



Parkinson Disease

What is Parkinson disease?

Parkinson disease affects the brain and can make it hard for people to control their movements. Symptoms show up slowly over time and can get worse as time goes on. While there are effective treatments for many of the symptoms, there is no cure for the disease. People can live with Parkinson disease for a long time with current medical treatments and behaviour changes, the most important of which is regular physical exercise.

What causes Parkinson disease?

Doctors aren't sure exactly what causes Parkinson disease, but they think it might be a mix of genetics and things in the environment, like toxins. Some people inherit it from their family, and it is more common in older adults.

What are the symptoms?

The symptoms can vary, but some common ones affect movement:

- Shaky hands, arms, or legs
- Stiff muscles
- Moving slowly
- Trouble with balance and walking

People with Parkinson disease can also have other symptoms not related to movement:

- Constipation
- Mood changes
- Sleep problems
- Feeling tired



How is it diagnosed?

There isn't one test to diagnose Parkinson disease. Doctors will ask about your symptoms, do a physical exam, and look at your medical history. They might suggest trying a medication for Parkinson disease to see if you feel better on it.

What are the treatment options?

Medications can help with movement and other symptoms. Sometimes doctors need to adjust the medications or try different ones to manage side effects, like feeling sick or dizzy.

Other treatments like exercise, following a Mediterranean-type diet, therapy, and counselling can also help you manage symptoms and improve quality of life. Your doctor will work with you to find the best plan for you.

Scan the QR code to find exercise ideas to help improve Parkinson disease symptoms.



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