

Meeting Your Mental Health Needs

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Disclosures

- No relevant financial relationships with commercial interests
- The following talk may include unlabeled/unapproved use of medications
- Dr. Pontone has consulted for GE Healthcare

Mental Health Challenges in Parkinson's

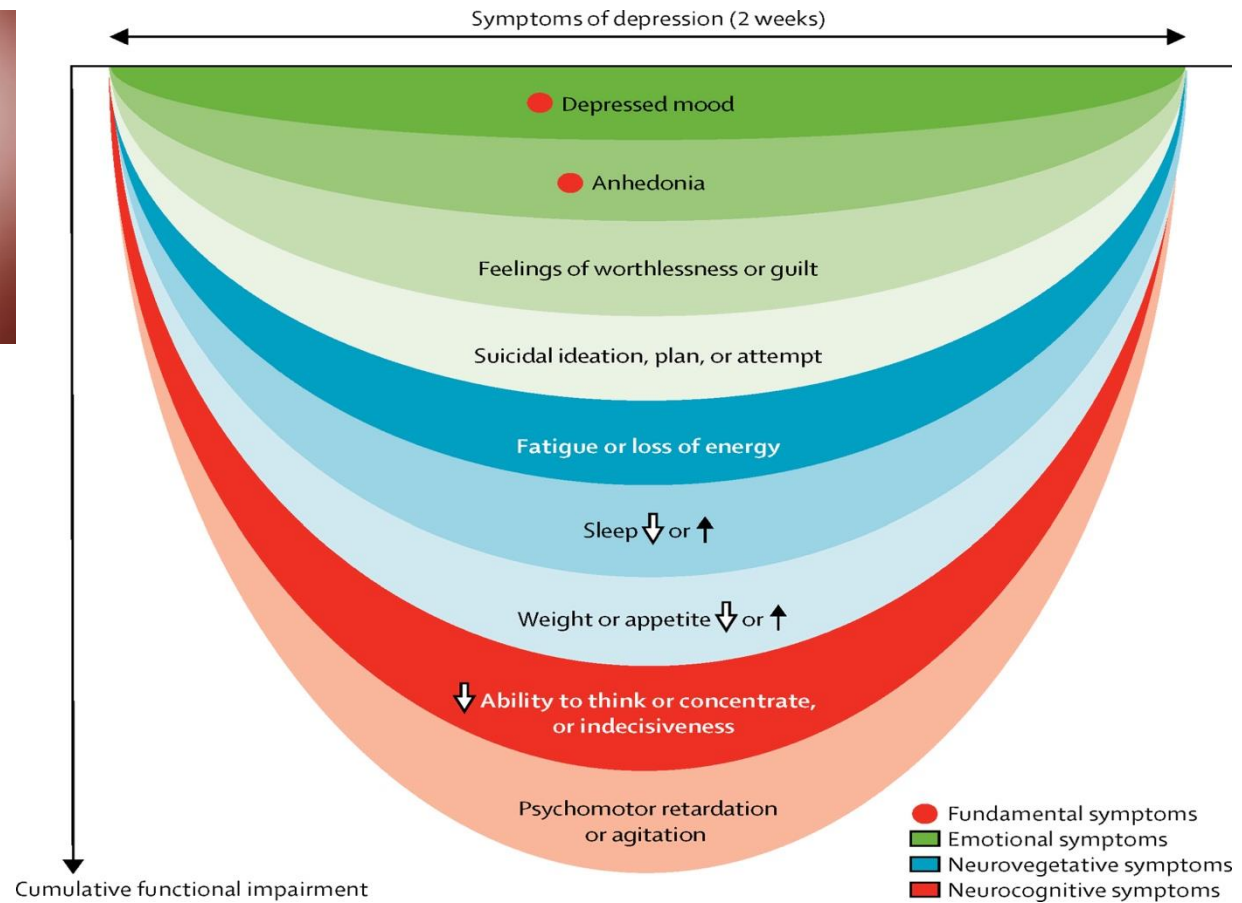
Anxiety, apathy, and depression

Anxiety in Parkinson's



- Persistent worry or panic
- Ruminating and 'overthinking'
- Inability to relax
- Feeling restless or tense
- Difficulty concentrating or indecisive
- Muscle tension or aches
- Trembling
- Sweating
- Diarrhea or upset stomach

