

Holistic Health and Wellness

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Themes:

- Concept of Total Health
- Connection is Protection
- Wellness Strategies

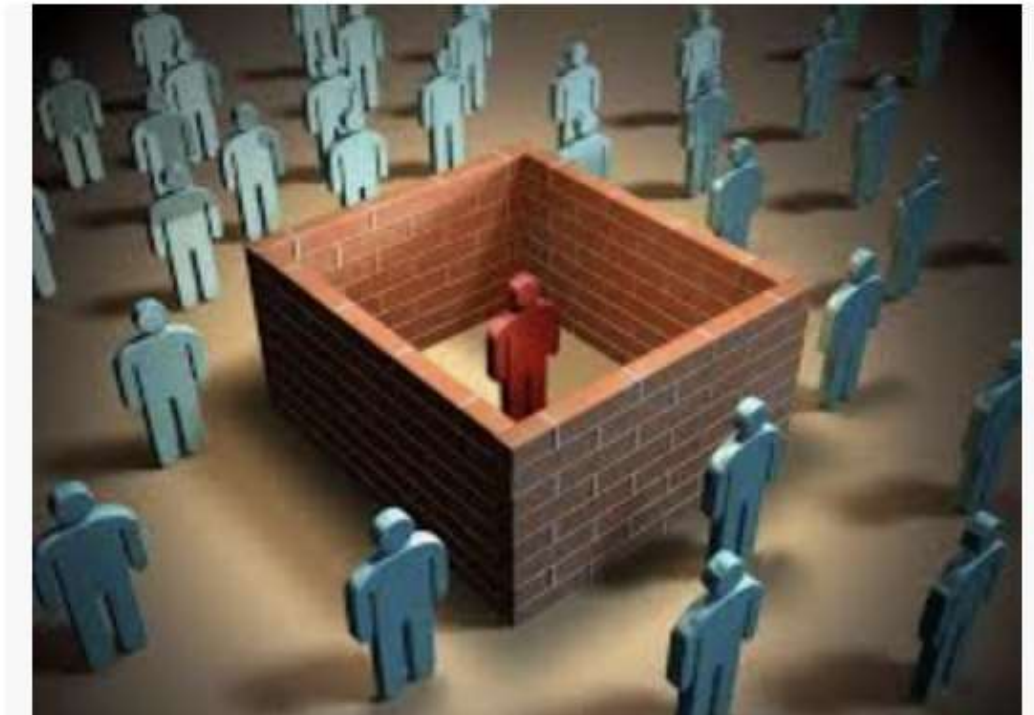
The Concept of Total Health



Physical Health



Social Health



Spiritual Health



Planning and Preparing for the Future





Care-Partner Health



**KEEP
CALM**

and place your

OXYGEN MASK
on first!

The Concept of Total Health



Dame Cicely Saunders, MD, RN, MSW
Prescriber's J. 1964
Founder of Palliative Care

Myths about Palliative Care



Definition of Palliative Care

- approach that improves quality of life
- relief from pain or other distressing symptoms
- affirms life and regards dying as a normal process
- psychological and spiritual aspects of patient care
- offers a support system to help the family cope
- is applicable early in the course of illness

Research

JAMA Neurology | **Original Investigation**

Comparison of Integrated Outpatient Palliative Care With Standard Care in Patients With Parkinson Disease and Related Disorders A Randomized Clinical Trial

Benzi M. Kluger, MD; Janis Miyasaki, MD; Maya Katz, MD; Nicholas Galifianakis, MD; Kirk Hall, MBA; Steven Pantilat, MD; Ryan Khan, MDiv; Cari Friedman, LCSW; Wendy Cernik, BSN; Yuika Goto, MD; Judith Long, MS; Diane Fairclough, DrPH; Stefan Sillau, PhD; Jean S. Kutner, MD

