



Linda's T'ai Chi

April is Parkinson's disease Awareness Month

April 2020

With an estimated one million people in the US living with Parkinson's disease, 17,000 of those live here in Washington, what are the treatment options? PD can't be cured but symptoms can often be mitigated to some degree with medication, surgery and lifestyle changes. Stress is a contributing factor in the exacerbation of the symptoms of the disease. Managing stress is important for PWP.

Research suggests that exercise can be especially beneficial for PWP (Persons with Parkinson's disease). These include boxing, pedaling, dancing, drumming, walking, and yoga to name a few.

Research on performing T'ai Chi on a regular basis suggests that this form of exercise is beneficial not only for temporary reduction in physical symptoms but beneficial for overall sense of wellbeing. T'ai Chi is supported as an essential exercise for PWP by the Davis Phinney Foundation, a leading research and educational foundation for PD.

April is the month we take a moment to think about those living with PD, their loved ones and all of the researchers, and care providers who work every day to make the lives of PWP better with the hope of one day curing this disease.