

Bial

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I HAVE PARKINSON'S NOW WHAT?

Now, let's talk about it



The importance of accepting the condition — told by those who already did it

This is the story of Omotola Thomas, Damásio Caeiro, Massimiliano Iachini, Pilar Martín, Riccardo Nava and all the other people with Parkinson's who accepted a diagnosis and, as a result, felt less stress. Omotola, an English Systems Engineer, can say so herself: diagnosed in 2016, aged 35, she has been systematically turning her condition into an opportunity, through Parkinson Africa, an NGO she created to raise awareness of the disease on the African continent. Or Damásio Caeiro, a Portuguese driver diagnosed at the age of 50,

Fig. 1 Base of the brain, Usual Medicine Dictionary, Dr Labarthe, 1885
Fig. 2 Damásio Caeiro © Luis Nobre Guedes
Fig. 3 Map of Africa, 2022
Fig. 4 Adult human leg, tibia, posterior view

whose Parkinson's took the wheel of his hands, but put a table tennis racket there instead. Which, by the way, would lead him to become the world champion runner-up, in the people with Parkinson's category. Or Massimiliano and his dancing, Pilar and her cooking, Riccardo and his sense of humor, among many others. Real stories from those who have already realised that they don't have a minute to spare, except if to tell those who need to hear it, that the faster you accept Parkinson's, the faster you can restart living.

Sources:
<https://www.parkinsonsafrica.com>
<https://bial-keepiton.pt/sensibilizacao-dp/testemunhos-pacientes/>

www.bial-keepiton.co.uk

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