Major depression



Parkinson Foundation

- **Parkinson's Outcomes Project**, a longitudinal look at which treatments produce the best health outcomes in PD
- **The impact of depression on quality of life is almost twice that of the motor impairments**

The longitudinal impact of depression on disability in Parkinson disease

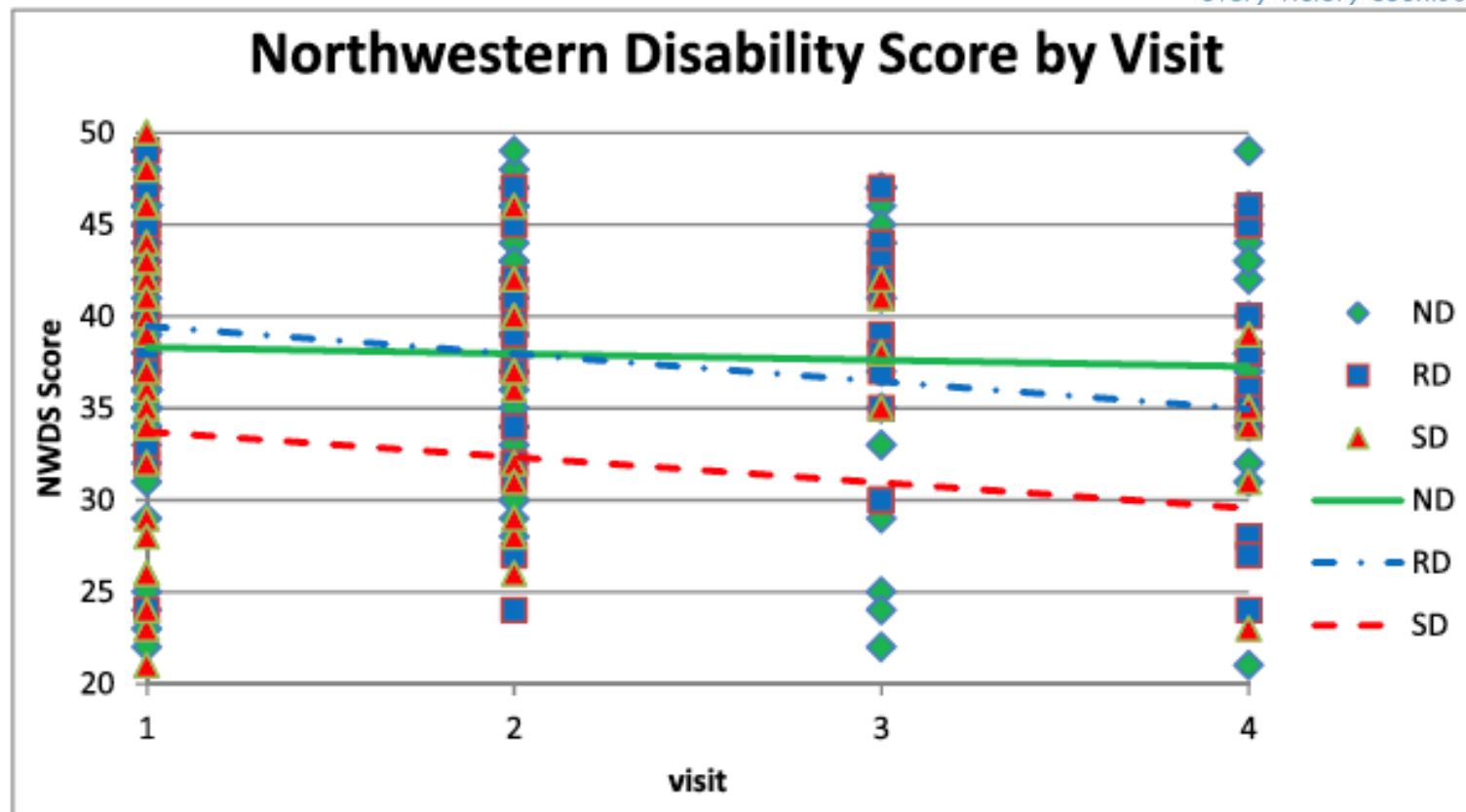
Gregory M. Pontone^{1,2}, Catherine C. Bakker^{1,2}, Shaojie Chen³, Zoltan Mari^{2,4}, Laura Marsh^{1,2†,‡}, Peter V. Rabins^{2,1}, James R. Williams^{1§} and Susan S Bassett^{1,2}

