Brain Health – Parkinson's Disease

Audio	Video
Speaking: Dr. Elizabeth Disbrow, Professor of Neurology, Director of Center for Brain Health, LSU Health Shreveport Parkinson's disease can be under diagnosed.	Text Graphic: Parkinson's Disease Basics LSUHS Center for Brain Health Logo Raising Awareness Call the Bridge 318-656-4800
One of the problems is that people who are experiencing Parkinson's disease symptoms aren't always aware of it.	Dr. Elizabeth Disbrow seated. (Woman with pale complexion, wearing a black blouse, has short grey hair and glasses)
Speaking: Freddie Thomas, Parkinson's Disease patient Started out with my toe raising up in the air. And I couldn't figure out what that was. They - Plantar fasciitis. That's what they thought it was and it gradually started - my hands shaking. And I feel like I even lose the strength in my hands and stuff.	Freddie Thomas seated. (Man with medium complexion with a greying mustache, wearing a blue shirt and a Dallas Cowboys cap. Voice is raspy.)
Speaking; Colbren Thomas, son of Freddie Thomas We went to his PCP initially. We went to a podiatrist after that - a foot specialist - because it started with his foot. We got special shoes for him to wear. Because we thought it was plantar fasciitis. Different braces, but as you said, keep trying. If something's not working and you're still experiencing the symptoms, go back to the doctor, make sure you ask them what else we can do. Who else I can see, until you figure out what the issue is.	Colbren Thomas seated next to Freddie Thomas. (Young man with medium dark complexion, wearing a white polo shirt, with a goatee and glasses.)
Finally, we got to the neurologist and we got to speak with Doctor Zweig and he knew exactly the symptoms. He was like this is Parkinson's. And it surprised us all., right? Because it didn't initial- he didn't start with any tremors or anything. It just started with his foot cramping.	Zoom in on Colbren Thomas seated.
Speaking: Dr. Elizabeth Disbrow Things to look out for in your loved one or yourself	Dr. Elizabeth Disbrow seated.
are tremor or shaking of the hands, feet or head.	Graphic: Parkinson's Disease Tremor – Shaking usually in Hands, legs or head

Slowness of movement,	Graphic: Parkinson's Disease Slowness of Movement
rigidity or muscle cramping and stiffness,	Parkinson's Disease Rigidity – muscle stiffness
or problems with walking and balance.	Parkinson's Disease Walking and balance problems
Speaking: Freddie Thomas It started out - I move slower. Getting me-getting me regular movement. Where I started getting stuck like stuck in spots and like I couldn't get going and everything. Take them-like I tell them to help me up, help me move. And once I start moving, I can move. Well at first it look like I get in a spot and I couldn't move out of it. I don't have that too much now. I slow down if I don't get my medication on time, though. You see I start slowing down - my movements are getting slower and slower. You can tell when I miss medication and everything. I've been always remember when I take off somewhere to take that medication with you because you never know how long you'll be there.	Freddie Thomas seated.
Speaking: Dr. Elizabeth Disbrow There are many medications that treat the symptoms of Parkinson's disease.	Graphic: Parkinson's Disease There are medications that can help. If you are experiencing symptoms, consult your doctor or call The Bridge.
Speaking: Freddie Thomas First of all, it was why me? You know, because I played softball, lift weights, ran track, rode bicycles. I feel like I was healthy. Wasn't nothing wrong with me. And then when this come up, you know why me? It affects your mind. It's steals stuff away from you slowly but surely. Cause I can't keep my mind - it won't process that fast and everything. Matter of fact, if he goes to telling me something, he goes to talking too fast and I tell him to slow down. Cause I'm getting , I'm getting mixed up now. Thank the Lord it's as good as it is. But it's most of my independence that I lose and stuff.	Freddie Thomas seated.
Don't limit yourself too, cause it's trying to take it away from you. Don't just give in to it.	Freddie Thomas sitting next to his son Colbren

Put up a fight. You know, if you shaking or something, if you find something that stops from shaking, to concentrate on that. Don't, don't just concentrate on what you can't do, concentrate on what you can do and build on that.	Freddie Thomas sitting next to his son Colbren camera slowly zooms into Freddie Thomas
Speaking: Dr. Elizabeth Disbrow If you notice these symptoms in yourself or someone you know, call us at the Bridge	Freddie and Colbren walking toward a car Graphic overlay: Tremor- shaking usually in hands, legs or head Slowness of movement Rigidity – muscle stiffness Walking and balance problems
for more information about Parkinson's disease at 318-656-4800.	Graphic: LSUHS Center for brain health logo For more information: The Bridge 851 Olive Street Shreveport, LA (318) 656-4800