

## DYSTONIA WELLNESS CHECKLIST:

# Are your dystonia symptoms under control?

*Take the test. You could feel even better.*

	YES	NO
1. Do you experience pain because of your dystonia?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you noticed sleeping worse or being more often awake at night since you have been diagnosed with dystonia? (1 or more times a week)	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you see friends and family or socialize less or with less pleasure because of your dystonia?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you ever miss work or school because of your dystonia? If yes, do you think that you have been feeling more tired or fatigued during the day since being diagnosed with dystonia?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you suffer from anxiety or depression since you have been diagnosed with dystonia?	<input type="checkbox"/>	<input type="checkbox"/>
6. To assist your doctor, please provide details on the treatments you are currently using or have previously tried:		
<input type="checkbox"/> Botulinum Toxin Injections	<input type="checkbox"/> Deep Brain Stimulation (DBS)	<input type="checkbox"/> Other: _____

If you or someone you love answers 'yes' to one or more questions, bring this self-test to your doctor or movement disorder specialist.

For further information about living well with dystonia visit:

[www.dystoniacanada.org/livingwell](http://www.dystoniacanada.org/livingwell)

DYSTONIA  
MEDICAL  
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FONDATION DE  
RECHERCHE  
MÉDICALE SUR LA  
DYSTONIE  
CANADA

serving all dystonia-affected persons  
déservant toutes personnes atteintes de dystonie

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# Living Well with Dystonia:

Dystonia is a movement disorder that impacts the physical body, and it can also affect emotional and psychological health. There is no single strategy for living well with dystonia that works for everyone. The following suggestions have been compiled from individuals with dystonia, support leaders, and healthcare professionals.



## ***Seek Out Expert Healthcare Providers***

It often takes a team of experienced professionals to diagnose and treat dystonia. This may include a movement disorder neurologist, physical therapist, psychiatrist, psychotherapist/counselor, and others.



## ***Actively Participate in Your Treatment***

Learn about dystonia. Make informed choices about your care with the input of your medical team.



## ***Develop a Multi-Layered Support System***

Seek out supportive family and friends, local dystonia support groups, online support groups, community events, and self-help resources. The help of a psychotherapist or counselor to help navigate concerns and vulnerabilities.



## ***Listen to Your Body***

Respect and honor your individual need for sleep, rest, nutrition, exercise, relaxation, and time/scheduling.



## ***Exercise***

The benefits of exercise can be profound. Consider working with a physical therapist to develop an exercise plan that works for you.



## ***Seek Help When You Need It***

If you need assistance, reach out and be specific about what you are having trouble with. Accept help when offered—and without guilt.



## ***Treat Depression & Anxiety***

Depression and anxiety can dramatically impact quality of life and the severity of motor symptoms. Consider being evaluated for depression and/or anxiety and, if symptoms are present, seek treatment.



## ***Be Mindful of Stress***

Regular stress reduction and relaxation practices can have a positive impact on symptoms and overall well-being.

## ***You are not alone.***

DMRF Canada, and our network of volunteers, patients, and professionals are here for you. Visit: [www.dystoniacanada.org/dystoniawellness](http://www.dystoniacanada.org/dystoniawellness) to learn more.