

PRESS RELEASE

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FOR IMMEDIATE RELEASE:

MusicWorx Music Therapy Agency Completing Harmonica Research Study for Parkinson's Patients

San Diego, CA November 1, 2017 - MusicWorx, a San Diego music therapy agency, that provides music therapy services to meet the clinical, corporate, and wellness needs of those with diseases and other disabilities, announced today that the research grant received from the American Music Therapy Association in Silver Springs, MD for a 12-week study examining the use of harmonica playing on respiratory control, swallowing, and quality of life (QOL) for people with Parkinson's will conclude on November 7 with a class demonstration of skills learned for family members and friends.

Nearly 80% of people with Parkinson's Disease (PD) experience difficulty swallowing and respiratory problems that decrease QOL and can lead to life-limiting and/or life-ending consequences. To date, there has been no research on the impact of harmonica playing on respiratory and swallowing functions for individuals with PD. Harmonica playing is an accessible and cost effective tool that could be used in conjunction with other therapies and medications to address this critical need. MusicWorx researcher and staff member, Lindsay Zehren's focus is: 1) To examine the effects of harmonica playing on respiratory control in persons with PD, and 2) To examine the effects of harmonica playing on swallow quality of life and whole health quality of life.

MusicWorx provides multiple opportunities for patients diagnosed with PD, their families, and care partners through AudAbility, a program designed by Board-Certified music therapists and supported by the Parkinson's Association of San Diego. Approximately 75 people with PD and their care partners have participated in the AudAbility program since its inception in 2016. Music therapy services are specifically designed to meet the group's needs and to support group and individual empowerment, emotional validation, and opportunities for self-expression in a non-threatening and positive environment.

Music Therapy has gained recognition in the medical community as a healing and coping mechanism for multiple types of illnesses both physical and emotional, and is a proven, 'magical' tool for patients to handle the stress associated with many types of illness, especially Parkinson's disease," said Dr. Barbara Reuer, MusicWorx CEO and Founder.

"Although our Parkinson's grant program will conclude on November 7th, our AudAbility services are on-going, and we don't want our services to be the 'best kept secret' in San Diego. We invite the community to visit our AudAbility program classes and learn more about the healing effects of our programs," stated Dr. Reuer.

About MusicWorx:

Founded in 1987, MusicWorx, Inc. is a music therapy and wellness agency whose mission is to create, nurture, and maintain an environment of growth and unlimited potential for those around us. MusicWorx clients are agencies, corporations, children, and adults. MusicWorx is both an AMTA (American Music Therapy Association)-compliant provider of music therapy services and an AMTA-approved clinical training site for degreed Music Therapist-Board Certified (MT-BC) music therapists working toward national board certification. www.musicworxinc.com # # # #