

Spotlight on Health

Lonnie Ali Champions Fight For MORE

Wife Of Muhammad Ali Joins New Educational Campaign To Support Parkinson's Disease Patients And Caregivers

(NAPSA)—Lonnie Ali has been a caregiver to her husband, Muhammad Ali, who has been in the fight of his life since being diagnosed with Parkinson's disease (PD) more than 20 years ago. Throughout this challenging time she has been in his corner, and now Lonnie is championing Fight For MORE, a national educational campaign that provides resources and tools for Parkinson's patients and their caregivers.

PD is a chronic progressive disorder of the central nervous system that affects more than 1.5 million people in the United States. For the millions of PD caregivers, the Fight For MORE Web site at www.FightForMORE.com provides community connections, inspirational stories, information of new treatment options and educational materials, such as a caregiver tip sheet. Developed with Lonnie Ali and a leading PD specialist, Dr. Rajesh Pahwa, Professor of Neurology and Director of the Parkinson's Disease and Movement Disorder Center at the University of Kansas Medical Center, this caregiver resource provides useful tips based on Lonnie's real-life experiences.

"While my husband is and always will be a fighter, I believe everyone affected by PD needs someone in their corner," says Lonnie. "The fight against PD is a

Tips for Caregivers of Parkinson's Disease Patients

- Be positive and fight for more: Keep your spirits up and focus on what you can do, not what you can't do.
- Empower yourself with knowledge: Educate yourself on the disease and new treatments.
- Keep yourself and your loved one active: Go on walks or engage in a fun physical activity you both enjoy.
- Discuss your frustration openly with others: You're not alone; lean on others and ask for moral support.

For more tips and information, visit www.FightForMORE.com.

Source: *Fight For MORE*



team effort that can only be effective when everyone is working together. I'm supporting the Fight For MORE campaign because it empowers caregivers with the knowledge and resources they need to make a difference in the lives of the people they love."

A recent national survey found that nearly three in five PD caregivers felt a need for more support and education. The majority of these caregivers reported difficulties managing PD medication side effects, as well as the high number of medications patients take.

"One of the biggest challenges

that patients and caregivers experience is managing treatment schedules and getting the most active 'on time' possible," said Dr. Pahwa. "This campaign will help patients and caregivers know about new resources, including some of the treatment options that can provide more active 'on time'—time when patients have less symptoms and their disease is more in control."

Visit the Fight For MORE Web site at www.FightForMORE.com to learn more about the campaign. Valeant Pharmaceuticals will donate \$10 to the Parkinson's Unity Walk for each person who visits www.FightForMORE.com and signs up to support the campaign, up to \$100,000. Unity Walk is the nation's largest grassroots fundraiser for PD research.

"The Parkinson's Unity Walk is encouraged to know that the Fight For MORE campaign recognizes the important role of the caregiver," said Carol Walton, Executive Director and Board Member of the Parkinson's Unity Walk. "You can visit the Web site to support the campaign to raise funds for Parkinson's research and support those that endure this disease."

By openly sharing her story, Lonnie Ali hopes to encourage others to become a part of the Fight For MORE campaign.