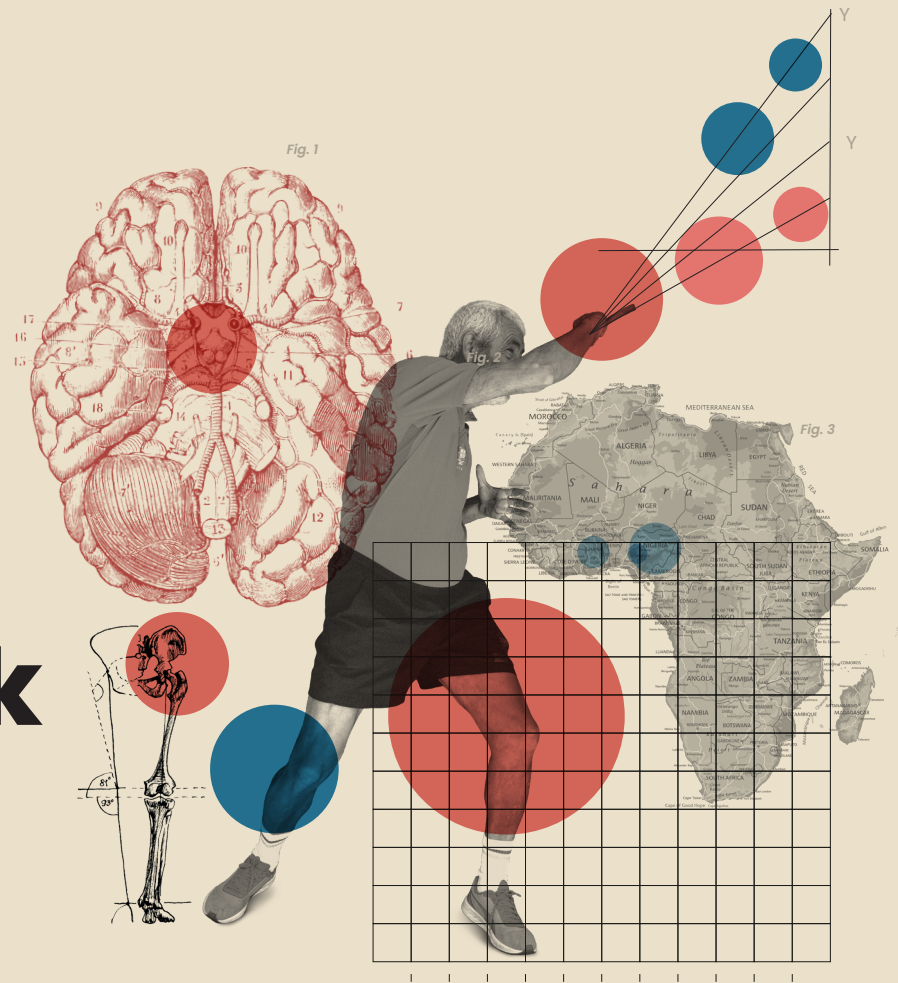


Bial

presents

#1
**I HAVE
PARKINSON'S
NOW WHAT?**

Now,
**let's talk
about it**



**The importance of accepting
the condition — told by those
who already did it**

This is the story of Omotola Thomas. And Damásio Caeiro, Massimiliano Iachini, Pilar Martín, Riccardo Nava and all the other Parkinson's patients who have already realized that it's more useful to accept a diagnosis — and to have, from the start, more help, more options and less stress — than waste time trying to put it off. Omotola, an English Systems Engineer, can say so herself: diagnosed in 2016, aged 35, she has been — systematically — turning her illness into an opportunity, through Parkinson Africa, an NGO she created to raise awareness of the disease on the African continent.

Fig. 1 Base of the brain, Usual Medicine Dictionary, Dr Labarthe, 1885
Fig. 2 Damásio Caeiro © Luis Nobre Guedes
Fig. 3 Map of Africa, 2022
Fig. 4 Adult human leg, tibia, posterior view

Or Damásio Caeiro, a Portuguese driver diagnosed at the age of 50, whose Parkinson's took the wheel of his hands — but put a table tennis racket instead. Which, by the way, would lead him to become the world champion runner-up, in the patients with Parkinson's category. Or Massimiliano and his dancing, Pilar and her cooking, Riccardo and his sense of humor, among many others. Real stories from those who have already realized that they don't have a minute to spare, except if to tell those who need to hear that, the faster you accept Parkinson's, the faster you can (re)start living.

Sources:
<https://bial-keepiton.pt/sensibilizacao-dp/testemunhos-pacientes/>

www.bial-keepiton.com

**KEEP
ITON** Empowering
people with
Parkinson's