



Morten Harket from the band A-ha has Parkinson's disease. He had two brain surgeries to help. He is 65 years old.



Morten is okay with the diagnosis. He wants to work and live his life. He is balancing medicine and daily activities. He doesn't feel like singing now.



Parkinson's can cause shaking and slow movement. Morten had surgery to help. He still enjoys activities and writes new song lyrics.



Morten says he is being looked after. He asks fans not to worry and to focus on real problems. He thinks sharing his story is important.