

Using Laughter and Humor to Improve Your Parkinson's Management: Physically, Emotionally, Socially.

Although Parkinson's treatments have been developed to improve various PD symptoms, there is still a great deal of pain and stress related to living with this chronic neurodegenerative condition. And as is widely accepted that a patient's emotional state will affect the course and even outcomes of the disease, more and more attention is given to humor and laughter practices, as alternative paths to controlling symptoms and improving well-being and quality of life (Takeda et al., 2010).

But how can a PD patient integrate humor into their daily living? To explore this question, and to provide practical advice on how to find the funny, de-stress, and enjoy a good laugh even in the context of living with a complex condition, GeneFo will be offering a free online lecture, co-hosted by Yvonne deSousa, a patient affected by neurodegenerative disease, humorist, and author, nominated for a WEGO Health Hilarious Patient Leader Award. The lecture will review how adding humor to your life will help better manage your symptoms, how it will improve your emotional well being and ability to cope, and how you can ease social and work interactions related to your disease.

Register for free through this [link](#) to attend the live online event (September 13th) or to be emailed the video recording: <http://tinyurl.com/Humor-and-PD> .

Laughter has been regarded as beneficial for human health for a long time, with some of the benefits attributed to laughter including improved immunological and endocrinological responses, increased pain tolerance, and reduced anxiety and depression (Buxman, 1991)- all important factors in improving quality of life with PD.

A research project, led by Dr. Theodore Brown, is currently recruiting PD patients to a program that evaluates how laughter therapy effects mood, stress and self-efficacy (program details will be discussed in the webinar as well). With empirical studies such as this one, these practices will hopefully be implemented as part of the mainstream care protocol for PD and other neurological and chronic conditions.

For more details:

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To sign up to the webinar: <http://tinyurl.com/Humor-and-PD>