Objective: This study examined the association between physical disability and DSM-IV-TR depression status across six years

Methods: 137 adults with idiopathic PD. A generalized linear mixed model with Northwestern Disability Scale score as dependent variable to determine the effect of baseline depression status on disability

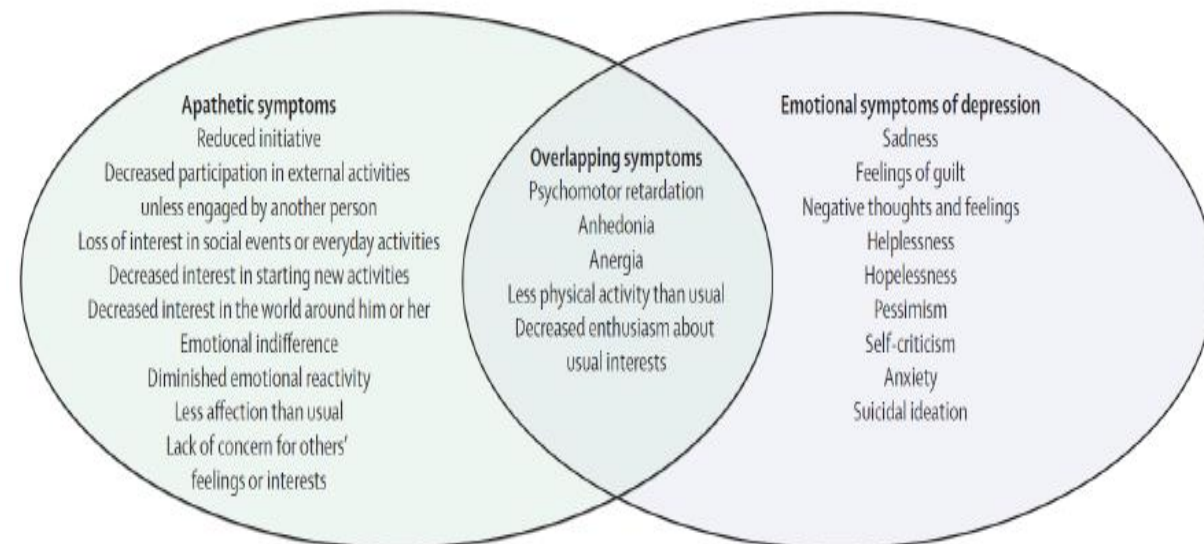
Results: 43 depressed at baseline vs 94 without depression. Symptomatic depression predicted greater disability compared to both never depressed ($p=0.0133$) and remitted depression ($p=0.0009$) after controlling for sex, education, dopamine agonist use, and motor fluctuations.

Longitudinal impact of depression on disability in PD (Pontone et al 2016)



ND=never depressed, RD=remitted depression, SD=symptomatically depressed

APATHY IN PARKINSON'S DISEASE



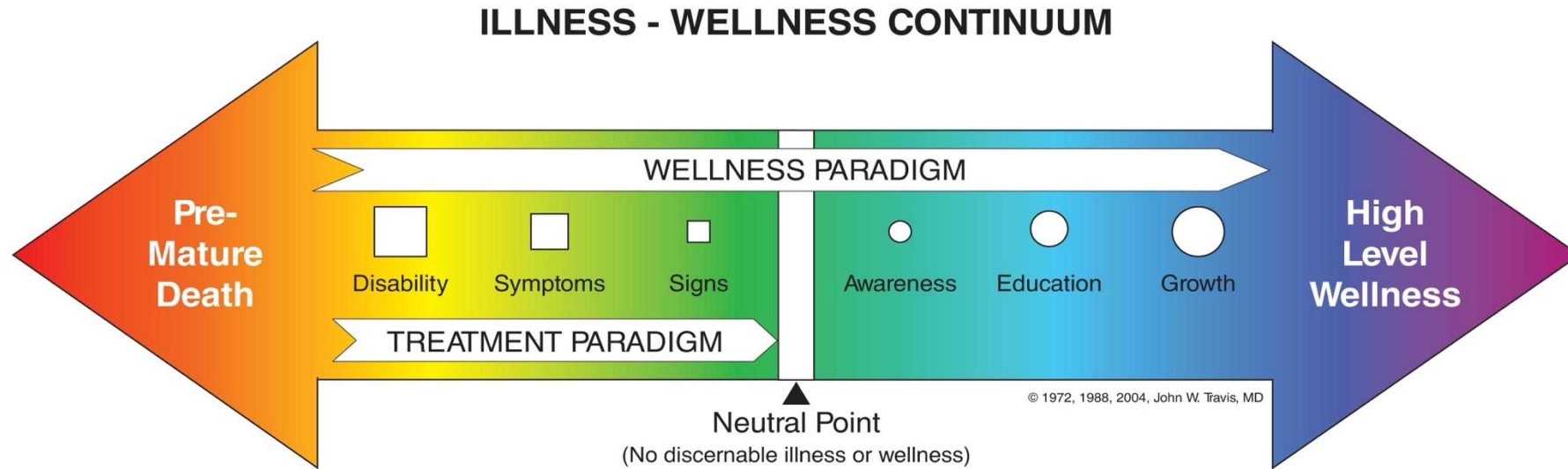
Managing Your Mental Health in Parkinson's

