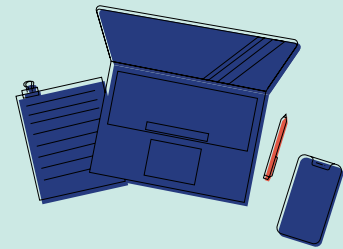


Newly Diagnosed with Parkinson's: 10 Steps Forward

1. Seek information from reliable sources.

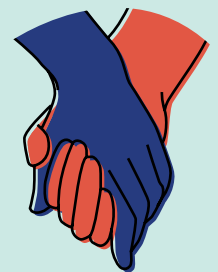
Start by accessing resources from reputable organizations like Parkinson Canada. They provide valuable information and support for daily living with Parkinson's.

You can reach us at **1-888-664-1974** or email: support@parkinson.ca



2. Share the diagnosis with loved ones.

When you feel ready, have open discussions about your diagnosis with your family and close friends. Many people live dynamic, full lives with Parkinson's. Understand that you may experience many emotions and take it at your own pace. Stay connected with your support network and do not hesitate to ask for help when needed.



3. Create a resource file for important information.

Organize a binder, folder, or file box with relevant and comprehensive details for discussions with your Health Care Team. Consider keeping a daily journal to track symptoms and medication responses. Include a list of all your medications, and use **Parkinson Canada's Medical Alert Card** available through support@parkinson.ca.



4. Maximize your doctor's visits.

Prepare a list of questions in advance, and ask your doctor to explain things in simple terms. You have the right to inquire about treatments, explore alternative therapies, or seek a second opinion. Inquire about accessing your doctor's nurse or assistant for ongoing support between visits.



5. Seek help and support.

Reach out to Parkinson Canada to discover available resources in your community. Consider joining a support group where you can gain practical advice and share lived experience and understanding. Online communities can also provide valuable support.



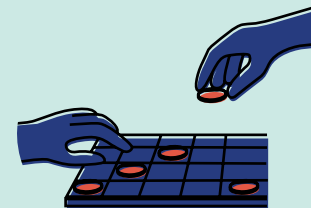
6. Plan for the future.

Legal and estate matters should be addressed. Discuss your concerns with trusted friends or family. Consider how Parkinson's may impact your current and future employment. Research available benefits to ensure you are well-informed.



7. Maintain an active social life.

Stay connected with family and friends. Engage in activities you enjoy or explore new hobbies. Volunteering opportunities, such as Parkinson Canada's SuperWalk can help you connect with caring individuals in your community. If you experience feelings of depression or anxiety, speak with your doctor.



8. Pace yourself.

Recognize that your experience with Parkinson's will be unique. Fatigue is common and can result from Parkinson's, medications, or sleep disruptions. Learn to manage your energy levels by pacing yourself and allow sufficient time for rest. If fatigue becomes a significant concern, discuss it with your doctor.



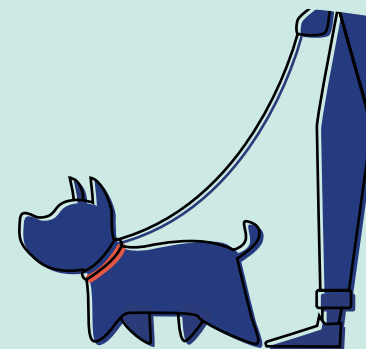
9. Prioritize a healthy diet.

A well-balanced, nutritious diet is important. Particularly for those with Parkinson's. Be aware that Parkinson's may present eating-related challenges. Consult your doctor, registered dietitian or speech language pathologist for advice.



10. Stay active. Exercise regularly.

Exercise is critical for someone living with Parkinson's. Exercise supports flexibility, posture, muscle strength, joint mobility, and cardiovascular health. It also aids in managing day-to-day stress and provides a sense of achievement and control. Find any simple activity you enjoy, and make it a part of your daily routine. Check with your doctor before starting anything new. There is specific programming available. Contact Parkinson's Canada.



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