Living with Chronic Disease: Lessons from Our Patients (and their loved ones)

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The importance of being proactive

- Be an active participant in your disease management
  - Actively seek solutions
    - If you don’t tell us, we can’t help you
  - Take control of those things that are within your control
    - Nutrition
    - Exercise
    - Routine medical care
    - Minimizing stress
You are not defined by your disease

• We are more than our labels or the challenges life gives us
  • Parents, children, siblings, friends, mentors, much much more
• Parkinson’s Disease is only one part of life, you don’t have to let it consume you
• You can thrive despite your diagnosis
Perception determines your experience

- Things don’t always turn out the way we plan, but that’s ok
  - Adaptability is key
    - Each day is unique and unpredictable. Don’t be stuck on how things are supposed to be. Take each day for what it brings.
- You decide how you will face every challenge, including this one
  - Find meaning in your challenge
- The way you deal with it will determine the quality of your life
- Focus on abilities instead of limitations
Don’t take anything for granted

• Life can, and often does, change in an instant
• Treasure each and every moment as the gift that it is
• Take the time to focus on what truly matters
• But let go of your fear of the future
  • “If you fear the worse and it happens, then you’ve lived it twice. If it doesn’t happen, then you’ve worried for nothing.”
    – Michael J. Fox
There is always hope for the future