory
- 10) Exercise can delay the progression of Parkinson's Disease

Exercise is medicine

Building supports - not just willpower

- 1 Making it fun and enjoyable
- 2 Having social support
- 3 Reducing discomfort
- 4 Starting small
- 5 Non-Exercise Activity Thermogenesis

Mental Wellness



Defining stress

“Stress is the body's reaction to any change that requires an adjustment or response. The body reacts to these changes with physical, mental, and emotional responses. Stress is a normal part of life. You can experience stress from your environment, your body, and your thoughts. Even positive life changes such as a promotion, a mortgage, or the birth of a child produce stress.”

- Cleveland Clinic

What Is Stress? Symptoms, Signs & More. (n.d.). Retrieved from <https://my.clevelandclinic.org/health/articles/11874-stress>

Big Life Events

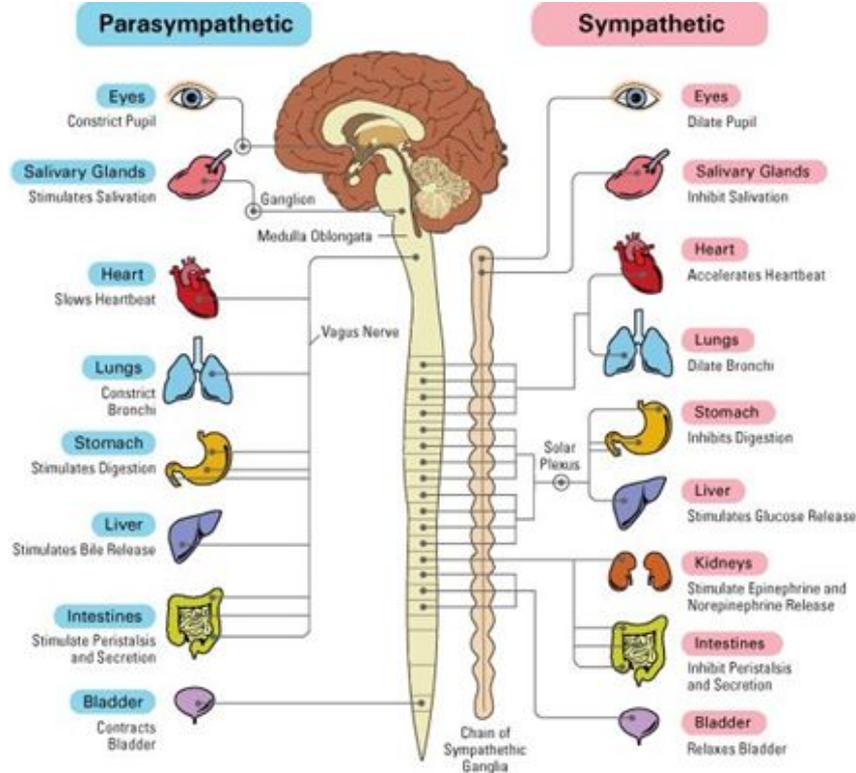
- The death of a loved one
- Divorce
- Loss of a job
- Increase in financial obligations
- Getting married
- Moving to a new home
- Chronic illness or injury

Daily Hassles

- Disliking your daily routine
 - Minor family conflicts
 - Too many things to do
 - Social stress
 - Traffic/Car problems
 - Financial stress
 - Other minor annoyances
-

Autonomic Nervous System

“Rest-and-Digest”



“Fight, flight, or freeze”

Emotional Signals

- Agitation
- Frustration
- Moodiness
- Feeling overwhelmed
- Increased need for control
- Loneliness
- Feeling worthless
- Feeling depressed
- Panic
- Anger
- Feeling sensitive
- Feeling like you are overreacting
- Feeling defensive

Thought Pattern Signals

- Constant worrying
- Racing thoughts
- Forgetfulness
- Difficulty focusing
- Feeling pessimistic
- Guilt
- Frustration directed at others
- Poor judgment
- Indecisiveness
- Obsessive or repetitive thoughts
- Negative thoughts
- Self-criticism
- Suicidal thoughts

