

## Video monitoring improves therapy of Parkinson's disease

Outpatients with Parkinson's disease can benefit from a new video-supported therapy, which helps match their medication with their individual needs at home, according to the Berlin-based Professional Association of German Neurologists (BDN).

For example, if the medication has been changed, patients are given an easy-to-operate camera for one month. About three or four times a day, the patient sits in front of the video and activates the recording.

'The doctor then views the images, sent to him automatically, and can discuss therapy changes with the patient over the phone,' says Karl-Otto Sigel, a neurologist from Unterhaching and member of BDN's board of directors.

'Thanks to the video recordings, attending doctors can see the actual degree and kind of disability the patient has,' explained Sigel.

Parkinson's Disease is a slow advancing serious neurological disease, which results in the death of brain cells that create dopamine. Symptoms range from stiffening to twitching muscles and movement difficulty to paralysis. Early stages of the disease are often marked by mood changes and depression.

'Parkinson's therapy should begin promptly and be age-appropriate,' says Sigel. Parkinson's cannot be cured, but therapy can minimize the effects.

According to the BDN, about 160,000 Germans suffer from Parkinson's. Men are affected more than women. Most cases occur between 40 and 60 years.

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