

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

# PARKINSON'S DISEASE AND MOVEMENT DISORDERS

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## Managing Life with Parkinson's disease before and after deep brain stimulation surgery

**Nirmalendu Bandyopadhyay and Ranjita Bandyopadhyay**  
Calcutta University, India

Parkinson's disease is a highly destabilising disease and comes down as a curse not only to the victim but to his or her family members and relatives. It is incurable and tends to destroy the quality of life. Therefore, the affected family and the victim should not surrender, instead should accept this as an opportunity to invent and practise new systems in their daily life that will overshadow the ill effects of the disease. Activities like regular get together of family members, friends, well wishers, celebrating birthdays and anniversaries should be held regularly to reduce the risks of PD. Visits to nearby tourist spots, picnic etc will help to overcome the drudgery and infuse freshness in the mind of the victim. My wife was first diagnosed with PD in 2004 and she was put to prescribed medication which improved her condition. But I studied a lot on the disease and knew that it will progress with time and a stage will come when she will be near immobilised. So, I started planning for other forms of changes in daily life. Being an Engineering professional, I was invited at various international conferences to present papers. Some organisers readily agreed to bear the cost of my wife's visit along with me which helped us to network with many participants and later there was regular skype talk with many of them after the event. Thus, on return, we felt fresh and invigorated. During this 12 years till 2016, I had the opportunity to participate at about 12 events and she also got the opportunity to come out of her mental block due to the disease. In the year 2012 she has undergone a deep brain stimulation surgery, a major and highly expensive treatment. Post this surgery, her tremor has completely disappeared and she is feeling that her life is improving. Though she needs help in walking and movements but her spirit is very high. At this event we request the organiser to let her participate and read out her own story of how she is facing the ordeal with courage and fortitude.

nbandyopadhyay@hotmail.com