**Mayo Clinic Minute**

**Parkinson’s: Regaining movement control**

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<th>Video</th>
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| **CLIP 785G1023 at 1:18**  
Eric Ahlskog, M.D.  
Neurology  
Mayo Clinic | “Parkinson’s disease falls into the broad category of neurodegenerative syndromes.” |
| **Vivien Williams**  
VO: brain images | Mayo Clinic Dr. Eric Ahlskog says … |
| **CLIP 785G1023 at 1:42**  
Eric Ahlskog, M.D. | “… it’s a premature aging-like process, or degeneration of certain areas of the brain.” |
| **Vivien Williams**  
To either video of patient or brain scan | These are the areas that control movement. |
| **CLIP 785G1023 at 2:22**  
Eric Ahlskog, M.D.  
Graphics over Dr. Ahlskog | “Things slow down, you walk with a shortened stride, loss of arm swing, shuffling gate …” |
| **Vivien Williams**  
Graphics over brain scan | … other symptoms include reduced blink rate, loss of facial expressions and tremors. |
| **CLIP 785G1023 at 2:50**  
Eric Ahlskog, M.D. | “It turns out to be a treatable condition.” |
| **Vivien Williams** | For many patients, medication to replace dopamine levels in the brain |
VO: medication (or pharmacy shot) to gray-haired person exercising | works well. Dr. Ahlskog also recommends exercise.

| CLIP 785G1023 at 7:25 | “You’ve got to get hot, sweaty and tired on a regular basis.” |
| Eric Ahlskog, M.D. | |

Vivien Williams  | Why? |

| CLIP 785G1023 at 7:36 | “Ongoing exercise directly does good things to your brain. It’s like liberating fertilizer on your lawn.” |
| Eric Ahlskog, M.D. | |

Vivien Williams  | Talk to your health care provider if you think you may have symptoms of Parkinson’s disease. For the Mayo Clinic News Network, I’m Vivien Williams. |

VO: people exercising | |