

Relocation and Me

-Mrs.Shail Pandey

I had never thought of moving out of Mumbai at this stage of my life. But as my son took up a new job at the Garden City of Bangalore, I had to shift base even though I had an option to stay in Mumbai. Though there were many scary apprehensions the thought of going to a new place, making new friends with a promise advantage of having a painting room all to myself was very exciting. Moreover I also was a Parkinson's patient for the last 10 years. 'Will I have good, understanding, approachable doctors and friends as I had in Mumbai?' – All these thoughts plagued me.

After shifting, for the first time in my life I lost all confidence, all symptoms associated with PD: depression, crying spells, dyskinesia, anxiety – everything engulfed me.



Then something that had helped me rejuvenate and embalm my body and soul in time of trauma was my God given talent for creativity, especially my painting. I got myself so engrossed in the medium that all symptoms associated with my PD diminished.

Regaining my lost confidence a bit I was motivated to move ahead and also thought of engaging myself in some activity that will keep me occupied and indirectly enable me to help other PD patients.

I called Dr. Maria Baretto, the coordinator of PDMDS in Mumbai and expressed my desire. Though I had met her briefly in Mumbai, she recognized me and was very enthusiastic about it. She asked for my CV and forwarded it to some doctors like, Amita Patel and John Barret, the Vice President and secretary of Parkinson's Society in Bangalore. They in turn were very kind and visited me at my home, which gave us a chance to know about the activities of the society in Mumbai and Bangalore.

Then during the All India Neuro Conference in Bangalore, Dr. Baretto visited me, along with Mayura Prahlad and her cousin Shubha- two other dedicated people associated with Parkinson's society in Bangalore. We saw Dr. Baretto's presentation and were highly impressed. It was very informative and encouraging. It dealt with subjects like diet, yoga, care giving, and speech therapy in PD and its management and of course the medicines. The contribution of many doctors and the interactions of patients during the question answer sessions were very insightful.

I conclude by saying that besides the professionals in the neurology field, the part of the executive committee members, the role of dedicated people like Mrs. Mayura Prahlad, and Shubha are like life support to PD patients. May their tribe increase!

I also take this opportunity to thank Dr. Maria Baretto, Amita Patel, John Barret, Mayura, Shubha and Dr. Ashok Singhal of Apollo Sagar – they were like life buoys to my sinking confidence during my relocation. God Bless!