

The newsletter by 2050 HEALTHCARE



# Empowering Lives With Every Move Parkinson's Awareness: Understanding, Support, & Hope

## CARECONNECT

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A photograph showing a caregiver in a white lab coat from behind, with her arms around an elderly woman. The woman is using a metal walker and they are walking on a green lawn. In the background, there are trees and a clear sky with a bright sun.

Moving towards Better

Living with Parkinson's, *Together*

# MESSAGE *from* LEADERSHIP



**Mr. Prasanta Mohanty**  
(Chief Business Officer)

April recognises a significant global health observance—**World Parkinson’s Day**. The 11th of April serves as a powerful reminder of the challenges faced by individuals living with Parkinson’s Disease while shining a light on the importance of awareness, research, and compassionate care.

At the heart of our mission at **2050 Healthcare**, is a commitment to supporting individuals and families affected by Parkinson’s. Whether through early detection, therapeutic interventions, or emotional and community support, every step we take together makes a difference. Parkinson’s Disease may be a progressive condition, but with informed care, adaptive strategies, and continued research, we can help those impacted maintain their quality of life and independence.

As we look toward the future of healthcare, advancements in **medical technology, personalized treatment plans, and AI-driven diagnostics** will play a pivotal role in Parkinson’s management. Innovations in neurology, regenerative medicine, and patient-centered care models will help us redefine how we support individuals living with this condition. By embracing these emerging possibilities, we ensure a better quality of life for future generations.

This month, let’s focus on spreading knowledge, breaking myths, and fostering hope. We encourage you to participate in awareness initiatives, share helpful resources, and engage in conversations that drive positive change. By working together, we can ensure that those affected by Parkinson’s continue to move forward with strength and resilience.

**Let’s stand united in our efforts to empower lives—because every move counts**

**Parkinson's Disease (PD)** is a progressive neurological disorder that affects movement, balance, and coordination. While there is no cure, early detection and proper management can significantly improve quality of life.



## Supportive Care & Management:

01

Medication and specialized treatment plans

02

Physical therapy to enhance mobility and strength

03

Speech therapy for improved communication

04

Occupational therapy for daily activity support

05

Emotional and community support groups



## DID YOU KNOW?

**Parkinson's Stats:** Over 10 million people worldwide live with Parkinson's Disease.

**Brain Health Tips:** Regular exercise, a healthy diet, and mental stimulation may help slow progression.

### Wellness Myths Busted:

**Myth:** "Parkinson's only affects older adults."

**Fact:** While most cases occur after age 60, early-onset Parkinson's can develop before 50.

**Myth:** "Tremors are the only symptom of Parkinson's."

**Fact:** Symptoms vary and can include stiffness, slow movement, and cognitive changes.

### Our Therapists Who Help in Parkinson's Management

#### **Neurologist:**

Diagnoses and manages treatment plans, including medications and deep brain stimulation (DBS).

#### **Physical Therapist:**

Helps improve mobility, balance, and flexibility through targeted exercises.

#### **Speech & Swallow Therapist:**

Assists with voice projection, swallowing difficulties, and speech clarity.

#### **Occupational Therapist:**

Provides strategies and tools to maintain independence in daily activities.

#### **Mental Health Professional:**

Supports emotional well-being, anxiety, and depression management.

# Doctor's Corner

**Dr. Shubham Singh**, Clinical Head- Lucknow



What are the early signs of Parkinson's that people should look out for?

Early signs can include **subtle tremors, smaller handwriting, loss of smell, sleep disturbances, and slowed movement.** Recognizing these early can help in seeking timely medical advice, allowing for early intervention and better symptom management.



How can caregivers support individuals with Parkinson's?

Caregivers play a crucial role by assisting with daily activities, encouraging exercise, ensuring medication adherence, and providing emotional support to enhance the patient's quality of life. Additionally, fostering a positive environment, maintaining patience, and seeking professional guidance when needed can help both the patient and caregiver navigate challenges more effectively.



How does Parkinson's affect daily life?

As the disease progresses, **movement becomes slower, and balance can be affected,** making daily activities like dressing, writing, or even speaking more challenging. Fatigue and muscle stiffness can further **limit independence,** requiring lifestyle adjustments and support.



How important is physical activity for individuals with Parkinson's disease?

**Exercise** plays a vital role in managing symptoms by improving mobility, flexibility, and mental well-being. Activities like Tai Chi, dancing, and resistance training can be particularly beneficial in **maintaining strength, reducing stiffness, and enhancing overall quality of life.**



Best  
Moment



Bengaluru OPD opening  
ceremony



Public health camps



We are one of **India's leading chain of rehabilitation centers** providing you with the best rehabilitation facilities such as:

- **Post Stroke Rehabilitation**
- **Neurological Rehabilitation**
- **Cardiopulmonary Rehabilitation**
- **Orthopaedic Trauma Rehabilitation**
- **Sports Injury / Spine Rehabilitation**
- **Paediatric Rehabilitation**
- **Oncology Rehabilitation**
- **Liver/Biliary Rehabilitation**

<b>Home Healthcare Services</b>	<b>Day Care Procedures</b>	<b>Long Term Acute Care</b>	<b>Speech &amp; Swallow Lab</b>
<b>Pharmacy 24X7</b>	<b>Nurses &amp; Nursing Attendants 24X7</b>	<b>Occupational Therapy Lab</b>	<b>In-patient Rehab &amp; Physiotherapy</b>
<b>Diet &amp; Nutrition Management</b>	<b>Doctor Consultations</b>	<b>Lab &amp; Diagnostics &amp; Sleep Lab</b>	<b>Equipment (Rent &amp; Sale)</b>



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