

The symptoms of Parkinson's that affect movement are the most widely known. However, there are also PD symptoms that are not movement related, called "non-motor symptoms". Some of the non-motor symptoms of Parkinson's affect mood, such as depression and anxiety. Understanding that these symptoms may be related to Parkinson's, that they are normal, and that they can be treated is important as you learn to live with PD.

Depression

- Depression is common in Parkinson's, and may be an initial symptom.
- Depression in PD can be caused from two factors:
 - Situational factors: receiving a diagnosis of a chronic disease like PD may cause feelings of depression.
 - Biological factors: just as low dopamine causes symptoms of Parkinson's, research indicates there are also changes in the brain chemicals serotonin and norepinephrine in people with PD. All three of these chemicals play a role in regulating mood.
- The occurrence of depression with Parkinson's disease is more common if the person has a history of depression.
- Signs and symptoms of depression include:

Saddened mood	Excessive tearfulness
Wanting to be alone	Not feeling like doing normal activities
Change in appetite	Sudden change in sleeping habits
Loss of sex drive	Feeling irritable, anxious, or panicky
Extreme loss of energy	Thinking and talking negatively

Anxiety

- Research has shown that two out of five people with Parkinson's experience some form of anxiety.
- Common symptoms of anxiety include:
 - Feelings of nervousness and worrying that often feels out of control
 - Physical symptoms such as butterflies in the stomach, trouble breathing or swallowing, racing of the heart, sweating, and increased tremors
 - Avoiding social situations

Involving Your Team:

- Talk with a family member or friend
- Learn relaxation techniques

- Seek out a professional counselor
- Ask your physician about medication options
- Participate in activities that you enjoy
- Join a local Parkinson's support group
- Maintain a healthy lifestyle that includes exercise, a nutritious diet and adequate sleep