

2nd International Conference on

Parkinson's Disease & Movement Disorders

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Preventing Parkinson's

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Despite the fact that there is a growing movement towards the prevention of diseases (including Alzheimer's), the concept of preventing Parkinson's has gained very little attention. However, this is poised to change with the development of blood tests that predict one's risk of developing the condition (based upon microRNA or other biomarkers). The recent, groundbreaking book *Preventing Parkinson's: How to Cut Your Risk by Strengthening Your Multiple Shields* is a comprehensive compilation with over 1,000 peer-reviewed references. It is the only book available that provides proactive lifestyle recommendations for lowering one's risk of developing PD. Concepts include: Protection of the blood brain barrier; a diet that prevents the development of misfolded proteins, lowers the activity of the mTOR pathway, as well as being anti-inflammatory and rich in antioxidants; an exercise regime that promotes methylation, as well as increasing cellular recycling of misfolded proteins; enhancement of sleep and the glymphatic system; properly timed light exposure to enhance melatonin production; stress reduction to decrease the negative effects of stress hormones; minimization of one's exposure to toxins and radiation; and avoidance of head injuries. In summary, the synergy of healthy habits may be the best hope for preventing the predicted doubling of PD by the year 2030.

Biography

Ben Weinstock specializes in the rehabilitation of people with neurodegenerative diseases. He is the author of the only book about the prevention of Parkinson Diseases, "*Preventing Parkinson's: How to Cut Your Risk by Strengthening Your Multiple Shields (2015)*". Another innovative approach that he has developed is EPIC-PD (Exercise Prescription, Individualized Care for Parkinson Diseases) which gives physical therapists a unique methodology for developing personalized lifestyle plans for each patient with PD. He also teaches continuing education seminars to undergraduate and post-doctoral physical therapists. He has completed his DPT from University of Montana City and continued his education at University of New York.

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