

When I was first diagnosed with Parkinson's Disease, I was very depressed and uncertain of the future. I was especially conscious of my hands shaking and kept feeling as though everyone was watching me. It was too much pressure on me so I ended up avoiding crowded places. But I am thankful for all my friends and family and the support that they provide me. Without them, I could never be where I am today. Whenever I tell my daughter that I am scared of people seeing me, she always scolds me and tells me not to care. If I had any final words to say, I would like to thank my family members and to tell them that I love them very much. (continued below)



I am no longer ashamed of my condition. I have learnt to grow and accept it. The nurses at the hospital have been especially kind and helpful. I wish that the doctors had a bit more time to spare, but I understand that they are busy. I am most upset about inconveniencing others due to my condition. My friends are all very understanding and they want to help me, but I am just afraid of slowing them down. -Mdm Ho Kum Yin

“What matters most to me would be the ability to go out and meet my friends. I've had Parkinson's for the past 20 years, but my friends have made me stronger.” -Mdm Fong Seow Hua

I would dedicate my last words to my loving husband, the man who has been by my side for all these years; the man who loves me for who I am no matter what, and takes care of me with all his heart. To him, I say “Thank you.”

-Mdm Margaret Wan

