



Parkinson's Disease

MU Patient Education Series

Definition:

Parkinson's disease is when the brain stops making an important chemical called dopamine. This chemical helps your body to move, and helps your mood. This is a chronic nerve disorder that affects 1 in 100 over the age of 60 and some at age 40 or before. Parkinson's can be treated with medication. The medication replaces the chemical that is missing. Parkinson's disease will get worse slowly over time. There are ways to try and stay healthy longer.

10 WARNING SIGNS OF PARKINSON'S:

1. Shaking or Tremor
2. Small handwriting
3. Loss of smell
4. Trouble sleeping
5. Trouble moving or walking
6. Constipation
7. Soft or low voice
8. Masked face
9. Dizziness or fainting
10. Stooping or hunching over

4 MAIN NERVE SYMPTOMS OF PARKINSON'S DISEASE:

- Shaking or tremor
- Slowness of movement
- Stiffness of the arms, legs or trunk
- Trouble with balance and possible falls



HOW DOES YOUR DOCTOR MAKE A PD DIAGNOSIS?

- Physical examination and evaluation by a nerve doctor
- Scans
- Based on your medical history and signs and symptoms

IF YOU ARE DIAGNOSED WITH PARKINSON'S:

- Find a doctor you like
- Ask doctor questions
- Learn about the disease
- Reduce stress
- Seek counseling

WHAT YOU CAN DO IF YOU HAVE PARKINSON'S DISEASE:

- Work with your doctor to create a plan to stay healthy. This plan might include:
 - A referral to a neurologist, a doctor who specializes in the brain
 - Care from therapists: occupational, physical, or speech therapist
 - Meeting with a social worker
- Start a regular exercise program to slow symptoms
- Have a support system in place (family and friends who can help)

****Remember if you are experiencing any of these symptoms or any other significant changes in your body, it is always a good idea to seek the care of a medical doctor.**

DISCLAIMER:

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