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IT'S OUR PASSION

What you should know about Parkinson's disease

by Pensiri Panyarachun, Absolute Living Thailand

Parkinson's disease is the second most common neurodegenerative disorder after Alzheimer's disease and the most common movement disorder. It is a fairly common age-related and progressive disease of brain cells (brain disorder) that affect movement, loss of muscle control, and balance.



Parkinson's disease is a degenerative disease of the nervous system which is common in patients older than 55. The actual cause of the disease is not confirmed. However, the symptoms mainly occur due to the decreasing of cells in

the brain, called the substantia nigra, that produce a substance called dopamine. As a result, patients move slower than usual; some have shaking of their hands and feet, and some have difficulty walking. Other symptoms can include constipation, urinary difficulty, fatigue, forgetfulness, depression, and sexual dysfunction.

Some suspected causes of Parkinson's disease include:

- 1. Aging brain.** The brain cells that produce dopamine are decreased. It is usually found in people older than 65; it is equally common in males and females. Statistics shows that this disease occurs in 1 to 5 percent of the populations of those over the age of 50 in many countries.
- 2. High blood pressure medication.** In the past, such medications were found to affect the brain substance dopamine. However, recently medicine for controlling high blood pressure has no effect on the brain.
- 3. Blocked artery in the brain.** This would be affected by reducing or eliminating brain cells that reduce dopamine.
- 4. Toxin damages brain.** Toxic substances from plants including manganese and carbon monoxide poisoning can cause brain cell degeneration and Parkinson's disease.
- 5. Head injury or common shock.** Patients with a history of accidents in cars or on motorbikes have an increased chance of having Parkinson's disease. This is true as well for boxers who are constantly punched in the head.
- 6. Lack of oxygen to brain.** Patients subjected to drowning, strangulation or obstruction in the respiratory tract.
- 7. Brain inflammation.** Reversing inflammation in the fluid surrounding the brain's cortex may provide a solution to the complex riddle of Parkinson's disease.
- 8. Genetic diseases** such as Wilson's disease, liver disease, disability with brain aneurysm.
- 9. Long-term use of tranquilizers or sleeping pills.** Patients with psychiatric disorders often take medication to control the symptoms of hysteria, delirium or confusion. Taking such pills for long period of time could cause Parkinson's disease.

Signs and symptoms of Parkinson's disease

- Shaking of hands, arms, legs, jaw and face
- A shuffling gait with poor arm swing and stooped posture
- Slow movement, which is called bradykinesia
- Postural instability
- Abnormal movement such as smiling, blinking and swinging of arm
- Difficulty speaking, slow speech, or unable to make higher or lower voice

- Unsteady balance, difficulty rising from a sitting position
- Sleeping disorder from depression

Other symptoms

- Depression
- Unstable emotion
- Confusion
- Feelings of fear and anxiety
- Difficulty chewing and swallowing
- Constipation
- Urinary incontinence
- Oily skin and dandruff
- Sleeping problems and nightmares
- Memory problems
- Changes in handwriting
- Dementia
- Fatigue
- Drooling



A simple test to check the symptoms of the Parkinson's disease

By evaluating Activities of Daily Living below, you can assess or track the progression of the disease.

Activity	Score
1. Speaking	
2. Dribbling	
3. Swallowing	
4. Writing	
5. Eating	
6. Dressing	
7. Bathing	
8. Reverse body	
9. Falling	
10. Stop while walking	
11. Walking	
12. Shaking Left Hand	
13. Shaking Right Hand	
14. Always complain about felling	

For each item, score from 0-4.

- 0:** Means could practice as normal person.
 - 1:** Means could practice but slowly. Do not need help from others.
 - 2:** Means could practice but slow and incomplete. Need help from others.
 - 3:** Means hardly practice. Always need for help.
 - 4:** Could not practice at all.
- Ratings range from 0-56. The more points mean more potential to get Parkinson's disease.

Treatment and Care

People with Parkinson's need solitary treatment and care. Most Parkinson's disease treatments aim to restore the proper balance of the neurotransmitters acetylcholine and dopamine by increasing dopamine levels.

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Treatment by surgery

Generally, surgery is only considered when medication cannot adequately control symptoms. Surgery destroys the brain in a procedure called thalamotomy; it could reduce shaking symptoms only. It would cause slow speaking ability and may cause uncoordinated body movement.

Treatment by diet

No specific food or vitamin can cure this disease, but the following recommendations may help:

- Healthy eating with three meals every day.
- Weight watching once a week to check that you have no malnutrition.
- Eat vegetables or foods with high fiber and drink at least 6-8 glasses of water a day to prevent constipation.
- Avoid fatty foods or foods with high cholesterol.
- Restrict high-protein foods

Treatment by Exercise

Exercise makes the muscles stronger and improves mood. It will not stop Parkinson's disease from progressing, but it will improve walking ability and balance and it can prevent joint stiffening.

Assisted living

Assisted living is a type of housing for people who need various levels of personal care. Living spaces can be individual rooms, apartments, or shared quarters.

Nursing home care

Long-term care offers a vast range of medical, personal, and social services required to meet the physical, social, and emotional needs of people who have long-term illnesses or are disabled by Parkinson's disease.



5 Quick Tips to Get Rid of Cellulite Fast

by Laura Cox, www.UrbaneWomen.com

Cellulite is awful. The dimpled look we women are forced to endure on our stomachs, thighs, legs, and rear end can make us feel quite depressed.

Age is no deterrent, as cellulite can start to show even for the fairly young. It also doesn't matter too much whether we are skinny or large as cellulite does not discriminate. So how can we rid ourselves of the curse of cellulite – and do it quickly?

Following these 5 simple tips is a good start to being free of cellulite:

1. Essential Oils

There are a few essential oils which have been shown to have properties that can