

Stress and Parkinson's: Strategies to Manage the Strain

**Third
Thursdays
Webinar**

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THE MICHAEL J. FOX FOUNDATION
FOR PARKINSON'S RESEARCH



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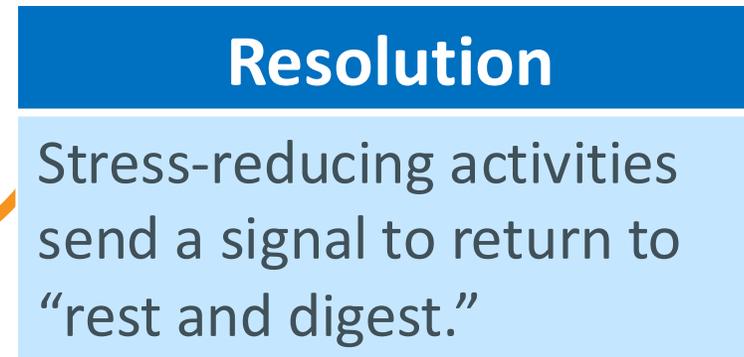
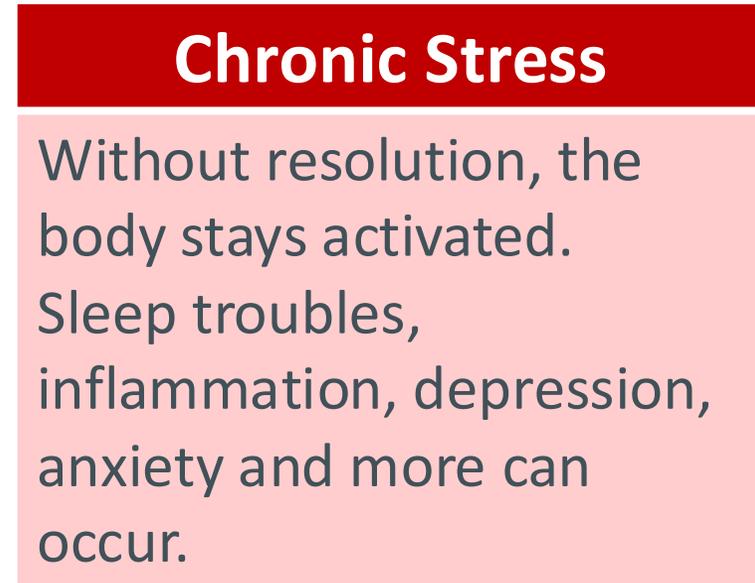
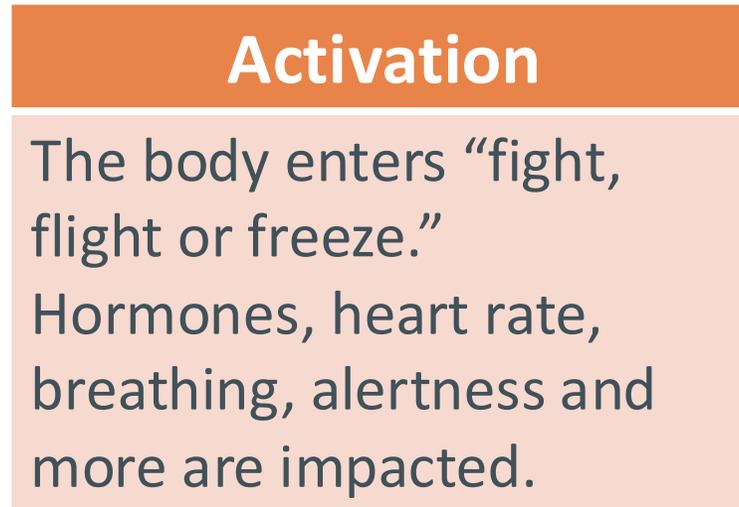
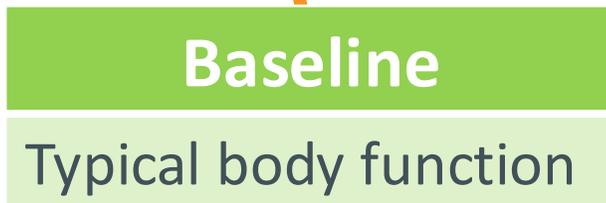
MJFF has a policy of refraining from advocating, endorsing or promoting any drug therapy, assistive device or tool, course of treatment, or specific company or institution. It is crucial that care and treatment decisions related to Parkinson's disease and any other medical condition be made in consultation with a physician or other qualified medical professional.



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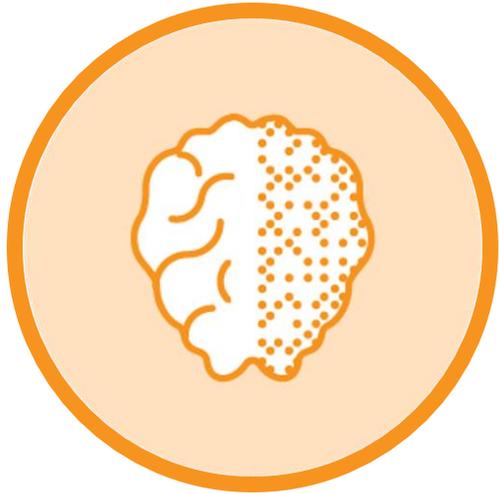
What Is the Stress Cycle?