Figure 2. Patient-Reported and Caregiver-Reported Outcomes

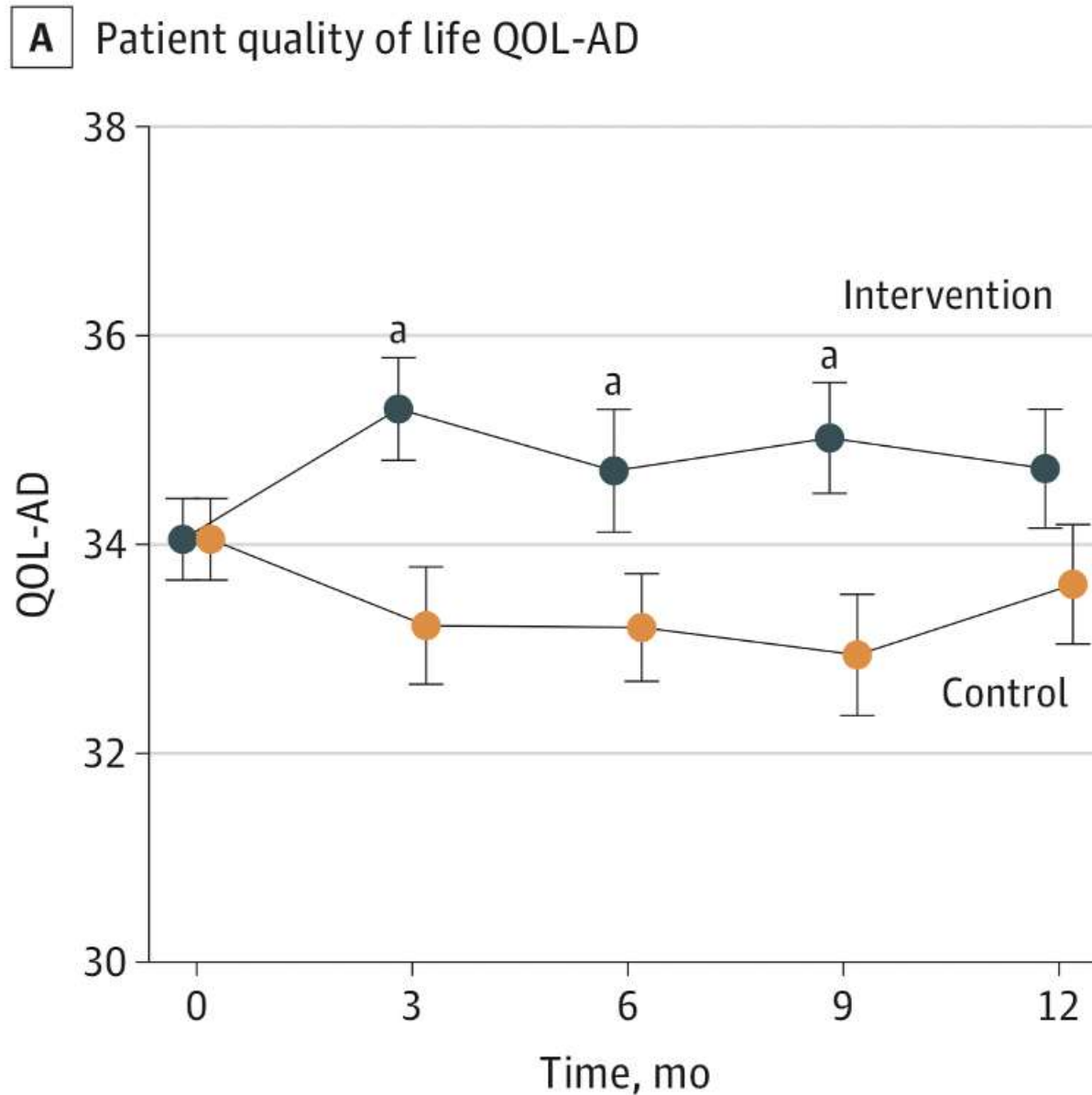
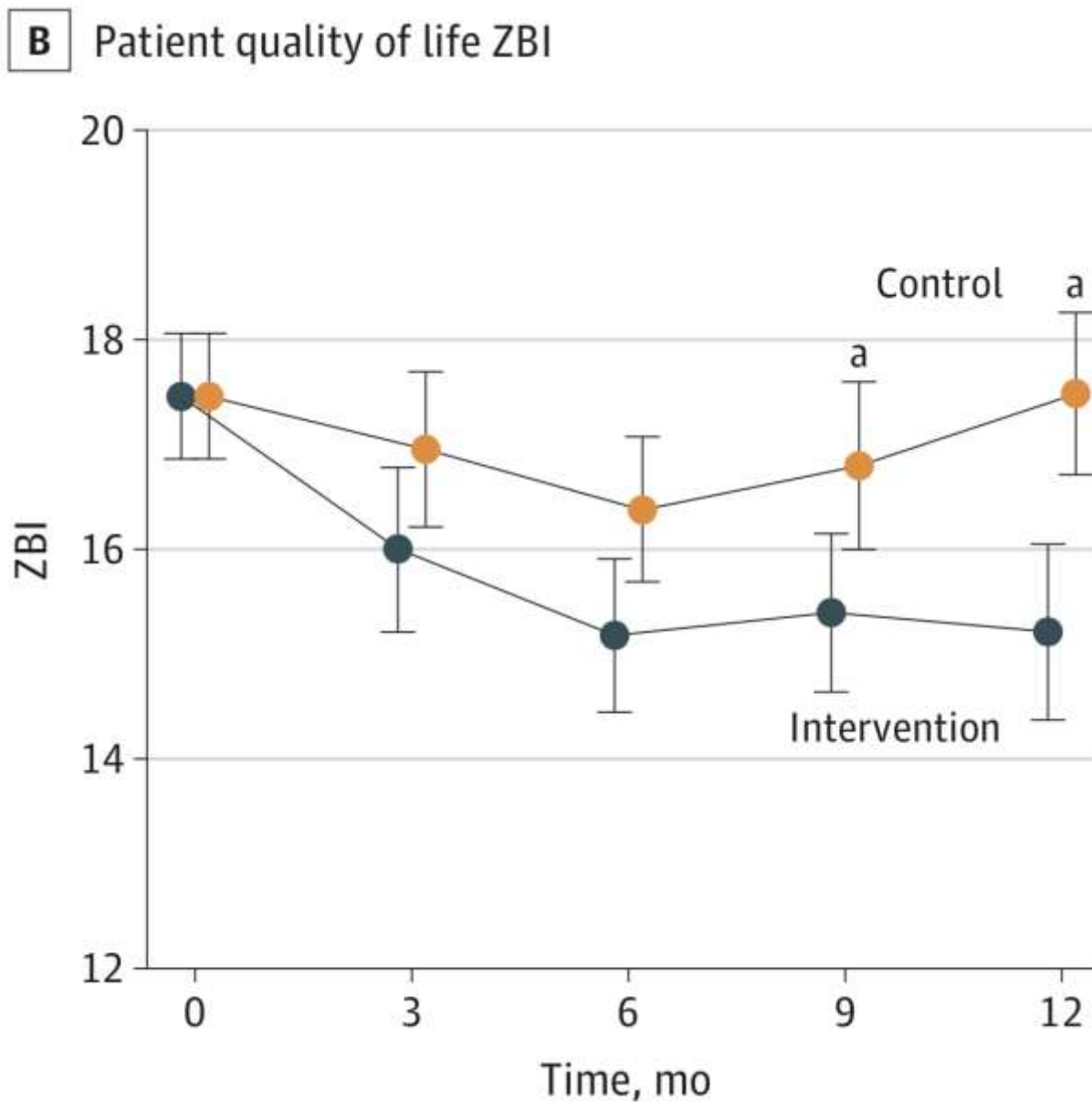
