

Parkinson's Life Assessment

2022

Summary of 2021

Year of Waiting – COVID 19
Sell Ranch; Loss of _____
Limited work w/ NC
Retirement Changes
PD Symptoms increasing:
 Tremor increases
 Weight Loss
 Dystonia

Hope for 2022

COVID 19 Vaccine
Involved with PAR, DPF, PP, MJFF, Local PT
Improve Diet & Nutrition
Health Focus
Paddle Board opportunities
Retirement Finances
Get Off RX
Medicare- Gen Prac, Neurologist

Key Test Results

BP 129/56; % Body Fat 9.2%; Weight 152 lbs; Muscle Mass 138 lbs; Testosterone 677; A1C 5.4%;
Cholesterol 170mg/dL; Triglycerides 95mg/dL; HDL 71mg; LDL 80mg/dL; TSH 2.26; PSA .43; BMI 21.3

Parkinson's Control Factors

Circle shows what percentage each Factor I believe is helping me live with Parkinson's (=100%)

<u>FACTOR</u>	% of effectiveness	Positives	Negatives
Emotional Therapies	15	Faith, Family, Mentoring	>Stress; settle transitions
Nutrition	15	Diet, 64oz H2O, Calories^	<Sugar, Red Meat, Gluten
Exercise	12	“Control”; endorphins	Sarcopenia
Alternative Therapy	12	Fishing; Paddle Board, 14er	Long Term Stress; REM
Yoga	10	Advancing PD; Balance	\$. Find new studio
Supplements	10	Super Dopa, Selenium	Add Glutamine; Balance
PD Support Groups	6	Speaking, E3, studies	Florida transition
Writing	6	Book II; GBR Letters	Up Front \$
Doctors	5	Need holistic approach	Insurance, style
Retirement	5	Beach Time; Margin; GK	<\$; SS Limits
RX	4	Carbo/ Levo	\$. Nothing new, only Masks