

10 Things that People with Parkinson and Caregivers should do

BY DR PRAKASH KUMAR

FOR PwP



1 Gain more knowledge about Parkinson.



2 Establish a good patient-doctor rapport



4 Establish an accurate and timely medication intake

6 Contribute in whatever small way you can to the society – it will build your emotional strength



7 Get involved in support groups



8 Keep a positive attitude



10 Be a master rather than be at the mercy of Parkinson

FOR CAREGIVERS



1 Allow the PwP to do whatever he/she can do as much as possible



2 Understand and learn how to cope with the challenges of your loved ones' disabilities



3 Practise positive attitude



5 Practise relaxation techniques for emotional rejuvenation

6 Have spiritual strength



8 Be active in support groups and share your concerns / experience with others



9 Take care of yourself too whilst caring for the PwP

10 Make time for yourself too to indulge in your own interests

LEND A HELPING HAND!

PDSS is totally dependent on donations for its work. We can only continue supporting individuals affected by Parkinson with your help.

WAYS YOU CAN DONATE:

- 1 DONATE ONLINE VIA SG GIVES**
www.sgives.org
- 2 DONATE ONLINE VIA GIVEASIA**
www.giveasia.org
- 3 DONATE BY CHEQUE / POST**
Cheques made payable to "PARKINSON'S DISEASE SOCIETY SINGAPORE"

To make a donation to us by post, please mail your cheque to:

Parkinson's Disease Society Singapore
Blk 191 Bishan Street 13, #01-415, Singapore 570191

All donations \$50 and above are entitled to tax deductions. Kindly include full name, NRIC No. and contact number on reverse side of cheque.

ACKNOWLEDGEMENTS

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- Tote Board and Singapore Turf Club \$50,000
- Roselle Mont-Clair Furnishing Pte Ltd \$3,000
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- Kee Meng Lang \$1,000
- Joseph Ong \$1,000
- Liu Qianyang (in memory of his beloved brother, Liu Qingyang) \$1,000

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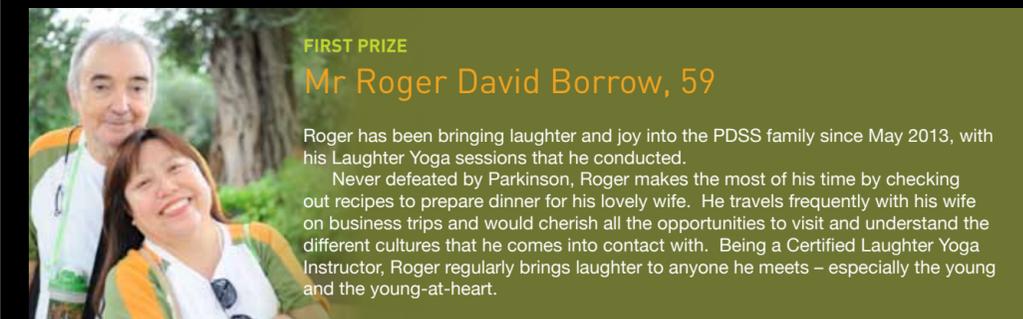
Parkinson's News

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STAR Awards Winners

It is the 6th year that Parkinson's Disease Society (Singapore), PDSS for short, had organised the annual Parkinson Star Awards to invite all healthcare professionals, friends, patients and volunteers to nominate a Person with Parkinson (PwP) or a caregiver who has shown exceptional courage and strength in their battle against Parkinson. It is only with advanced medical care and unwavering support from caregivers, that many people with Parkinson have managed to lead a satisfying and fulfilling life despite the various challenges. Here are the winners this year!



FIRST PRIZE
Mr Roger David Borrow, 59

Roger has been bringing laughter and joy into the PDSS family since May 2013, with his Laughter Yoga sessions that he conducted. Never defeated by Parkinson, Roger makes the most of his time by checking out recipes to prepare dinner for his lovely wife. He travels frequently with his wife on business trips and would cherish all the opportunities to visit and understand the different cultures that he comes into contact with. Being a Certified Laughter Yoga Instructor, Roger regularly brings laughter to anyone he meets – especially the young and the young-at-heart.



