



Breaking the Silence: Mental Wellness & Connection for Veterans with Parkinson's

Better Lives. Together.

Thank you



DON and LORRAINE FREEBERG FOUNDATION

Better Lives. Together.

Our Mission



The Parkinson's Foundation makes life better for people with Parkinson's disease by improving care and advancing research toward a cure. In everything we do, we build on the energy, experience and passion of our global Parkinson's community.



We have everything you need to live better with Parkinson's.

Our Goals



To help our global community live better with Parkinson's, we pursue **three goals**:



Improve **care** for everyone with Parkinson's



Advance **research** toward a cure



Empower and educate our global **community**

PD Health @ Home



Weekly programming that includes:

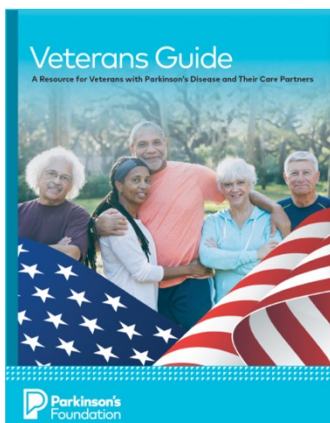
- Mindfulness Mondays
- Wellness Wednesdays
- Fitness Fridays
- Expert Briefings
- EP Salud en Casa



Visit [Parkinson.org/PDhealth](https://www.Parkinson.org/PDhealth) to learn more and register.

Better Lives. Together.

www.Parkinson.org/Veterans



Veterans & Parkinson's

IN THIS SECTION

Global Care Network

Building Your Care Team

Telemedicine

Veterans & Parkinson's

Medical Care & Treatment

Agent Orange & Other Toxic Exposures

Veterans Benefits

Caring for a Veteran with Parkinson's

Women & Parkinson's

Black Community & Parkinson's



More than 110,000 veterans with Parkinson's disease (PD) receive care through the U.S. Department of Veterans Affairs (VA). Since 2020, the Parkinson's Foundation and the U.S. Department of Veterans Affairs (VA) have formally partnered to improve the health, well-being, and quality of life for veterans living with Parkinson's.

Better Lives. Together.



Breaking the Silence: Mental Wellness and Connection for Veterans with Parkinson's

Ellen Bradley, MD

Assistant Professor, Department of Psychiatry and Behavioral Sciences, Weill Institute for Neurosciences
University of California, San Francisco

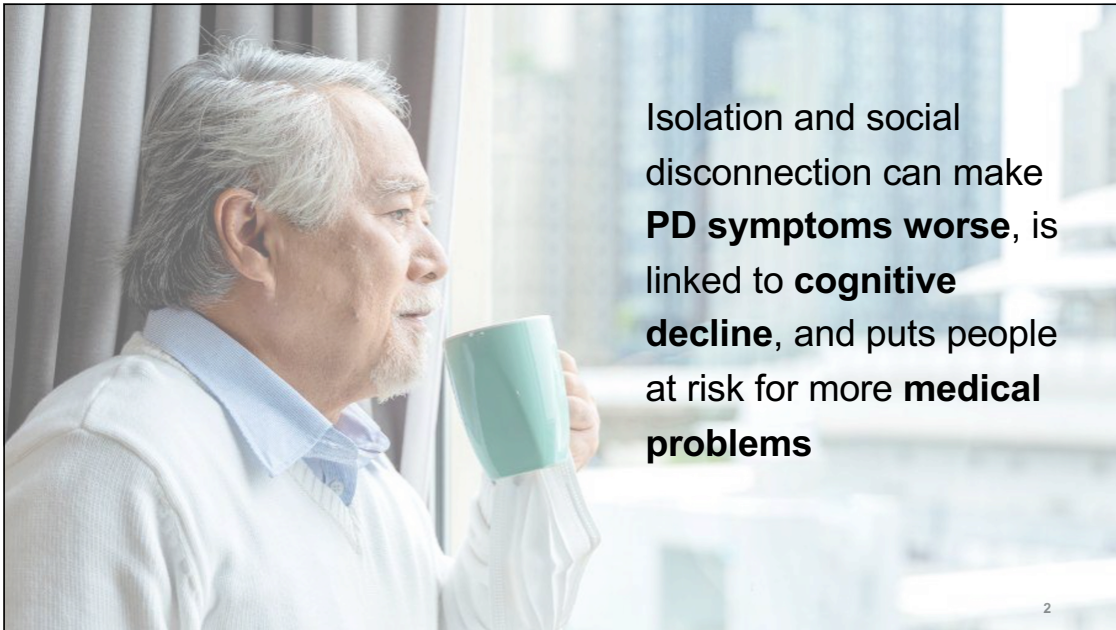
Better Lives. Together.