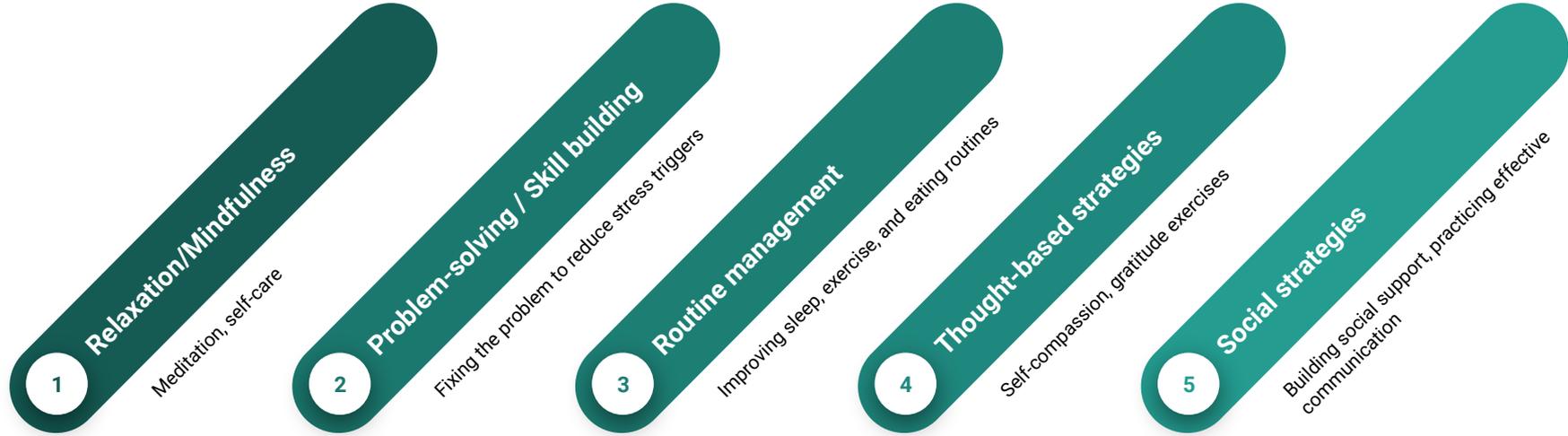
Physical Signals

- Having low energy / fatigue
- Headaches
- Upset stomach
- Jaw clenching / grinding teeth
- Tight muscles
- Increased pain
- Chest pain/tightness
- Light headedness / dizziness
- Frequent colds/infections
- Loss of intimacy
- Sweaty hands and feet
- Shakiness
- Shortness of breath
- Increased heartbeat
- Difficulty sleeping
- Dry mouth

Behavioral Signals

- Overeating / Losing appetite
- Procrastinating
- Increased drinking
- Increased drug/cigarette use
- Excessive shopping
- Watching too much TV/videos
- Avoiding others
- Avoiding responsibilities
- Staying in bed or staying up all night
- Nail biting
- Pacing
- Fidgeting
- Stuttering
- Caring less about your appearance
- Lying more

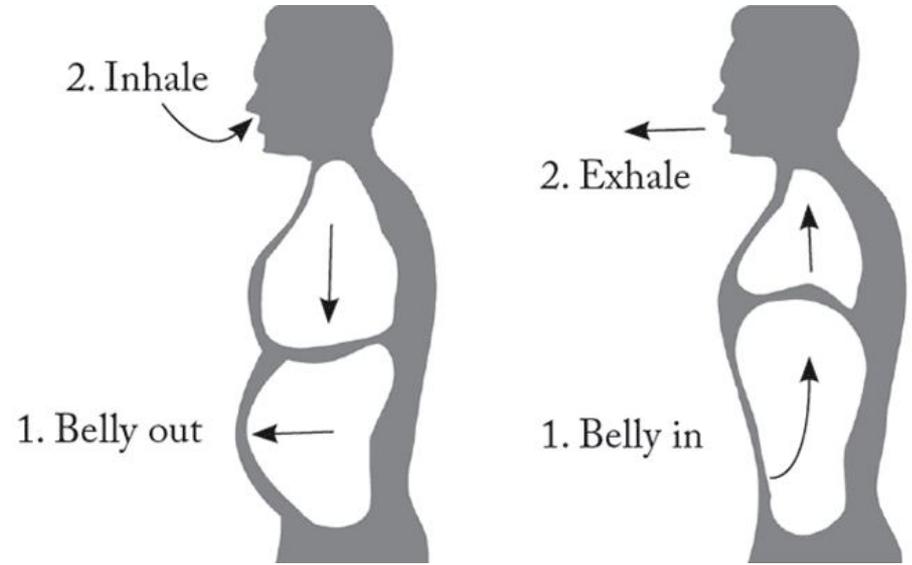
Different ways to manage stress



Intro to relaxation strategies

Diaphragmatic breathing

- Focus on slowing your breath
- Breathe into your stomach



Mindfulness strategies

Emerging research show that mindfulness can lead to neurological changes in the brain, reduce pain symptoms, and improve motor symptoms

Body scan: Focus on sensations in one body part at a time

Progressive muscle relaxation: Squeeze your muscles as tight as you can for 5-10 seconds, then release

Guided imagery: The more vivid your imagery, the better

Visualization: Visualize yourself handling a challenging situation well

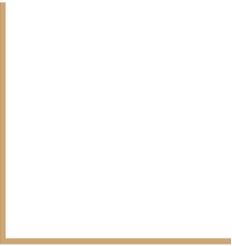
Mindfulness



Mind Full, or Mindful?



Knowing \neq Doing
and change takes time





Thanks!

