### Advocacy of the Neural Tango:
*Orchestras Creating Awareness of the Benefits of Music in Medicine*

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### Neural Connections Through Music

Neuroplasticity results as the brain listens or creates, and then interacts with music.

**Rhythm is key**
- Steady Pulse
- Intrinsic
- Functional tempo range

### Rhythmic Auditory Stimulation - RAS

### 10 weeks later

### RAS for Parkinson’s
*(decrease cadence)*

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<th>Metabolic equivalents</th>
<th>Walking speed</th>
<th>Cadence</th>
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<th>Pulse (beats/minute)</th>
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### Most people know someone who can be helped with music
Advocacy concerts for music in medicine

- Multiple formats
- Informative
- Program format
- Engaging
- Superb concert events
- Pre-concert activities
- Specific composers, rhythms
- Great audience appeal
- "Why/why" all the way around

Resources

- Symphony Magazine fall 2015: [https://issuu.com/americanorchestras/docs/symphony_fall_2015_issuu/64](https://issuu.com/americanorchestras/docs/symphony_fall_2015_issuu/64)
- Martha’s TED talk: Dance of the Neural Tango - [https://www.youtube.com/watch?v=wCMAJpMjJc](https://www.youtube.com/watch?v=wCMAJpMjJc)
- Martha’s website: [https://www.marthasumma.com](https://www.marthasumma.com)