



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ACTIVE BODIES ACTIVE MINDS



## PEDALING 4 PARKINSON'S

YMCA OF METROPOLITAN CHATTANOOGA

### WHAT IS PARKINSON'S?

Parkinson's disease is caused by a breakdown in the nerve cells in the brain. The affected nerve cells do not produce enough dopamine, which affects your ability to move the way you want. Tremors, stiff muscles, slow movement, and trouble with balance or walking are all symptoms of Parkinson's disease.

In time, Parkinson's affects muscles throughout the body, leading to difficulty with swallowing, digestion, facial movements and more.

### PEDALING FOR PARKINSON'S MISSION

The mission of Pedaling for Parkinson's is:

- To improve the quality of life of Parkinson's disease patients and their caregivers.
- To educate patients, caregivers, and the general public about the benefits of maintaining an active lifestyle after a Parkinson's diagnosis.
- To support research dedicated to the prevention and treatment of Parkinson's disease.

### PROGRAM INFORMATION

#### Who can participate?

Participants who:

- Are 30-75 years old
- Are diagnosed with Idiopathic Parkinson's disease
- Complete and provide a signed consent form and a medical clearance form
- Agree to periodically monitor their progress

#### When are the classes?

**North River:** Monday, Tuesday & Thursday  
10:45 - 11:30 a.m.

**Location:** 4138 Hixson Pike  
Chattanooga, TN 37415

**North Georgia:** Tuesday & Thursday  
1:30 - 2:30 p.m.

**Location:** 1735 Battlefield Parkway  
Fort Oglethorpe, GA 30742

**NEW  
CLASS!**

#### How much does it cost?

Classes are **FREE** for Y members.

#### How do I sign up?

Medical clearance and consent forms are available at the front desk, or online.

Once you provide the completed forms, a staff member will contact you to schedule an orientation and initial class session.

For more information, please contact:

**Caroline Tindell**  
YMCA OF METROPOLITAN CHATTANOOGA  
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# PEDALING FOR PARKINSON'S AT THE Y

## Medical Screening and Permission Form

[Note: This is a class-format aerobic exercise program for Parkinson's patients]

Patient Name: \_\_\_\_\_ Male  Female

Diagnosis: \_\_\_\_\_

Date of Diagnosis: \_\_\_\_\_ Stage of Diagnosis: \_\_\_\_\_

### Prescreening Questions

<b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> Have you taken any heart medications?	<b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> Have you experienced unreasonable breathlessness?
<b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> Have you ever had a heart attack?	<b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> Do you take blood pressure medication?
<b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> Have you ever had heart surgery?	<b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> Are you diabetic or take medicine to control blood sugar?
<b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> Have you ever had heart failure?	<b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> Is your blood cholesterol >240 mg/dl?
<b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> Have you ever had pacemaker/implantable cardiac defibrillator/rhythm disturbance?	<b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> Females: Have you had a hysterectomy or are you postmenopausal?
<b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> Have you ever had cardiac catheterization?	<b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> Have you experienced dizziness, fainting or blackouts?
<b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> Have you ever had coronary angioplasty?	<b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> Do you smoke?
<b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> Have you ever had heart valve disease?	<b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> Do you have musculoskeletal problems that would prevent you from exercising?
<b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> Have you ever had congenital heart disease?	<b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> Do you have concerns about the safety of exercise?
<b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> Have you had a close blood relative who had a heart attack before age 55 (father or mother) or 65 (brother or sister)?	<b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> Are you physically inactive, exercising fewer than 30 minutes per day/3 days per week?
<b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> Have you ever experienced chest discomfort with exertion?	

### Eligibility Requirements (Answers to A,B,C and D must be YES)

<b>A. Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> Provided informed consent after being given a copy of the attached Standards
<b>B. Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> Clinical diagnosis of idiopathic PD (the most common form of Parkinsonism in which the cause for the condition is unknown)
<b>C. Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> Graded at Hoehn and Yahr stage I, II, or III when off medication
<b>D. Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> Written clearance/permission by the physician for the PD patient to participate in the exercise program after the physician has been given a copy of the Standards. Physician clearance must address all concerns identified in the prescreening questions above.

### Patient is ineligible for participation if any of the following apply (Answers to E-G must be NO)

<b>E. Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> Clinically significant medical disease that would increase the risk of exercise-related complications (e.g. cardiac or pulmonary disease, hypertension or stroke)
<b>F. Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> Dementia as evidenced by a score less than 116 on the Mattis Dementia Rating Scale
<b>G. Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> Other medical or musculoskeletal contraindications to exercise

### PLEASE CHECK ONE BOX

- I recommend that the applicant NOT participate in the Pedaling For Parkinson's class fitness program.
- I recommend that the applicant participate in the Pedaling For Parkinson's class fitness program.

\_\_\_\_\_  
Physician Signature

\_\_\_\_\_  
Date

Physician name (print):	Phone:
Email address:	Fax:
Address:	