

# Parkinson's Disease Assessment Center

Advanced Neurological Assessment Division

## DIAGNOSTIC ASSESSMENT REPORT

Report Date: May 26, 2025

Report ID: PD033448

Assessment Type: Combined Analysis (Voice & Health Metrics)

## RISK ASSESSMENT RESULTS

Risk Classification: Low Risk

Assessment Score: 16.65%

## CLINICAL RECOMMENDATIONS

- Exercise: 30-60 min of aerobic exercise (walking, cycling, swimming) & strength training
- 3-4x/week
- Diet: Mediterranean diet (rich in antioxidants, omega-3, whole grains, fruits, and vegetables)
- Sleep: 7-8 hours of quality sleep, avoid caffeine/alcohol before bed
- Stress Management: Yoga, meditation, and social engagement to reduce anxiety
- Medical Monitoring: Regular neurologist checkups, track symptoms with a wearable device
- Supplements: Consult a doctor about vitamin D, B12, and coenzyme Q10 for neuroprotection
- Note: This assessment is for screening purposes only and should not be considered a medical diagnosis. Please consult with a healthcare professional for proper medical evaluation.