Hot Topics:
From a Therapeutic Perspective

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Overview

• LET’S MOVE!
• What’s in an app
• Tech attacks anxiety
• Hearing your questions
How can Exercise Help?

- ↑ Flexibility
- ↑ Balance & Safety
- ↑ Mobility
- ↑ Sense of Well-being
- ↑ Energy
- ↓ Depression
- ↑ Posture
- Also helps with pain management
Power Up Your Posture

- Postural changes lead to problems with breathing, drooling, balance & pain
- Correct with ↑ awareness, proper chairs, exercise & lumbar rolls
Follow these Cues

• Feet flat on floor
• Back tall
• Take a deeeeeeep breath
  – “Ahhh’s”
  – Hand flicks
  – Starfish: hands to thighs and then overhead in a “V”!
New to the Market

• Getgrandpad.com
• Greatcall.com
• Unaliwear.com

• It’s OK there is HELP!
  – Free workshops
  – Aarp.org/learnat50plus
Why Consider?

• In-person health care delivery
  – Constrained by time
• Electronic technology
  – Sensor based systems
  – Interactive systems
  – Set therapeutic goals
  – Opportunity for communication

Wang et al. 2016
https://www.google.com/search?q=telemedicine&source=lnms&tbm=isch&sa=X&ved=0ahUKEwjimo-6tcLZAhUDvFkKHVG4CWMQ_AUICygC&biw=1264&bih=739#imgrc=1Yq0829zDr8cM
Tech Today: The Stats

• Innovations to transform healthcare
  – Sensors
  – Mobile communications
  – Cloud computing
  – Internet

• In 2013: 17,000 health related mobile apps
• In 2016: 59,000 health related mobile apps
• Global smartphone market: Annual growth is 35%!

What Can We Monitor With Smartphone Apps?

• Healthcare and Fitness
• Health-tracking, fitness, nutrition, sleep
  – Steps!
  – Sedentary vs active cycles
  – ”Open”: (http://opkp.si), which is an open access, web-based application that supports diet planning and automatic food recognition


https://www.google.com/search?q=fitbit&source=lnms&tbm=isch&sa=X&ved=0ahUKEwi8g6PigsXZAhXmQd8KHZcZDZ8Q_AUIIDCgD&biw=1264&bih=736#imgrc=tFSkYywYnO12AM
Fox Insight Mobile

For the person with PD

- Track activity
- Track medication usage
- Provides reminders
- Monitors tremors

For research purposes

- Collects automatic data
  - Wearables
- Collects manual data
  - Entered information

The Michael J. Fox Foundation Launches Clinician Input Study in Parkinson's Disease to Evaluate Mobile Technology in Clinical Care: https://www.michaeljfox.org/foundation/publication-detail.html?id=636&category=7
Lief Therapeutics

- [www.getlief.com](http://www.getlief.com)
A Popular?

- Can you train someone how to fall safely?
THANK YOU!!

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References


• Kostas et al. PD_Manager: an mHealth platform for Parkinson’s disease patient management. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5496467/


• The Michael J. Fox Foundation Launches Clinician Input Study in Parkinson’s Disease to Evaluate Mobile Technology in Clinical Care: https://www.michaeljfox.org/foundation/publication-detail.html?id=636&category=7