SECOND PRIZE WINNER
Mr Pang Boon Kow, 65

One cannot miss his sunny smile and warm greetings at the Parkinson Centre. Having weathered the storms in his life when first diagnosed with Parkinson, Boon Kow motivates his fellow Parkinson warriors with his positive spirit and a "Never Say Die" attitude. His swift and steady walking steps and optimism, and of course, his Teochew conversations with many fellow friends in PDSS, made him outstanding among all. Having great patience, Boon Kow is known to be a friendly person who constantly reminds his friends that "Every day is a day to cherish" & "It's never too late to start adopting an active lifestyle".

Boon Kow selflessly shares his experiences and stories with fellow Parkinson warriors, and even goes the extra mile to bring fellow members from their homes to PDSS for classes. As his many Parkinson friends commented: "Boon Kow is a true Parkinson Warrior – determined to fight against Parkinson and always ready to pass the light to others."

THIRD PRIZE WINNER
Mr Oh Keng Seng, 58

Keng Seng had been diagnosed with Parkinson since 2002. With the advancement of his condition, he underwent Deep Brain Stimulation surgery in 2008 for Parkinson control which helped to improve his quality of life. Due to his deteriorated swallowing functions, he had PEG tube inserted in 2012 to improve his nutritional status. After he was diagnosed with Parkinson, his wife left him. He single-handedly raised his 3-year old son who is now a teenager. With his determination and perseverance, he managed to nurture his son and provided him with education and loving care, despite having several suicidal thoughts.

Keng Seng had shown indefatigability in engaging in various courses such as Tai Chi and Calligraphy. He has demonstrated exceptional courage and strength in coping with his condition.



PARKINSON'S DISEASE SOCIETY SINGAPORE (PDSS)
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www.parkinsonsingapore.com



Youthful Parkinson Circle

YPC is complimentary to Parkinson members who had been diagnosed between the ages 35 and 59 with/without school-going dependents.

TOPICS FOR YEAR 2014

Saturday, 11 January, 2pm-5pm*

Deep Brain Stimulation
by Associate Professor John Thomas

Saturday, 12 April, 2pm-5pm*

Speech & Swallowing

Saturday, 12 July, 2pm-5pm*

Independent Daily Living Aids
Geriatric Care

Saturday, 11 October, 2pm-5pm*

Community Resources
Insurance
Maid Levy
Special Needs Trust
Elder shield



Tai Chi for Health

BY JENNIFER CHUNG, MASTER TRAINER

WHAT IS TAI CHI?

Originating in ancient China, Tai Chi is an effective exercise for the health of our mind and body. Although it is an art with great depth of knowledge and skill, it is easy to learn and soon delivers its many health benefits. There are many styles and forms of Tai Chi, the major ones being Chen, Yang, Wu, Wu and Sun. Each style has its own unique features, although most styles share similar essential principles.

WHAT ARE THE BENEFITS OF PRACTISING TAI CHI?

Medical and fitness authorities stress that an effective exercise for health should include three components: cardio-vascular fitness, muscular strength and flexibility. Tai Chi for Health incorporates exercises that improve all three and more.

CARDIOVASCULAR

Exercise increases the fitness of the heart and lungs, improving the circulation of blood and oxygen supply to the body. In 1996, a study was carried out involving 126 post heart attack patients. They were randomly

assigned to a Tai Chi class, an aerobic class, or a non-exercise group. The patients from the Tai Chi group came out with better cardiovascular fitness and lower blood pressure than the non-exercise group.

FLEXIBILITY

Tai Chi moves all the joints, muscles and tendons, helps to reduce stiffness and pains associated with arthritis. Flexibility improves our range of motion, making us more functional. Being flexible keeps our joints, muscles, and entire body healthy - allowing us to be more active.

