

What can be done to help people with Parkinson Disease?

As of now, there is no cure for Parkinson disease, because doctors do not know what causes it. But, there are treatments that make it easier to live with Parkinson disease.

We know that medicines and other treatments can help with the symptoms such as problems with walking, moving, speaking and depression. Yoga, exercise, massage and support groups can also be helpful.

What do I do if I think I have Parkinson Disease?

If you think you or someone you know may have Parkinson disease, it is very important that you speak to doctors and other health care workers who are trained to help people with Parkinson disease.

Do you have:

Slow, small steps when you walk?

Reduced arm swing while walking?

A soft voice?

Smaller handwriting?

These are not signs of normal aging. If you answered yes to these questions, you may want to seek medical advice.



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What You Should Know About Parkinson Disease



**COMMUNITY PARTNERS
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What You Should Know About Parkinson Disease



What is Parkinson Disease?

Parkinson disease primarily affects the part of the brain that controls movement. The earliest symptoms of Parkinson disease are usually mild and get worse over time. As the disease progresses, everyday movements like walking or getting up from a chair become more difficult.

- It is estimated that at least 1.5 million people in the U.S. have Parkinson disease.
- Both men and women can get Parkinson disease.
- Parkinson disease usually starts when a person is in his or her fifties or sixties, but younger people can also have the disease.



What are the symptoms?

The most common signs:

- Moving slowly
- Stiff muscles
- Shaking or tremor of an arm, leg, hand or foot when at rest
- Trouble with balance

Other signs of Parkinson are:

- Problems walking
- Changes in handwriting
- Not being able to stand up straight (stooped posture)
- Depression
- Sleep problems
- Voice becomes softer



Other things you should know:

- Parkinson disease symptoms usually begin on one side of the body, involving either an arm or a leg.
- People cannot get Parkinson disease from another person like you can a cold or the flu.
- Parkinson disease affects each person in a different way. Some people may have more problems with one symptom than another.
- With the appropriate support, treatment and medical care a person with Parkinson disease can live well for many years.