What you can do to stay well

How to cope with Parkinson's

- Develop a “wellness plan”
- Establish a multidisciplinary team, e.g., primary care doctor, neurologist, mental health provider, occupational therapist, physical therapist, speech language therapist
- Evaluate and strengthen your social and emotional support network

Wellness is a verb





National Sleep Foundation



DAVIS PHINNEY
Foundation For Parkinson's

every victory counts®

Sleep: As Important as Diet and Exercise (Only Easier!)

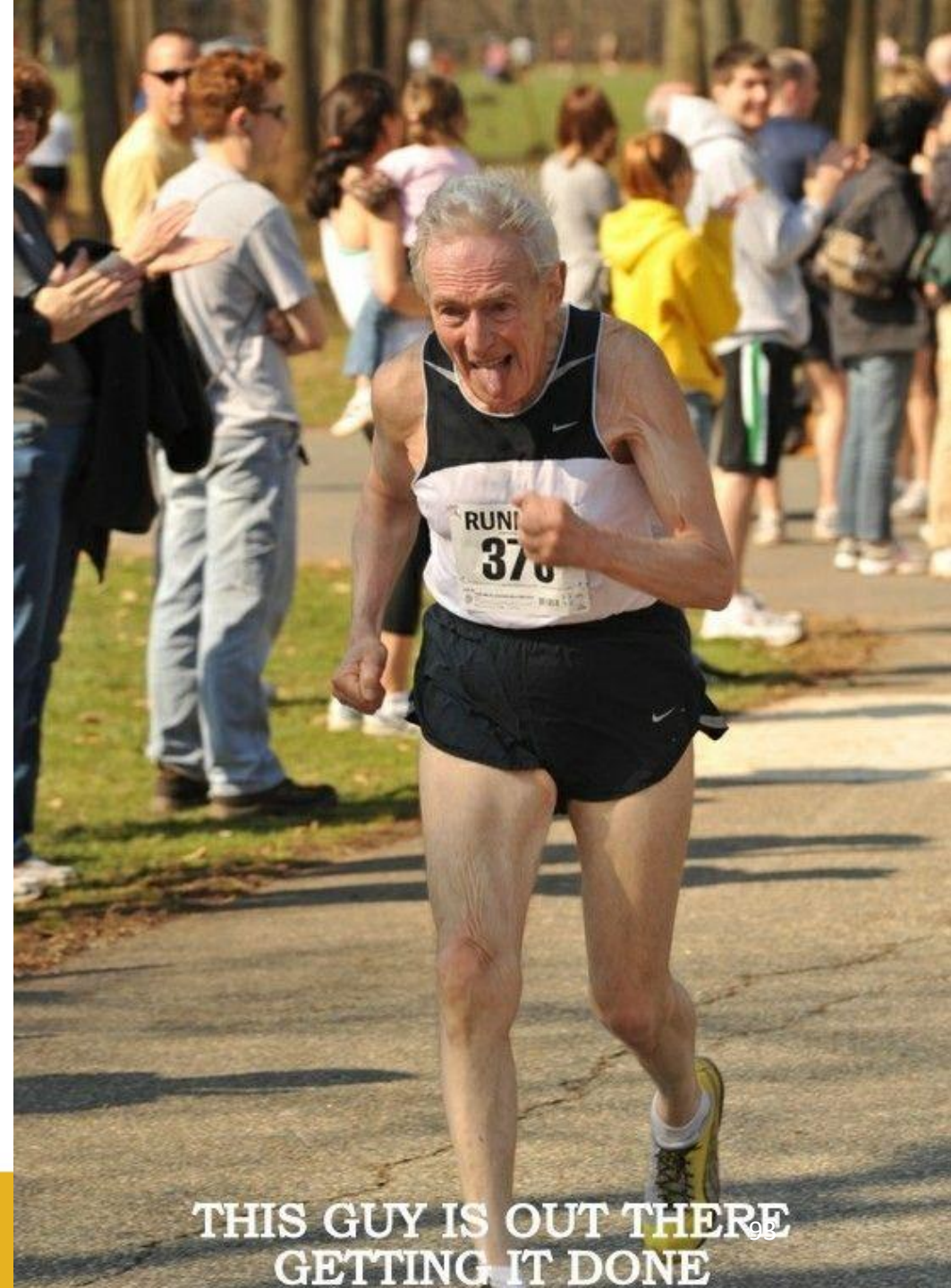


Make sleep your foundation for good health.

Get healthy sleep tips at www.sleepfoundation.org

Aerobic exercise in Parkinson's

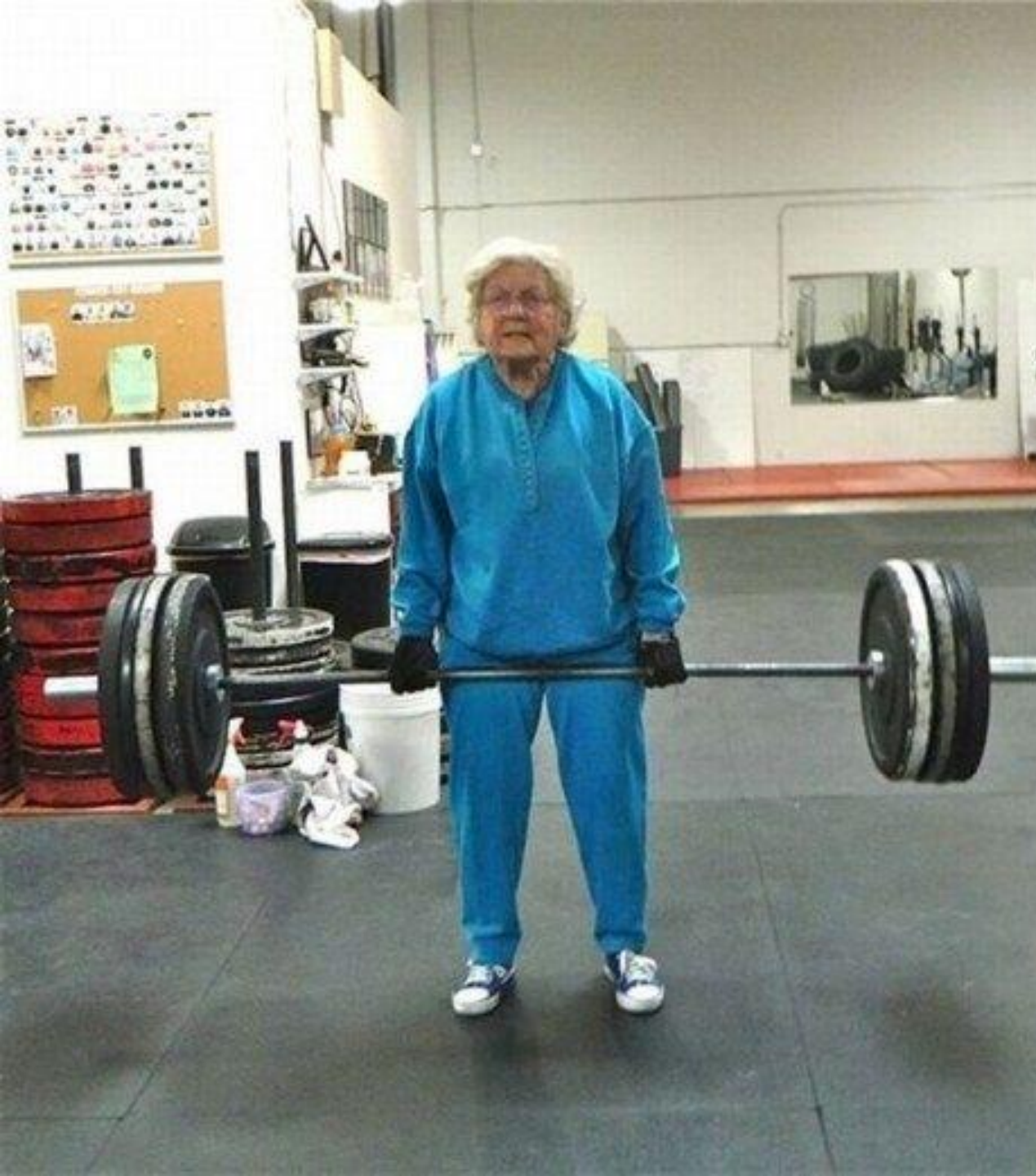
- Review of 18 articles: aerobic exercise improved, attention, processing speed, reaction time, executive function, and language
- Treadmill, walking, stationary bike were the most common aerobic exercises studied
- Reduces severity of depression



