

# How to have Parkinson's and Live Well

Amy D. Carlson

*Davis Phinney Foundation Ambassador  
Greenfield, WI & Los Angeles, CA*

# Amy D. Carlson

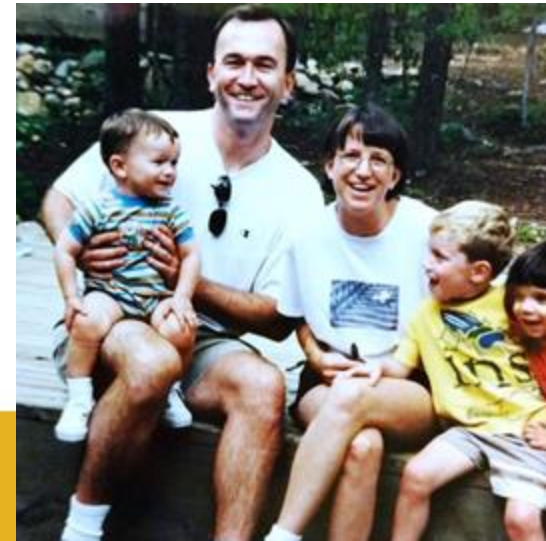
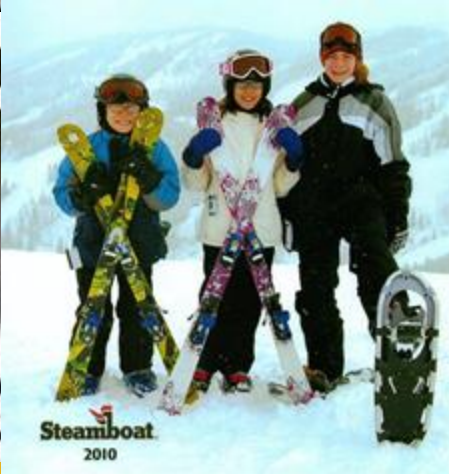
- **DX:** Idiopathic Parkinson's Disease - February 2012 - Age 44
- **Current Medications:** Rasagiline; Carbidopa/Levodopa; Donepezil; Escitalopram; Melatonin; Ibuprofen; Docusate Sodium
- **Past Medications:** Pramipexole; Ropinirole; Inbrija; Amantadine
- **On Time:** 6 - 10 hours a day
- **Exercise:** 1-3 hours
- **Current Top 3:** Balance; Sleep; Bloating

OPEN BOOK - ASK ME ANYTHING - I'LL GIVE YOU MY OPINION

# Amy D. Carlson



**DAVIS PHINNEY**  
Foundation For Parkinson's  
*every victory counts.*

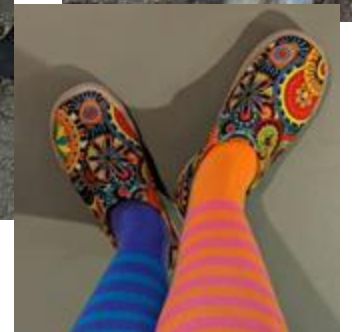
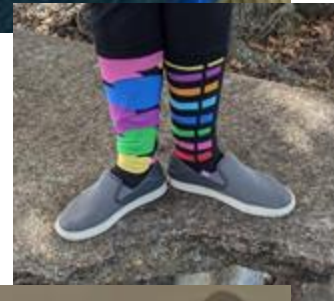
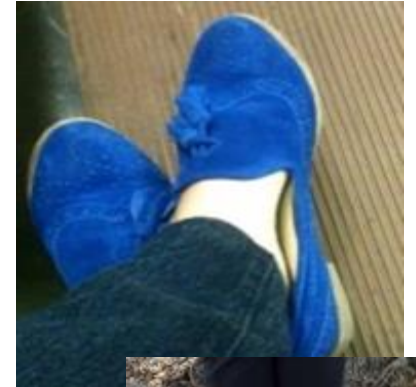
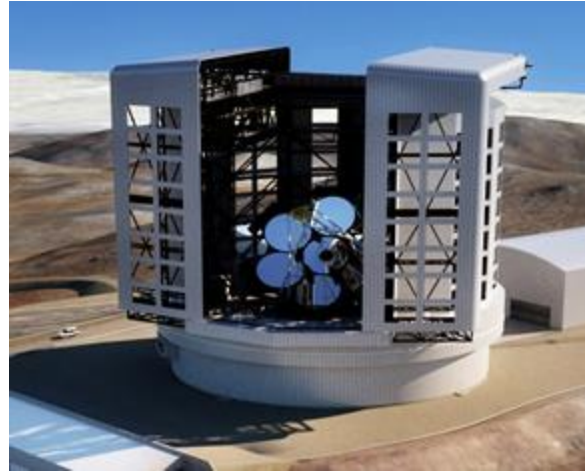




# Amy D. Carlson



# Amy D. Carlson







**Dance, Dance or we are lost.**  
*- Pina Bausch*

Dance for PD  
AmysaysDance  
The Brain in  
Motion  
And She Danced  
Dance for Joy  
The Lineage  
Follies





**DPF Ambassador  
Poetry with Wayne  
The Moth  
Arroyo Singers  
Soaring with Hope  
Parkinson's Policy Forum**





## Action Steps

- Find the movement you love, do that.
- Embrace the slow.
- Don't assume you know the future.