

Eleanor Doyle, Patient
Gerard Doyle, Caregiver

Morristown, NJ

Diagnosed by local neurologist in June,
2015

February, 2016 Diagnosis Confirmed at
Mayo Clinic

Symptoms started significantly before
then

First known symptom in 2011
(double vision)

Further Developing Symptoms:

Lack of Balance

Trouble Talking

Trouble Writing

Constipation

Trouble with Urination

Swallowing

Stridor

(Development of Bulbar)

Lack Of Symptoms

No Tremor

No Serious Autonomic Symptoms:

No big fluctuations in blood pressure
no fainting or lightheadedness

Medications - currently none

Medications Tried -no effect on symptoms

Sinemet (carbidopa-levodopa)

Amantadine

Azilect

Nuepro

MSA Impact

- Required Retirement from Law Practice
- Inability to Write
- Inability to Drive
- Move from Primary residence to Smaller Home
- Significant increased responsibilities of Caregivers (husband and daughter)

Mindset at Diagnosis

-Expected more treatment options to control symptoms and the progression of the disease (pharmaceuticals)

Mindset Change:

- Mayo Clinic confirmation that Pharmaceuticals not available
- Acceptance of Disease

Special Things:

-Exercise

Rehabilitation-gym

Rock Steady Boxing

-MSA Coalition Conferences

-MSA NJ support group meetings

-Michael J. Fox Foundation advocacy

Annual Parkinson's Walk

-Research Studies at Mayo Clinic

-Natural History Study

-Monitor Study (Monitoring Symptoms)

-Voice Therapy

Philosophy:

Hope and Acceptance

MUSAFAMU

Final Recommendations:

- Exercise, Exercise, Exercise
- Consult Movement Disorders Specialist
- Consider Voice Therapy
 - LSVT (Lee Silverman Voice Therapy)
 - Breathing Exercises with EMST
(Expiratory Muscle Strength Trainer)
- Regularly check for clinical trials at [ClinicalTrials.gov](https://clinicaltrials.gov)
- Do all you can do while you can do it
- Prepare for being debilitated