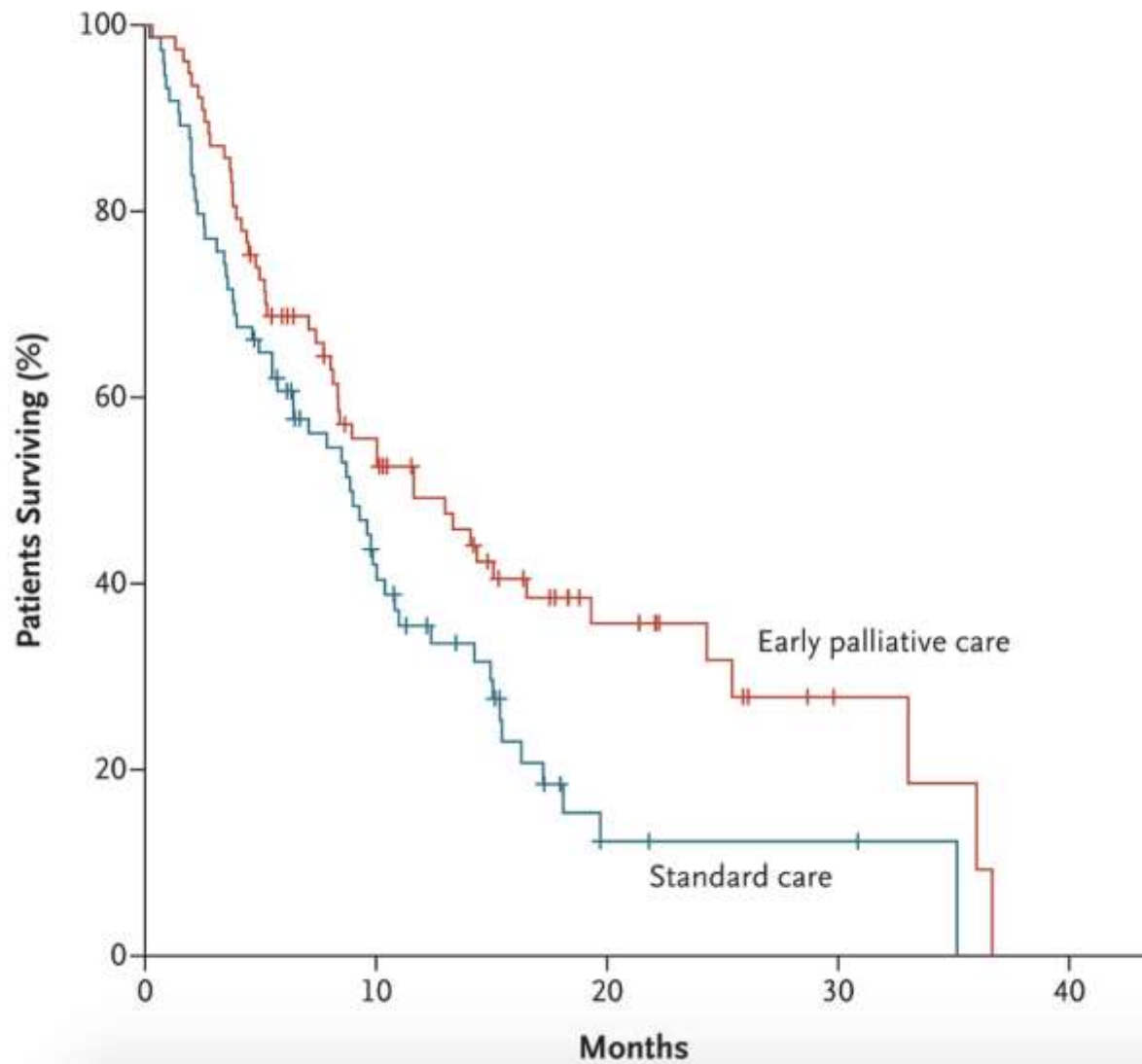