A stressful event triggers a cascade of bodily reactions



Stress and Parkinson's

Stress impacts people living with PD more than others.



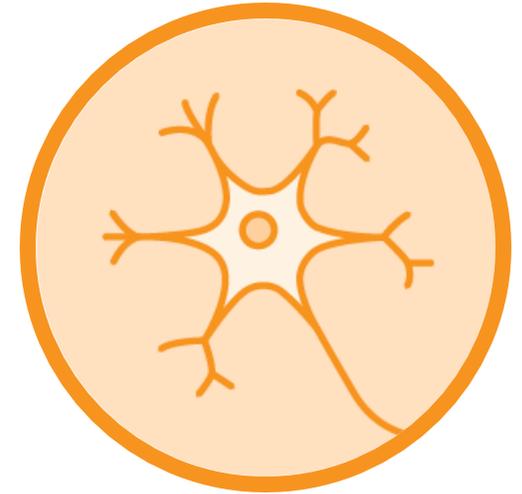
Stress does not cause Parkinson's but sometimes reveals the disease.



Stress can temporarily worsen motor symptoms (tremor, walking problems) and non motor symptoms (depression, anxiety).



Stress can decrease benefit of PD meds



Early research shows link between stress and disease progression

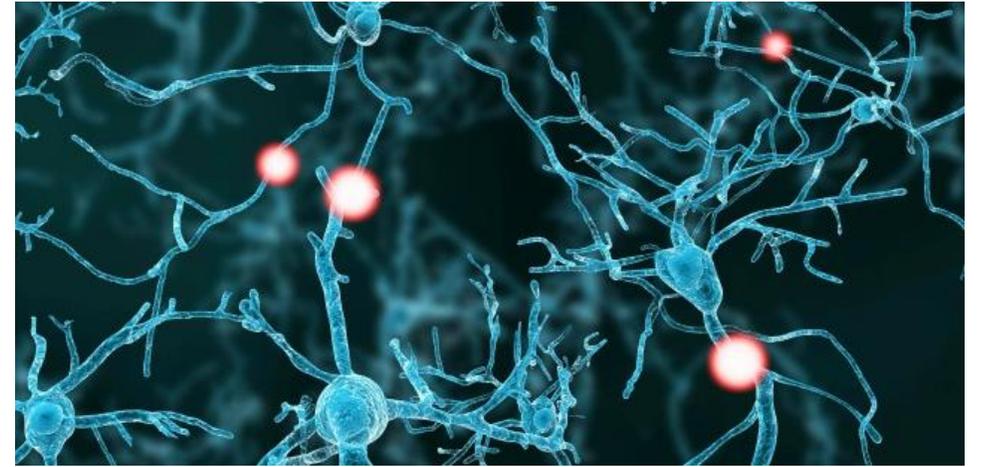


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Researching Stress and PD

Stress can be difficult to study, but scientists are investigating many things including:

- + How stress affects the dopamine system and intersects with PD to change dopamine availability
- + The effects of long-term stress on neurodegeneration and PD progression
- + Evidence-based strategies to reduce the harmful effects of stress in people living with PD



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The future of Parkinson's research starts with you.

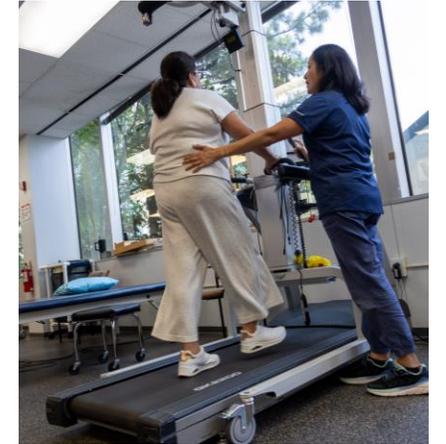
Our groundbreaking study
needs people with and
without Parkinson's.

Get started at
michaeljfox.org/ppmi.

Managing Stress with PD

There are many strategies to shed stress and return to baseline

- + Movement and exercise, which both reduces stress hormones and helps PD symptoms
- + Medication management, either through adjusting PD meds or adding another
- + Talk therapy
- + Mind-body therapies like yoga, meditation and mindfulness
- + Community connection and support



Where to Find Support



Communicate openly with loved ones about your stress, symptoms and needs



Find an in-person support group through your local medical center



Join the Parkinson's Buddy Network for online support and resources

Enter questions for our staff and panelists in the Q&A box on your screen.



The MJFF webinar series has been made possible through the leadership of members of our Parkinson's Disease Education Consortium in conjunction with The Albert B. Glickman Parkinson's Disease Education Program.

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**Thank you
for joining us.**



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