Disclosures

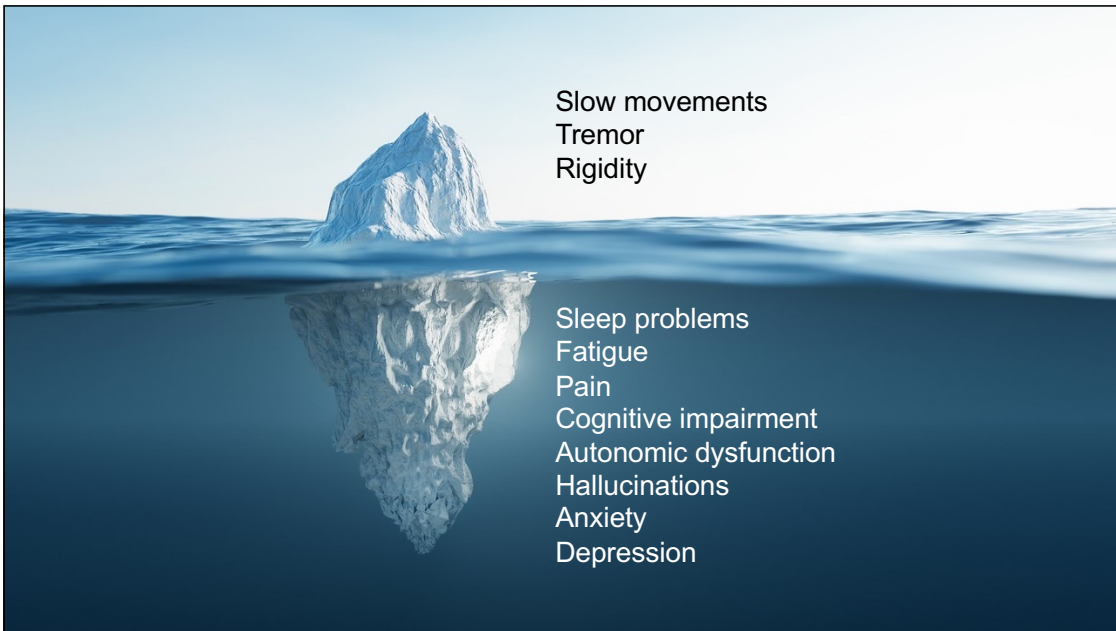


None

Better Lives. Together.



Isolation and social disconnection can make **PD symptoms worse**, is linked to **cognitive decline**, and puts people at risk for more **medical problems**

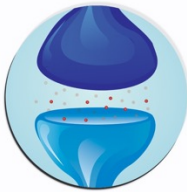


Slow movements
Tremor
Rigidity

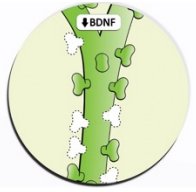
Sleep problems
Fatigue
Pain
Cognitive impairment
Autonomic dysfunction
Hallucinations
Anxiety
Depression

What might contribute to mood changes in Parkinson's disease?

