



## FACT SHEET

*Parkinson.org* is the newly-redesigned online resource for the more than four million people worldwide living with the disease, their families and health care professionals. It is sponsored by the National Parkinson Foundation (NPF) and is the official web site of the organization. NPF is dedicated to “Improving care, Improving lives” through research, education and outreach.

Managing Parkinson’s disease is an ongoing process, beginning with the first symptoms and spanning the course of the disease. It’s never too soon or too late to take action to improve quality of care and quality of life.

This web site helps people:

- *Understand their disease.* The new site includes a user-friendly primer for people living with Parkinson’s disease, their families and caregivers. Hundreds of new pages with patient-centered and care-giver centered content cover a wide range of topics from how the disease is diagnosed and treated, to how to live well and care for someone with the disease.
- *Have their questions answered by experts.* Users can *Ask the Doctor* in English and Spanish. They can also *Ask a Nutritionist*, *Ask a Surgeon*, *Ask a Speech Clinician*, or *Ask a Pharmacist*. Plus, forums for *Caregivers* and *Young Onset* patients make sharing experiences easy.
- *Learn about the latest in PD research.* Dr. Michael Okun presents “*What’s Hot in PD?*” in a monthly blog. Dr. Okun is NPF’s National Medical Director and a leading neurologist in movement disorders research.
- *Get access to educational materials:*
  - Printable checklists on an array of topics for patients to use on their own or bring to their doctor’s office.
  - Thousands of brochures, books and DVDs on PD most of which are available for free.
  - Free NPF educational manuals to download or order on nutrition, exercise, caregiving, and many other important topics.
  - Free educational webcasts.

- *Connect with others.* Read inspiring stories or share your own journey. A searchable database lists where to volunteer at a local chapter or attend a support group meeting.
- *Find local resources.* An extensive list of Parkinson's disease centers, health care professionals and events can show what is in your neighborhood.
- *Listen to advice from health care professionals.* In the new video library, leaders from NPF's Centers of Excellence answer common questions on topics ranging from depression to deep brain stimulation:
  - *What is Parkinson's disease?*
  - *What are treatment options for Parkinson's disease?*
  - *What should family members know about Deep Brain Stimulation?*
  - *How does Parkinson's disease affect memory?*
  - *What are some tips for talking to a Parkinson's doctor about depression?*
  - *What are some of the common misconceptions about Parkinson's disease?*
  - *What do caregivers need to know about hospital stays and complex medication regimens?*
  - *Important information on music and exercise, falls prevention, comprehensive care and much more!*
- NPF helps millions of individuals each year navigate Parkinson's. Help us help those impacted by this disease. [Make a gift today](#) to support NPF's research, education and outreach initiatives.