

WHAT CAN I DO TO HELP MY TREATMENT?

Making sure you have the correct information about your condition. Seeing your neurologist on regular basis is also very important. Some treatments may work better than others. Also, keep track of changes in your symptoms. This will help indicate if your treatment needs to be modified. Parkinson's progresses differently in each person and requires a specific approach in every individual. Exercise and a healthy diet are very important. Walking is a simple form of exercise which can be done every day. A physio therapist can help you find exercises that are appropriate for you. Incorporate fiber and fluid in your diet to help constipation which is often associated with Parkinson's.

IS THERE ANY ADDITIONAL INFORMATION THAT MAY BE HELPFUL?

Parkinson's is a disabling disease, but you can adjust the activities to your level of ability. Parkinson's is not a normal part of aging. It is a medical condition that needs to be managed by a neurologist. A small fraction of the cases of Parkinson's may be hereditary in nature. Parkinson's is a treatable condition and you can aid your treatment by taking your medications as instructed by your physician and keeping a positive attitude. Depression can also be a symptom of Parkinson's. Make sure to talk to your physician if you feel depressed. You should try to see a neurologist who specializes in Parkinson's disease. When the treatment is initiated, you should take the medication on fixed times as instructed by your neurologist and follow their advice closely.



DID YOU KNOW?

The number of Parkinson's patients will double by 2031. Millions of Parkinson's patients around the world are suffering from poverty and...

- Cannot afford to buy their medications
- Cannot afford to purchase a cane, walker, or a wheelchair
- Cannot obtain educational literature about Parkinson's in their language
- Are not able to afford consulting a neurologist and remain undiagnosed and untreated

OUR UNIQUE SERVICES

World Parkinson's Program is the only organization which provides the following unique services to Parkinson's patients around the world:

- Parkinson's medications to those patients who can't afford to buy them
- Canes, walkers & wheelchairs to prevent falls
- Parkinson's educational brochures in many languages
- Free electronic educational newsletter
- Chapters of World Parkinson's Program in various parts of the world

JOIN THE FIGHT AGAINST PARKINSON'S TO DONATE, VISIT PDPROGRAM.ORG

This information is not a substitute of medical advice. Consult your Physician before applying this information.

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AN INTRODUCTION TO PARKINSON'S DISEASE



ENGLISH -1



www.pdprogram.org

"Those who fight Parkinson's with knowledge always find solutions"- Dr. Rana

Parkinson's was first described by James Parkinson in 1817. It is a progressive neurodegenerative condition characterized by tremors, slowness of movements, stiffness, and balance problems. In addition, Parkinson's has many non-motor symptoms such as memory or cognitive issues, speech and swallowing problems, depression, and sleep difficulties. It affects almost 10 million individuals around the world.

HOW COMMON IS PARKINSON'S?

Nearly 100,000 Canadians are affected with this disabling condition. Although most people affected are over the age of 55 years, it has been known to occur in younger people as well.

WHAT CAUSES PARKINSON'S?

Parkinson's is a neurodegenerative disease and involves the loss of brain cells capable of producing dopamine. Dopamine is a neurotransmitter, a chemical involved in the transmission of signals between the neurons in certain parts of our brain. Dopamine helps facilitate the movements of our body, the deficiency of which results in slowness of the movements of our body which is one of the cardinal symptoms of Parkinson's. Although Parkinson's may be a complex disease with many implications on your life, it can be managed well with proper treatment and advice. There is not a cure for Parkinson's yet but you can have a reasonable quality of life with this disease for many years.

HOW IS PARKINSON'S DIAGNOSED?

Parkinson's is diagnosed by history and physical examination conducted by a physician. There are no laboratory tests that can be used to confirm the diagnosis of Parkinson's. A neurologist who specializes in Parkinson's may observe you for a period of time to make sure the symptoms are consistent.

WHAT ARE THE SYMPTOMS OF PARKINSON'S?

The major symptoms of Parkinson's include slowness of movements in performing activities of daily life, a tremor which usually starts on one side of the body in a hand, arm or leg while the affected body part is in the resting position, rigidity or stiffness of the muscles, balance problems, shuffling and slow speed of walking.

ARE THERE ANY OTHER SYMPTOMS OF PARKINSON'S?

Yes, with the progression of disease other symptoms such as reduced facial expression, drooling, difficulty turning, freezing of gait, falls, stooped posture, fatigue, small sized hand writing, constipation, sleep disturbances, soft speech, swallowing problems, memory or cognitive dysfunction, depression, anxiety, pain, sensory disturbances, urinary urgency, sexual dysfunction, dry skin and postural dizziness may become more prominent.

HOW IS PARKINSON'S TREATED?

Medications and rehabilitation are the primary treatments used for Parkinson's. In selected cases, surgical treatment can also be used. As the disease progresses, quantity and frequency of medications need to be adjusted. Medications may have some side effects as well. Following are the commonly used medications to treat Parkinson's.

- Levodopa/carbidopa or Sinemet®, Levodopa/benserazide or Prolopa®
- Rytary®
- Levodopa/Carbidopa CR
- Duodopa® Intestinal Gel
- COMT inhibitor Entacapone which may be given with Levodopa
- Dopamine Agonists - Pramipexole or Mirapex®, Ropinirole or Requip®, Apomorphine (Apokyn®), and Rotigotine patch or Neopro®
- MAOB Inhibitors - Selegiline or Eldepryl® and Rasagiline or Azilect®
- Amantadine or Symmetrel®
- Anticholinergics - Trihexyphenidyl or Artane® and Benztropine or Cogentin®
- Patients with advanced Parkinson's disease and refractory motor complications may require brain surgery e.g. deep brain stimulation.

Rehabilitation treatments include physiotherapy which helps mobility and balance problems, and speech therapy which helps with speech and swallowing problems. Occupational therapy focuses on easing everyday activities. Exercise can also be very beneficial.