



## Asleep DBS Helps Young Mom with Parkinson's – Video Transcript

Speaker 1 ([00:01](#)):

Each year, Parkinson's disease strikes 60,000 people, many of them at the prime of their life. It causes tremors, slurred speech, or stuttering and rigidity. There is no cure for the disease, but there is a surgery that has helped hundreds of thousands get back to their lives. It's called deep brain stimulation and new research shows that DBS can bring relief even to the youngest of patients such as Katie Strittmatter, wife of Colorado Rockies coach and mother of two.

Patient, Katie Strittmatter ([00:31](#)):

I'm 30 years old and I have a senior citizen's disease. My symptoms were different than most crazy fatigue tremor and my right-hand difficulty swallowing, difficulty with speech. Numbness and tingling. I was in crazy good shape. I was going to beat it. My husband is the catching coordinator for the Rockies. At the time of diagnosis, he was working for the Pirates, so it was extremely difficult. We were living in two separate places, and I had two kids. I had a job, was one of the hardest periods we've had together.

Dr. VanSickle ([01:03](#)):

Deep brain stimulation is the placement of electrodes into the deep gray matter areas of the brain. What deep brain stimulation is, it emulates a lesion by inhibiting an area of the brain.

Katie ([01:15](#)):

I was at one of my son's football games and I just couldn't lift my arm. It felt like it weighed a hundred pounds. It was kind of laying stuck on the chair, and I just wound up having an awful night. I had to be carried to the bathroom. That was enough for me. I had made my decision.

Dr. VanSickle ([01:40](#)):

So DBS can be done either awake or asleep. So traditionally it was always done as an awake surgery. However, very few people actually are having a surgery despite the fact that the surgery works really well. So Katie definitely was on the younger side for having a diagnosis of Parkinson's, and she definitely chose to have DBS on the earlier side.

Katie ([01:59](#)):

My symptoms after DBS, I went from taking 20 pills to no pills. I could get out of bed like a normal person and not have to wait for 40 minutes. I could pack lunch, I can brush my daughter's hair, brush my own hair. So those were all big milestones for me. My life is greatly improved because of DBS. Your life is going to change. You don't know how it's going to change or when



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it's going to change, but it can change for the better. I think if you're open to letting that happen, though, you're not alone.