



LIVING WELL WITH PARKINSON'S

SPRING 2020 NEWSLETTER

Coronavirus (COVID-19) and Parkinson's

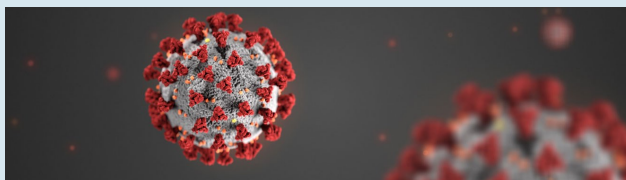
We are sure that you have heard a lot about the new viral syndrome caused by Coronavirus 2019 (COVID-19) and have a lot of questions about it. From the outset of this newsletter, we want to let you all know that we are dedicated to providing you with reliable information and that our whole Movement Disorders Division is here for you. Columbia University Irving Medical Center (CUIMC) is closely monitoring the COVID-19 situation for the safety of our patients and community members.

CUIMC has created a [COVID-19 Resource Center](#) as well as a COVID-19 hotline for patients: 646-697-4000. The hotline is a public service to provide information and should not be considered a substitute for seeking medical advice about diagnosis or treatment.

In addition to general information about COVID-19 provided by CUIMC, we want to make sure you have access to reliable information about COVID-19 as it relates to Parkinson's Disease. We recommend referencing the websites of the following Parkinson's Disease organizations: [Parkinson's Foundation](#), [American Parkinson's Disease Association](#), and [Michael J. Fox Foundation](#).

Be aware of the symptoms of COVID-19 and call your primary care provider immediately if you experience these symptoms. Everyday precautions should be taken, including washing your hands, carrying hand sanitizer, sanitizing surfaces around you, and avoiding contact with those who are sick.

Our primary goal is to protect you. The best method proposed by experts is to reduce or eliminate travel and minimize in-person social interaction. This includes limiting in-person medical appointments, e.g., with your Parkinson's doctor, physical therapist, or occupational therapist. To help you continue with your appointments, CUIMC has expanded its telemedicine services. Please read more about telemedicine services and other resources on the reverse side:



Support Groups!

POSTPONED UNTIL FURTHER NOTICE DUE TO COVID-19

PD Patient Support Group. Meets the last Tuesday of every month. For more information and to register please contact Elizabeth Delaney, LMSW at 212-305-5779.

NEW Caregiver Support Group. Meets the first Wednesday of every month. For more information and to register please contact Elizabeth Delaney, LMSW at 212-305-5779.

Deep Brain Stimulation (DBS) support group. For information regarding the next DBS meeting, please contact Linda Winfield, RN at 212-305-1303.



**PARKINSON'S
UNITY WALK**

PD Unity Walk Has been Postponed.

For up to date information, including updates on when it will be rescheduled, please visit:

<https://www.unitywalk.org/>

Coronavirus (COVID-19) and Parkinson's (cont'd)...

WHAT IS A SAFE WAY TO GO TO MY MEDICAL APPOINTMENTS?: At CUIMC and Weill Cornell Medical Center (WCMC), we have opened up our schedules to be available for telemedicine appointments, so as to enable patients to avoid social contact and commuting for in-person appointments. If you are not a current patient at CUIMC/WCMC, check to see if your provider is capable of conducting telemedicine visits. **CUIMC is also currently offering telemedicine visits for new patients.** If you are a current patient at CUIMC, or would like to be seen as a new patient at CUIMC, here are instructions for telemedicine appointments:

1. Please notify Columbia that you would like a telemedicine visit in lieu of an in-person visit by calling 212-305-1303 to schedule a visit
2. Set up a MYConnect account through www.myconnectnyc.org
3. Download the MyChart app by searching for "MyChart" within the App Store or Google Play. Once in the MyChart app, search for "Columbia University Irving Medical Center Connect"
4. On the day of your appointment, login to your MyConnect account and click "Appointments"
5. Click on the appropriate Video Visit appointment
6. Once the icon turns green, click the "Begin Visit" button at the bottom of the screen.

Assistance of a family member may be required for troubleshooting.

If you have any questions about MyConnect or telemedicine visits, or need additional support, please call Connect Technical Support at (646) 962-4200 or visit www.myconnectnyc.org

You may also use MyConnect to communicate with your provider (to ask for refills, get questions answered, etc.)

HOW DO I CONTINUE WITH PHYSICAL, OCCUPATIONAL THERAPY AND EXERCISE AT HOME?: Try to remain active.

CUIMC is offering consultations with occupational and physical therapists via telehealth (ask your provider about this service). Ask your provider if you are an appropriate candidate for in home rehab therapy. Additionally, there are plenty of exercise videos that you can follow along online. Please see the Division of Movement Disorders' [webpage](#) for some suggestions.

WHAT DO I DO ABOUT MEDICATIONS?: In anticipation of a possible quarantine, make sure that you have enough medication and supplies on hand to get through at least a 14-day quarantine, just in case. It might be helpful to have a larger supply of medications on hand than you normally do. Call your doctor for refills before you run low on your medications.

WHAT IF I AM QUARANTINED?

Try to remain calm. Stress and anxiety can make Parkinson's symptoms worse. Try to find relaxing activities to do at home and make sure you are stocked up on food and medications. If your Parkinson's symptoms worsen and you require additional intervention, make a telemedicine appointment.

WHAT IF I EXPERIENCE RESPIRATORY SYMPTOMS (COUGH, SORE THROAT, AND/OR FEVER)?:

If symptoms are mild stay at home and respect social distancing. Call your primary medical doctor or local Department of Health for advice. If symptoms are severe (e.g., high fever, shortness of breath) visit the nearest ER or Urgent Care center, though you are urged to call ahead.

Check in with and interact with family remotely via Skype or Facetime, RESPECT SOCIAL DISTANCING, and do your best to remain calm and not panic.

In uncertain times such as these we want to make sure that you know that your health care team is there to support you.

Division of Movement Disorders

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[www.columbianeurology.org/
patient-care/movement-
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Make a Gift--Make a Difference

Thinking about charitable giving? Donate appreciated stock to support the Movement Disorders Division's important mission while reducing your tax liabilities.

Please contact Matt Reals to learn how your tax-deductible charitable donation can help our dedicated faculty provide the highest caliber of compassionate care, conduct groundbreaking research, and educate future leaders in the field.

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"Don't count the days, make the days count."

-Muhammad Ali, diagnosed with PD in 1984