Figure 2. Patient-Reported and Caregiver-Reported Outcomes





Maybe we don't need to choose between
quantity and quality of life?



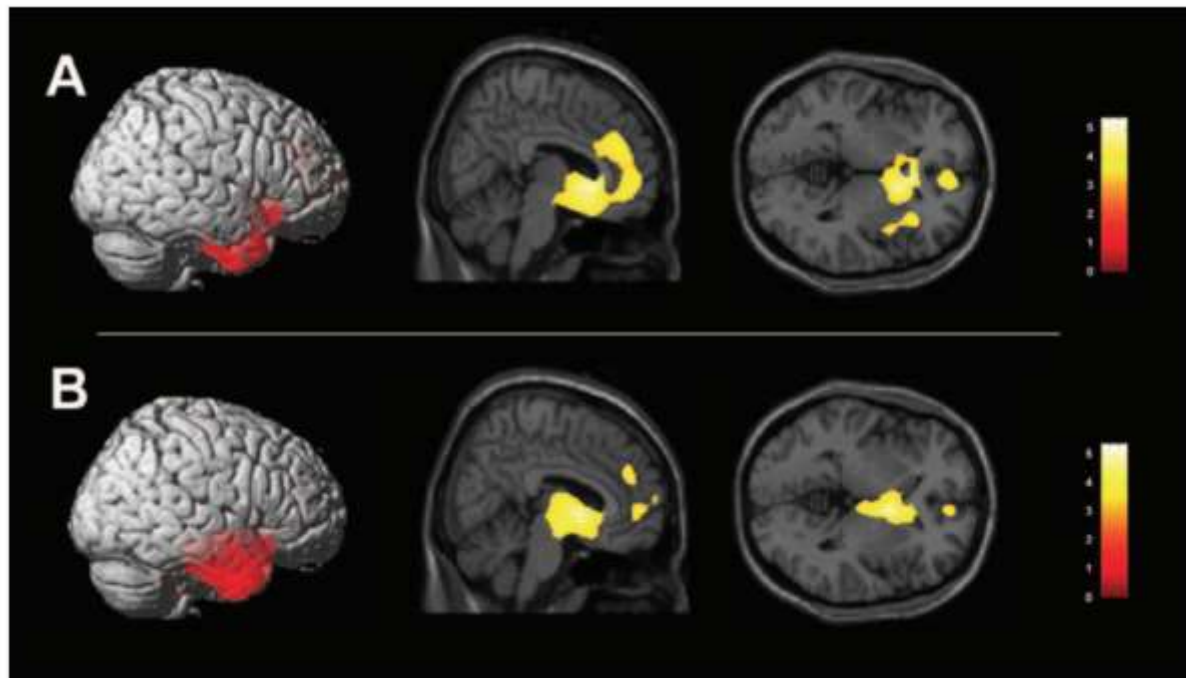
Connection is Protection



What brings you Awe?

