

3<sup>rd</sup> International Conference on

# PARKINSON'S DISEASE AND MOVEMENT DISORDERS

September 25-26, 2017 Chicago, USA



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### Complete communication of the potential medical and non-medical effects of parkinson's on newly diagnosed patients by neurologists and movement disorder specialists

Most people are not prepared to do what they need to do when they are told that they have a progressive, degenerative, incurable chronic disease (for example, Parkinson's). Doctors should take on a meaningful role in the discussion of not just all possible medical ramifications, but also non-medical issues. These include encouraging patients to locate and obtain information from a Parkinson's support center in your area. Discuss with your support center how to tell your family (one of the emotional heartbreaking things you will ever do). If you are still working, ask your support center if they have the names of employment lawyers that have experience with Parkinson's. Discuss what rights you now have and which ones you think you might have, but don't. You should discuss if, when, and how you will inform your employer. Ask the local center if they have a list of benefits lawyers. Realize that you are experiencing a shock to your system and you may not be able to make decisions as well as you did before. This is a hard one to accept. You may need to run your decisions by someone you trust before taking action. Meet with your, or find a, financial advisor. You will need to plan ahead so that you don't run out of money after you are unable to work in your profession. This should be balanced with enjoying the limited number of years that you will have to ability to do the things that you always wanted to do: travel, etc. Parkinson's may have an effect on your ability to multi-task and your short-term memory. Maybe turn some responsibilities over to your trusted care partner or financial advisor. Recognize that, although Parkinson's is a progressive, degenerative disease, eating a healthy diet and extensive exercise appears, in some individuals, to slow the manifestations of the disease. So, get a plan together, maybe with the assistance of your local support center, nutritionist and fitness trainer to improve your lifestyle and stick to it. Finally, it is time to deal with the feelings that you repressed in order to get through the practical issues. You will need a good therapist. Again, contacting your local support center for a list of doctors familiar with PD is a great start.

### Biography

John M Baumann graduated from Cornell Law School in 1986 and, in 2002, at 41 years old, he was diagnosed with Parkinson's. John worked as an Attorney until 2012 and, from 2004 to 2012, taught at the University of Louisville. In 2008, he reinvented himself into an inspiring success speaker. He has inspired audiences in France, Malaysia, and across the United States and Canada. His book is entitled, *Decide Success—You Ain't Dead Yet*. He also collaborated on a book with Deepak Chopra.

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### Notes: