

OHIOHEALTH DELAY THE DISEASE™

THE #1 PARKINSON'S EXERCISE PROGRAM

An evidence-based fitness program for people living with Parkinson's disease.

OhioHealth Delay the Disease™ is a nationwide program developed locally by David Zid, BA, ACE, APG, and Jackie Russell, RN, BSN, CNOR. It offers a Parkinson's-specific method of exercise that helps to:

- + Proactively push back against overall disease progression using dedicated exercise therapies targeting Parkinson's symptoms.
- + Empower the patient to take control of the disease with daily exercise.
- + Enhance participants' lives physically, functionally and emotionally.
- + Restore participants' hope, confidence and optimism.

The program offers exercise agendas that target functional fitness to help accomplish daily tasks. The result targets symptoms and may demonstrate delay and even reversal of:

- | | |
|---------------------------|-----------------------------|
| + Altered balance | + Masked facial expressions |
| + Bradykinesia | + Rigidity |
| + Depression | + Stooped posture |
| + Diminished voice volume | + Walking/gait |
| + Freezing | |

Clinical research is ongoing. Participants have observed **improvement in posture, balance, handwriting, mobility, speech volume and a gained sense of independence.** Our research has shown that Depression is diminished, and participants have also reported being able to decrease the number and dosage of medications with the addition of this daily exercise program.

Co-founders of Delay the Disease™



David Zid, BA, ACE, APG



Jackie Russell, RN, BSN, CNOR

NEED MORE
INFO?

Call (614) 566.1189 or visit
DelayTheDisease.com.



OhioHealth
BELIEVE IN WE™

Get Your Patients Started Today

Delay the Disease™ offers many sources of support for people living with Parkinson's disease and their caregivers:

- + Free and fee-based group exercise classes
- + One-on-one exercise training
- + Caregiver workshops
- + Online community at Facebook.com/DelaytheDisease
- + Educational instruction on books and DVDs for the days the participant is not in class

**ORDER
TODAY!**

To order OhioHealth Delay the Disease™ books and DVD's, visit DelaytheDisease.com.

Delay the Disease™ is an important part of OhioHealth's care continuum of neurologists and expert therapists working together to address the impairments associated with Parkinson's disease. The program targets daily functional challenges, such as rising from a chair, getting out of the car, moving about in big crowds, dressing and getting off the floor.

Advancing Neuroscience care at OhioHealth

OhioHealth is home to one of the country's most comprehensive neuroscience programs, giving patients greater access to the most experienced experts. Offering a wide range of specialists and subspecialists armed with the latest technology and expertise to address every brain and spine condition, including Parkinson's disease.

**NEED MORE
INFO?**

Visit OhioHealth.com/Neuroscience for more information.

A FAITH-BASED, NOT-FOR-PROFIT HEALTHCARE SYSTEM

RIVERSIDE METHODIST HOSPITAL + GRANT MEDICAL CENTER + DOCTORS HOSPITAL + GRADY MEMORIAL HOSPITAL
DUBLIN METHODIST HOSPITAL + HARDIN MEMORIAL HOSPITAL + MARION GENERAL HOSPITAL + REHABILITATION HOSPITAL
O'BLENESS HOSPITAL + MEDCENTRAL MANSFIELD HOSPITAL + MEDCENTRAL SHELBY HOSPITAL + WESTERVILLE MEDICAL CAMPUS
HEALTH AND SURGERY CENTERS + PRIMARY AND SPECIALTY CARE + URGENT CARE + WELLNESS + HOSPICE + HOME CARE
28,000 PHYSICIANS, ASSOCIATES & VOLUNTEERS

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