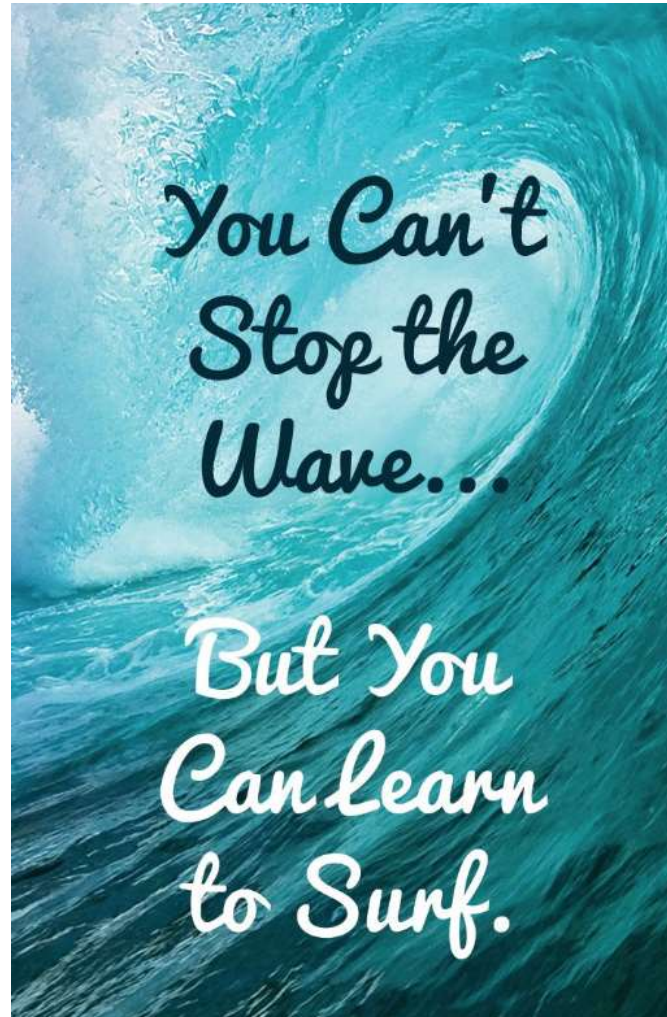
Connection is Protection

*Connection is Protection. We are wired to connect.
The Empathy Circuit*



Wellness Strategies

MINDFULNESS
BASED
STRESS
REDUCTION



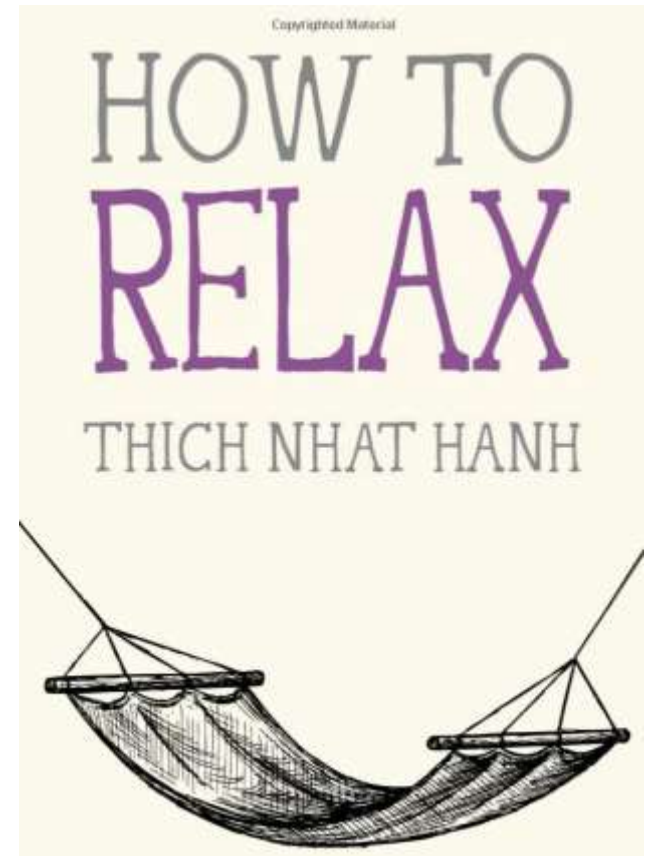
Wellness Strategies

Try to focus 3 times a day on when you stand up or sit down

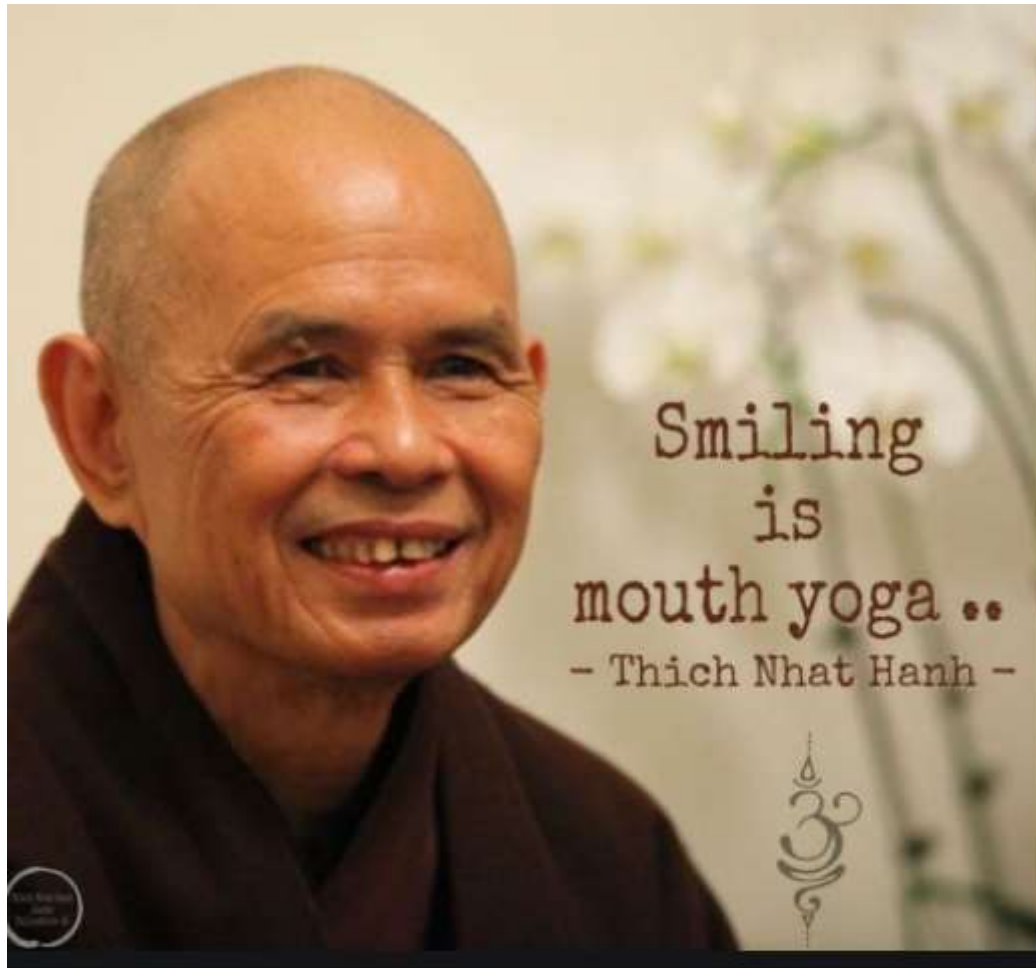
Wellness Strategies

Grace breath

Wellness Strategies




Wellness Strategies



Wellness Strategies

PRACTICE GRATITUDE

Name 2 or 3 things every day that you appreciated that day. Be specific.

 <i>I am grateful for...</i>

Wellness Strategies

Daily Intentions

Sunday Date: _____

Monday Date: _____

Appreciations and Gratuities:

Tuesday Date: _____



Wellness Strategies

Goals of the Week

Physical (e.g. walking, boxing, etc.)

Day: _____ Time: _____

Social (e.g. lunch with a friend, going to a play, etc.)

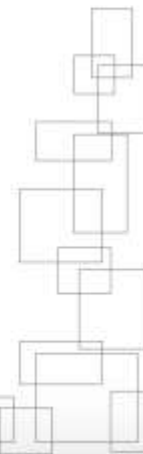
Day: _____ Time: _____

Mental (e.g. study Spanish, play chess, etc.)

Day: _____ Time: _____

Spiritual (e.g. meditate, yoga, etc.)

