

A Brighter Future: Combating Parkinson's Disease Together – on YOUR HEALTH MATTERS.

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A Personal Journey Through Advocacy and Hope

Today, I'm taking you on a journey that's particularly close to my heart—a journey into understanding Parkinson's disease, its environmental triggers, and the actionable steps we can take to combat this growing epidemic.

The Alarming Rise of Parkinson's Disease

Recently, I had the privilege of hosting Dr. Ray Dorsey, a renowned neurologist specializing in Parkinson's disease, on my podcast. Dr. Dorsey, the David M. Levy Professor of Neurology at the University of Rochester, shared insights from his book, "Ending Parkinson's Disease," which I must say, is a compelling read. The most striking fact we discussed was the alarming rate at which Parkinson's is growing—it's the fastest-growing brain disorder, with cases doubling in the last 25 years. If we don't act, the future looks grim.

Unveiling the Environmental Culprit: Paraquat

Dr. Dorsey's research points to a startling conclusion: the majority of Parkinson's cases are preventable, and the environment plays a significant role. He highlighted the impact of toxins in our food, water, and air. One such toxin is paraquat, a pesticide banned in over 30 countries but still used in the United States. Exposure to paraquat has been linked to a staggering 150% increased risk of developing Parkinson's. This is not just a statistic; it's a call to action.

Advocacy: The Power of a Unified Voice

During our conversation, Dr. Dorsey emphasized the importance of advocacy. He drew parallels to the March of Dimes and the work of activists like Larry Kramer, who fought tirelessly against diseases like polio and HIV. Their efforts show us that when we raise our voices, we can drive change. We've seen it with the reduction of drunk driving incidents—advocacy leads to legislation, and legislation leads to prevention.

The PACT: A Framework for Ending Parkinson's

Dr. Dorsey introduced us to the PACT for action—Prevent, Advocate, Care, and Treat. This framework is a blueprint for change. Prevention starts with banning harmful pesticides like paraquat. Advocacy involves making our voices heard, just as we've done with other public health issues. Care and treatment require us to ensure that those with Parkinson's have access to specialists and the benefits of telemedicine. And let's not forget the potential of exercise in reducing the risk of Parkinson's—a simple yet powerful tool.

A Call to Action: Join the Movement

As we wrapped up our discussion, Dr. Dorsey extended a generous offer: if you can't afford his book, he'll send you a copy for free. This gesture is a testament to his commitment to ending Parkinson's. It's about making information accessible and empowering everyone to take part in this fight.

Conclusion: A World Without Parkinson's

In closing, I urge you to join us in this crucial battle. Share your stories, educate others about the dangers of paraquat, and support the push for better care and prevention. Together, we can envision a world where Parkinson's is a rarity, not a commonality. Let's make that vision a reality.

Remember, your health matters, and so does your voice. Let's use it to end Parkinson's disease once and for all.

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