STRENGTHENING

The slow, controlled movements of Tai Chi build up muscle strength, which supports and protects the joints, and helps decrease pain or deformity.

Strengthening our muscles also keeps the joints stable and protected. When we move, the muscles pump fluid and blood throughout the body, improving the functions of the organs, joints, and the entire body.

COORDINATION AND BALANCE

Tai Chi incorporates simultaneous arm and leg movements. This helps a person perform complex tasks more efficiently, and reduces the risk of falling. Tai Chi is also a low impact, weight bearing exercise. Weight bearing is necessary for good bone health. As you move from one leg to another in Tai Chi, you are holding your own body weight, and slowly transferring the weight to the other leg. This moving to and fro action builds up muscle strength, coordination and balance. In Seated Tai Chi, the



movements involve the pelvis area and feet pressing down.

RELAXATION AND MENTAL STRENGTH

Tai Chi integrates the mind and body. The mental training enhances the clarity of mind, releases stress, and uplifts mood. Tai Chi simply offers a tool to help you cope with busy, modern-day life by appreciating the tranquility and the nature around you. From a high energy business person to a Tai Chi trainer, I have truly benefitted from my 15 years of practising Tai Chi. Physically, I can handle stress a lot better than I used to. I am now aware much earlier when I am responding to stress and can react appropriately. Mentally, I handle people and stressful situations differently. I am more inclined to sit back, listen, and evaluate a situation.

WHAT ARE THE "TAI CHI FOR HEALTH" PROGRAMS?

Combining traditional Tai Chi with modern knowledge, Dr Paul Lam created the "Tai Chi for Health" Programs with a team of Tai Chi experts and medical specialists. These programs are safe, effective and easy-to-learn. Scientific studies have shown them to improve health, quality of life, and balance.

STUDIES & REPORT

A report in the New England Journal of Medicine showing that tai chi may improve balance and prevent falls among people with Parkinson.

This degenerative condition can cause many vexing problems. These range from tremors and stiffness to a slowing or freezing of movement, sleep problems, anxiety, and more. Parkinson may also disrupt balance, which can lead to frightening and damaging falls.

A team from the Oregon Research Institute recruited 195 men and women with mild to moderate Parkinson. They were randomly assigned to twice-weekly sessions of either tai chi, strength-building exercises, or stretching. After six months, those who did tai chi were stronger and had much better balance than those in the other two groups. In fact, their balance was about two times better than those in the resistance-training group and four times better than those in the stretching group. The tai chi group also had significantly fewer falls, and slower rates of decline in overall motor control. In addition, tai chi was safe, with little risk of Parkinson patients coming to harm.

Tai Chi for Health Programs include: Tai Chi for Arthritis, Tai Chi for Osteoporosis, Tai Chi for Diabetes, Tai Chi for back pain, Tai Chi for beginners, Seated Tai Chi for arthritis. For more information, please visit www.taichi.sg

Beyond Parkinson

BY JASON FOO

It was in 2009 when I was diagnosed with Parkinson. About a year earlier, I rejected what the doctor suspected and refused to undergo an MRI to confirm it, as I felt that it was impossible to get this "old man illness" at 45 years. After numerous visits to the orthopaedic and TCM which failed to cure the stiffness in my left arm and hand and slowness in my movement, I found myself and my wife crying in the SGH Neurology Clinic.

We were introduced to the then Senior Nurse, Ms Tan Siok Bee, for counseling. She recommended me to join the PDSS support group but I declined as I feared meeting people with advanced Parkinson. I could not handle the sense of hopelessness knowing that my own physical condition would deteriorate gradually.

I finally had the courage to face my fear head on and accept my illness 3 years later and now am an active member of PDSS. PDSS runs activities which are both helpful and practical for improving physical and mental health.

I get to meet other People with Parkinson, but as we interact and share our experience, instead of despair, I see courage and determination in overcoming the difficulties. I have learnt to live beyond Parkinson.