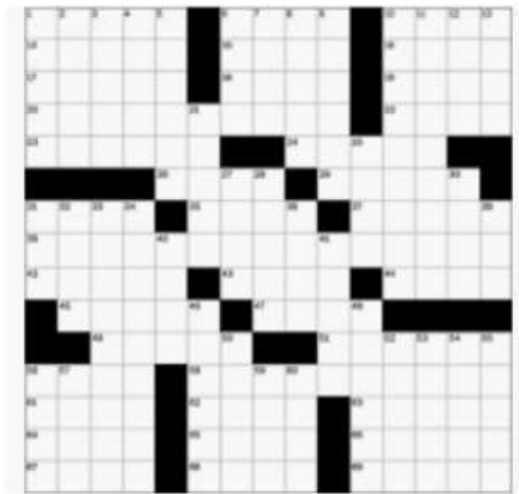
Day: _____ Time: _____



Wellness Strategies

COGNITIVE LEISURE ACTIVITIES

Crossword puzzle, jigsaw puzzle, sudoku,



Wellness Strategies

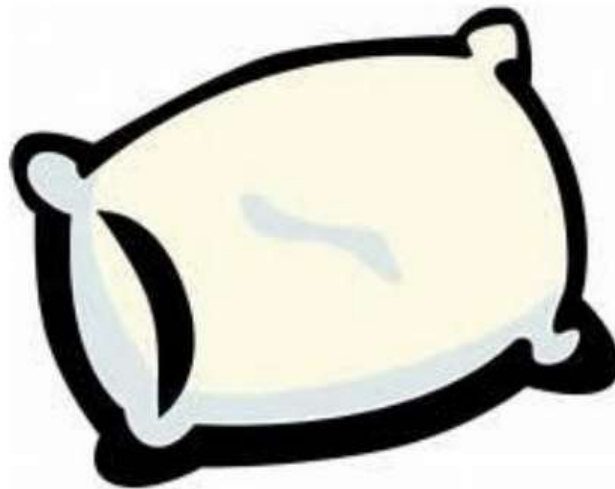
- CBT-I

GET ENOUGH SLEEP

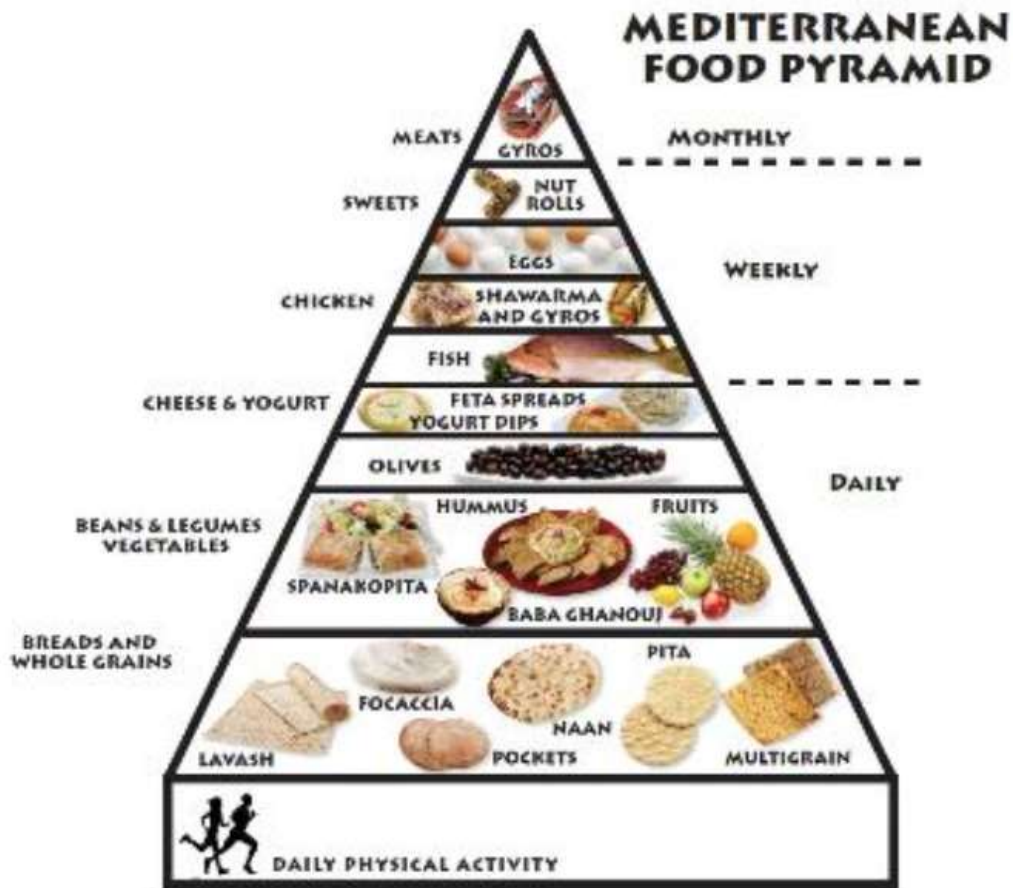
Sleep is restorative.

Try for 8 hours of sleep per night.

If you can't, talk to your doctor to get help.



Wellness Strategies



Wellness Strategies



Fried and Processed foods
Non-organic dairy
Simple carbohydrates
Animal meats and fats
Limit alcoholic beverages

Wellness Strategies

- EXERCISE PROGRAM



Wellness Strategies

- **FORCED EXERCISE**



Wellness Strategies

- **FORCED EXERCISE**

- Show the pedlar

- Show the cycle

Wellness Strategies

GOAL HEART RATE for neuroprotection

Show evidence of neuro-receptor increase

Wellness Strategies

- DUAL TASKS



Online Wellness Programs

PD▶Active

By and for people with Parkinson's disease

Here are links to our programs that offer live-streams:

- [ABC](#)
- [Boxing](#)
- [Dance](#)
- [Meditation](#)
- [Pilates](#)
- [Power Moves](#)
- [Tai Chi](#)
- [Voice](#)
- [Yoga](#)



Virtual Neuroscience
Supportive Care Program

Key Points

The *Total Health Approach* addresses the effects of PD on physical, emotional, social, and spiritual health.

Connection to the self, family, community, nature and the greater builds Resilience

Resilience is not how you endure, it's how you Thrive