

Parkinson's disease

Meeting with Mr P.N. Srinivasan (1955 T) at our club on 9-3-2013

We had a get-together on the 9th March where Mr P.N. Srinivasan, one of the founding members of AUETAA had come to our AUETAA House to share his experiences as ***a "victim to Parkinson's disease"***. Mr PNS said that Parkinson's disease is a neurological disorder in which neurons in a region of the brain that controls movement deteriorate. The deterioration of the neurons results in a shortage of dopamine a brain-signaling chemical (neurotransmitter) which causes problem with movement. Parkinson's can also be called as a movement disorder. Mr PNS got to know about this Parkinson's disease in 2005 when he was able to observe a mild tremor in his legs and hands involuntarily. This was followed by slowness in movement and because of this rigidity/stiffness and resistance to limb movement was noticeable. Postural instability leading to impaired balance and frequent falls and his wife who was also present said that she could not recollect the number of times PNS had fallen down. One of the causes of Parkinson's could be due to toxic exposure of Mercury during his early working days at work, Mr PNS said. Parkinson's can also happen due to a physical concussion suffered by Mohammed Ali the famous boxer or could be caused by a viral infection (encephalitis).

The Parkinson's disease developed slowly but steadily and started affecting Mr Srinivasan's speech, cognition, behaviour and thought. He says medicines do not produce a cure although it gives partial relief but causes other side effects. The only cure was "to accept", have a firm will power, do STRETCHING exercises for 3 - 4 hours a day, a strong family support and regulating the diet that had prevented further degeneration.

Mr Balu (52 batch) had come along with his wife from Bangalore to see Mr PNS. At the end of the session we wished Mrs and Mr PNS a long and happy and healthy life. The couple is moving to a senior citizen complex in Coimbatore.

Some suggestions for preventing Parkinson's disease is to take life a little easy, avoid too much unnecessary information transfers through mobiles and computers, avoid exposure to pesticides, herbicides, insecticides, to keep the windows open when you are painting your house with low volatile paints, eat fresh vegetables rich in Vitamin B and Folic acid, lot of fibre in the diet, avoid food rich in Iron and Manganese.