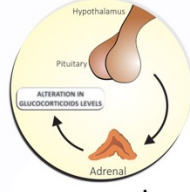
Imbalanced monoamines



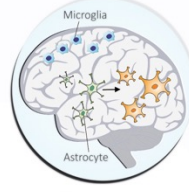
Decreased trophic support



Dysregulated HPA axis



Neuroinflammation

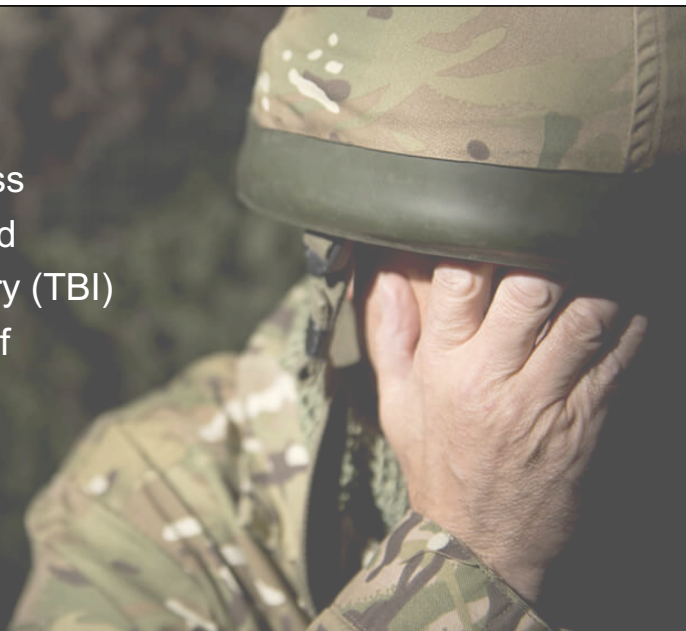


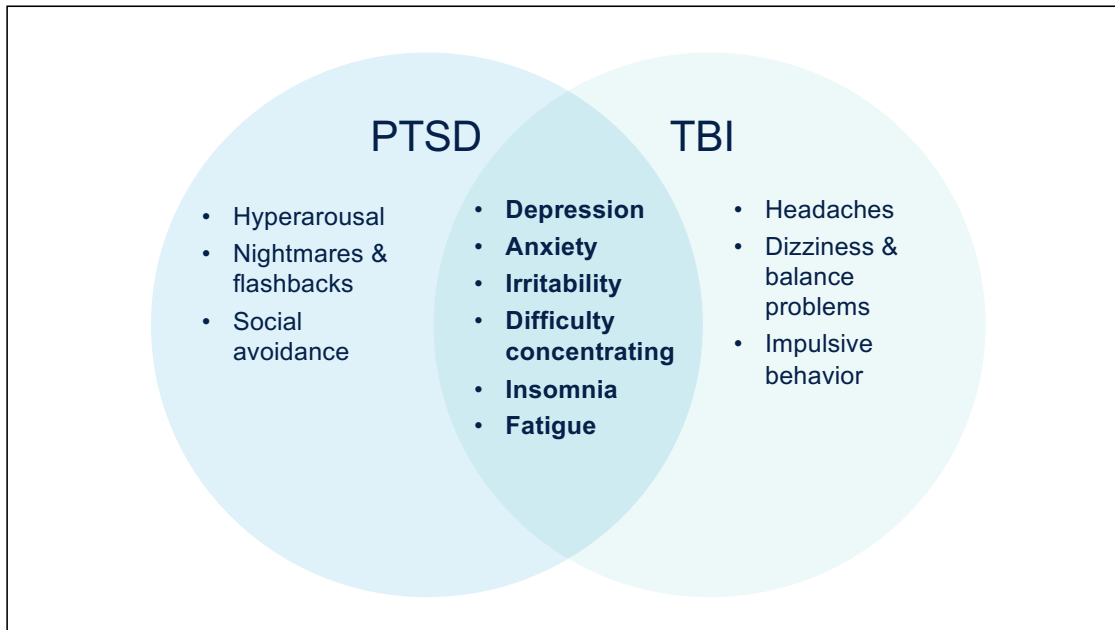
Oxidative stress & mitochondrial dysfunction



Adapted from Galts et al. 2019. *Neurosci & Biobehav Rev.*

Post-traumatic stress disorder (PTSD) and traumatic brain injury (TBI) **increase the risk** of developing PD





Isolation and its impact on Veterans with PD: take-home points



1. Mood changes are common in PD and linked to lower quality of life
2. Mood changes may be part of PD itself
3. Symptoms of PTSD and TBI can make it more difficult to manage PD



What can
Veterans with
PD do to
improve their
mood?





Doing pleasurable activities, even when we don't feel like it, helps to improve our mood



Behavioral activation steps

1. **Identify** a *pleasant* activity
2. **Schedule** the activity
3. **Do** the activity – even if you don't feel like it in the moment!
4. **Notice** your mood afterwards



Exercise Take a bath Listen to a song you like Play with a pet
Call a friend Look at the night sky Watch a funny YouTube clip

Cognitive behavioral therapy (CBT)



- Based on the idea that *unhelpful ways of thinking* contribute to poor coping and impaired functioning
- Aims to change thinking patterns through training
- 5-20 sessions, structured, with homework

Treatment with medications

- Several different types of medications are used to help with depression & anxiety in PD
- Finding the right medication and the right dose can take time



Advocating for yourself and your loved ones with PD



Thank you



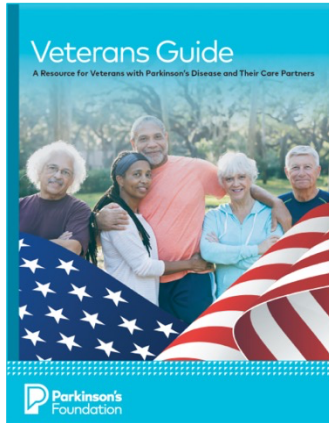
DON and LORRAINE FREEBERG FOUNDATION

Share Your 'PD Story' with the Parkinson's Foundation!

- **What is a My PD Story?**
 - Personal stories of people affected by PD that help raise awareness and inspire others!
 - Shared on the Parkinson's Foundation website
- **Who can submit?**
 - Anyone in the PD community
- **What can I include in my submission?**
 - Your experience as a veteran with PD, or as a loved one of a veteran
 - Advice for others
 - Helpful resources you've used from the Parkinson's Foundation and the VA

To share your story, visit
[Parkinson.org/MyStory](https://www.parkinson.org/MyStory)





Veterans & Parkinson's

IN THIS SECTION

Global Care Network

Building Your Care Team

Telemedicine

Veterans & Parkinson's

Medical Care & Treatment

Agent Orange & Other Toxic Exposures

Veterans Benefits

Caring for a Veteran with Parkinson's

Women & Parkinson's

Black Community & Parkinson's



More than 110,000 veterans with Parkinson's disease (PD) receive care through the U.S. Department of Veterans Affairs (VA). Since 2020, the Parkinson's Foundation and the U.S. Department of Veterans Affairs (VA) have formally partnered to improve the health, well-being, and quality of life for veterans living with Parkinson's.

We're Here For You



Parkinson.org



1-800-4PD-INFO
Helpline@Parkinson.org

