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Parkinson's Disease

Parkinson's disease (PD) is a progressive, neurodegenerative movement disorder. PD most often occurs after the age of 50 & is one of the most common nervous system disorders of the elderly



What are the symptoms of Parkinson's disease?

The 4 primary symptoms of PD are shaking (tremor); stiffness (rigidity); slowness of movement (bradykinesia) & difficulty with balance. Other symptoms may include depression & other emotional changes; decreased facial expression; urinary problems or constipation; difficulty in swallowing, chewing & speaking; small, cramped handwriting & sleep disturbances.



What are the causes of Parkinson's disease?

Parkinson's disease is caused when nerve cells in the brain do not produce enough amount of a brain chemical called dopamine, which is essential for smooth, co-ordinated function of the body's muscles and movement.

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Do's

- ✓ Maintain regular rest periods
- ✓ Timely use of physical (exercise), occupational and speech therapies
- ✓ Maintain healthy diet with plenty of grain products, vegetables, fruits & low fat.
- ✓ Try to get up & go to sleep same time everyday

Don'ts

- ✗ Do not stop or change medication without consulting your doctor
- ✗ While performing strengthening exercise, do not do rapid or jerky movements
- ✗ Do not carry many things while you are walking
- ✗ Do not sit for long periods at a time



Myth 1: Those suffering from Parkinson's disease are mad, sad, or just plain grumpy.

Fact: Parkinson's patients have what is called a masked face or may lack expression. They lack the muscle control of their facial muscles. With progression of the condition their ability to communicate with others also suffers. Additionally, these patients may struggle with depression. This gives an impression of being sad or grumpy.

Myth 2: All Parkinson patients suffer from tremors.

Fact: Tremors which are the most common symptoms of Parkinson's disease are found in approximately 70% of those affected. No form of tremors is experienced by 15% to 25% of those affected.

Parkinson's disease can be effectively treated with self-care and medications. Home care for patients with Parkinson's disease is very essential. Proper care with adherence to medications prescribed by the doctors effectively relieves symptoms associated with Parkinson's disease.

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