THIS GUY IS OUT THERE
GETTING IT DONE

Resistance training in Parkinson's

- Fewer studies have looked at the benefit of resistance training on cognition in Parkinson's
- Improved performance on measures of executive function (stroop) and attention
- Studies on resistance training show they improve balance and gait in Parkinson's



THE MIND DIET



**3 PORTIONS OF
WHOLEGRAINS A DAY**



**1 DARK
GREEN SALAD
AND 1 OTHER
VEGETABLE
A DAY**



**BERRIES AT
LEAST
TWICE
A WEEK**



AT LEAST 30 GRAMS OF NUTS PER DAY



**BEANS OR LEGUMES
AT LEAST EVERY
OTHER DAY**



**POULTRY AT LEAST
TWICE A WEEK**



**FISH AT
LEAST ONCE
A WEEK**



AT LEAST 140ML OF RED WINE EVERY DAY



**NO MORE THAN
1 TBSP A DAY OF
BUTTER OR MARGARINE
CHOOSE OLIVE OIL INSTEAD**



**CHEESE, FRIED FOOD
AND FAST FOOD
NO MORE
THAN ONCE A WEEK**



PASTRIES AND SWEETS LESS THAN 5 TIMES A WEEK



Sleep is important

- Sleep is most important for attention and executive tasks
- Sleep also plays a role in memory stabilization and integration (i.e., new learning)
- Sleep is important for brain-metabolite clearance
- Sleep is when the gains of exercise are realized
- Older adults wake up more at night and have lower “quality” sleep; therefore the concept of ‘sleep opportunity’ and sleep efficiency is important



Social isolation and loneliness in Parkinson's

Health impacts of social isolation and loneliness

- Social isolation significantly increased your risk of premature death, a risk that may rival those of smoking, obesity, and physical inactivity
- Social isolation is associated with a 50% percent increased risk of dementia
- Inadequate social relationships are associated with a 30% increased risk of heart disease and stroke

Impact of social isolation in Parkinson's

Emotional well being negatively affected

Increase in anxiety, depression, 'poor well-being'

Increase in confusion, delusions, and problems with memory, communication, problem solving

Hours of caregiving at home and caregiver burden increase

Barriers to social connection in Parkinson's

- Communication difficulty - hypophonia, hypomimia
- Enacted stigma – negative bias by society towards the person with PD
- Felt stigma – belief that one may encounter negative reaction if symptoms recognized
- Diminished access

Family and friends

Social connection

- Familial relationships often are the closest and most supportive
- Friendships often facilitate involvement in activities
- Community promotes a sense of belonging

Family support





Group exercise in Parkinson's

- exercise improved, attention, processing speed, reaction time, executive function, and language
- Improved mood and anxiety
- exercise with a social component may have additional benefit

Dance and other structured activities with a 'social' component

- Dance is a coordinated movement pattern
- Dance for PD (NY) is online
- Close Contact for Couples with PD



Strategies to stay well

Exercise – especially aerobic exercise, improves mood and global cognitive ability

Healthy diet – reduces medical risk factors for dementia

Sleep – 8 hour ‘sleep opportunity’, improves mood and cognitive function

Social interaction – ‘meaningful’ interpersonal and community engagement, lowers risk of dementia by at least 2-fold





Questions?