

# Words on Wellness

## April Is Parkinson's Disease Awareness Month



Parkinson's disease affects an estimated 1 million Americans. This number is growing daily. Iowa is ranked 33rd for Parkinson's disease rates. Parkinson's disease is a type of movement disorder. People with Parkinson's disease may have a variety of symptoms that can make it hard to diagnose. Early signs of Parkinson's disease could include the following:

- **Tremor or slight shaking** in your finger, thumb, hand, or chin. Shaking while at rest is a common early sign of Parkinson's disease.
- **Small Handwriting.** You may notice your writing is smaller than in the past.
- **Loss of smell** of certain foods.
- **Trouble sleeping** or sudden movements and acting out dreams while asleep.
- **Difficulty moving or walking** because of stiffness that doesn't go away.
- **Constipation and difficulty swallowing** due to how the disease affects muscles and nerves.
- **Speech changes** such as a soft or low voice that is a change from your typical voice.
- **Facial masking** or reduced face expression.
- **Dizziness or fainting**, which can be a sign of low blood pressure and can be linked to the disease.
- **Stooping** or difficulty standing up straight.

If you have two or more of the signs above you should consider making an appointment with your health care provider. Learn more about causes, symptoms, diagnosis, and treatments by attending [A Journey Through Parkinson's Disease](#) class, [go.iastate.edu/IFGVG4](http://go.iastate.edu/IFGVG4).

Sources: [National Institute on Aging](http://nia.nih.gov), [nia.nih.gov](http://nia.nih.gov).  
[Parkinson's Foundation](http://www.parkinson.org/), [www.parkinson.org/](http://www.parkinson.org/).  
[American Parkinson Disease Association](http://www.apdaparkinson.org/), [www.apdaparkinson.org/](http://www.apdaparkinson.org/).

## *Vegetable Fried Rice*

Serving Size: 1 1/2 cups | Serves: 4

### Ingredients:

- 2 tablespoons oil (canola or vegetable)
- 3 eggs (lightly beaten)
- 1/2 cup onion, chopped
- 2 cloves garlic, minced (or 1/2 teaspoon garlic powder)
- 3 cups brown rice (cooked and cooled)
- 2 cups frozen vegetables (e.g., carrots, peas, corn, mixed veggies, etc.), thawed
- 2 tablespoons low sodium soy sauce

### Directions:

1. Heat a large skillet over medium heat. Spray with nonstick cooking spray or use 1 tablespoon oil. Add eggs. Cook and stir for 3 minutes or until eggs are firm. Set eggs aside on a plate.
2. Add 1 tablespoon oil, if needed, to the skillet. Heat over medium heat. Add onion and garlic. Cook and stir for 3 minutes.
3. Stir in rice, vegetables, and soy sauce. Cook and stir for 3 minutes or until heated through. Stir in eggs.

### Nutrition information per serving:

350 calories, 12g total fat, 2g saturated fat, 0g trans fat, 140mg cholesterol, 380mg sodium, 49g total carbohydrate, 7g fiber, 4g sugar, 12g protein. This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit [spendsmart.extension.iastate.edu](http://spendsmart.extension.iastate.edu)



## Resources to Help You Move More

Getting regular exercise and physical activity benefits everyone, including those with Parkinson's disease. Being physically active can improve your mood, help you focus, reduce stress, and improve sleep. Adults need a mix of aerobic (such as walking or biking) and muscle-strengthening activity to stay healthy. Aim for at least 150 minutes of aerobic activity per week and muscle-strengthening activities at least 2 days per week. [Move Your Way®](https://health.gov/moveyourway), [health.gov/moveyourway](https://health.gov/moveyourway), provides tools and resources to make your personalized activity plan.

## How to Store Wine to Get the Best of It

Contributed by Aude Watrelot, PhD

Did you know Iowa has 98 wineries? Whether you enjoy a glass of Iowa wine or that of another location, how you store and serve wine impacts the flavors and overall enjoyment. Chill sparkling wine, white wine, and a rosé wine between 50°F and 54°F before being opened. Store reds at cool/room temperature to reduce the burning sensation of alcohol that can be perceived if the wine is too warm. Storing red wines in a cold room (less than 50°F) could make it seem more bitter and acidic.

Once you have opened a bottle of wine, make sure to follow these guidelines for maintaining the quality.

1. Remove the air from the bottle before storing by using an air pump or by replacing the air with inert gas. Too much oxygen can cause the open wine to start getting a nutty, bruised apple smell and a brown color.
2. Refrigerate white and rosé wine and store red wine in a cool room. Sometimes refrigerated wine will have some crystals at the bottom of the bottle. These are not harmful for consumption. They're just due to the colder temperature.
3. Follow these storage times after opening:
  - Sparkling wine—up to three days
  - White wine or rosé wine—up to five days
  - Red wines—up to seven days
  - Fortified wines like port or sherry—up to 4 weeks

Remember, alcohol should be consumed in moderation and only by adults ages 21 years and older. Visit [Your Life Iowa](https://yourlifeiowa.org/), [yourlifeiowa.org/](https://yourlifeiowa.org/), for information, resources, and treatment for alcohol or drug use.

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*If you or someone you know is skipping meals, going hungry, or choosing between food and medicine, call 1-855-944-3663 to apply for assistance today.*

*Call Iowa 2-1-1 or Iowa Lifelong Links, 1-866-468-7887, for additional resources.*

