

Find Real Answers Parkinson's Awareness Month Quiz

🔍 Parkinson.org/Awareness ✕

➤ **Question 1: Which of the following is an early sign of Parkinson's disease?**

- A) Tremor
- B) Loss of taste
- C) Chest pain
- D) Loss of appetite

➤ **Question 2: How can someone find personalized resources for Parkinson's disease?**

- A) Calling or emailing the Parkinson's Foundation Helpline
- B) Visiting Parkinson.org
- C) Talking with Parkinson's Foundation chapter staff
- D) All of the above

➤ **Question 3: Which of the following is true about Parkinson's disease progression?**

- A) Symptoms progress at the same rate for everyone
- B) Non-movement symptoms always appear first
- C) Symptoms progress differently for each person
- D) Tremor always worsens first and faster than other symptoms

➤ **Question 4: Which of the following is NOT a common movement symptom of Parkinson's?**

- A) Muscle stiffness
- B) Tremor at rest
- C) Shuffling gait
- D) Severe fatigue

➤ **Question 5: Parkinson's disease is caused when which type of brain cell is lost?**

- A) Cells that make serotonin
- B) Cells that make dopamine
- C) Cells that make acetylcholine
- D) Support cells in the brain (glial cells)

➤ **Question 6: Which statement about genetics and Parkinson's is true?**

- A) Genetics are the main cause of Parkinson's
- B) 10-15% of people have a genetic tie to Parkinson's
- C) Genetics play no role in Parkinson's

➤ **Question 7: Parkinson's disease only affects the ability to move.**

- A) True
- B) False

➤ **Question 8: Who should be part of a Parkinson's care team?**

- A) Neurologist or Movement Disorders Specialist
- B) Physical Therapist
- C) Nutritionist
- D) All of the above

➤ **Question 9: Which of the following is not true about exercise and Parkinson's?**

- A) At least 2.5 hours per week can slow symptom progression and improve physical and emotional wellbeing
- B) Exercise should be incorporated early in a Parkinson's care plan
- C) Exercise helps maintain and improve mobility, flexibility and balance
- D) Exercise has no impact on Parkinson's symptoms

➤ **Question 10: How can someone help make life better for people with Parkinson's?**

- A) Share reliable information from the Parkinson's Foundation
- B) Participate in a fundraiser or local event
- C) Contact the Helpline for guidance
- D) All of the above

Turn over to see answers!



Find Real Answers

ANSWERS

🔍 Parkinson.org/Awareness ✕

➤ **Question 1: Which of the following is an early sign of Parkinson's disease?**

✓ **A) Tremor**

A tremor in a finger, thumb or hand is a common early sign of Parkinson's. Other early signs may include small handwriting, loss of smell and sleep changes. Learn more at [Parkinson.org/EarlySigns](https://www.parkinson.org/EarlySigns)

➤ **Question 2: How can someone find personalized resources for Parkinson's disease?**

✓ **D) All of the above**

You can find personalized resources through the Helpline, website and local chapter staff. Learn more at [Parkinson.org/Resources](https://www.parkinson.org/Resources)

➤ **Question 3: Which of the following is true about Parkinson's disease progression?**

✓ **C) Symptoms progress differently for each person**

Parkinson's disease progresses differently for everyone. Movement and non-movement symptoms vary widely and new symptoms appear over time. Learn more at [Parkinson.org/stages](https://www.parkinson.org/stages)

➤ **Question 4: Which of the following is NOT a common movement symptom of Parkinson's?**

✓ **D) Severe fatigue**

Severe fatigue is a non-motor symptom, while rigidity, tremor and changes in walking are movement symptoms of Parkinson's. Learn more at [Parkinson.org/movementsymptoms](https://www.parkinson.org/movementsymptoms)

➤ **Question 5: Parkinson's disease is caused when which type of brain cell is lost?**

✓ **B) Cells that make dopamine**

Parkinson's disease is caused by the loss of dopamine-producing brain cells, which affects movement, coordination and regulating mood. Learn more at [Parkinson.org/stages](https://www.parkinson.org/stages)

➤ **Question 6: Which statement about genetics and Parkinson's is true?**

✓ **B) 10-15% of people have a genetic tie to Parkinson's**
About 10–15% of Parkinson's cases have a genetic link. Scientists believe Parkinson's develops due to a combination of genetic and environmental factors. To better understand these links, the Parkinson's Foundation PD GENERation study offers genetic testing and genetic counseling for Parkinson's-related genes at no cost to participants. Learn more and enroll at [Parkinson.org/PDGeneration](https://www.parkinson.org/PDGeneration)

➤ **Question 7: Parkinson's disease only affects the ability to move.**

✓ **B) False**

Parkinson's disease does not only affect physical movement. People with PD also experience non-movement symptoms such as sleep issues, mood changes, cognitive challenges, fatigue and depression, which can significantly impact daily life. Learn more at [Parkinson.org/Symptoms](https://www.parkinson.org/Symptoms).

➤ **Question 8: Who should be part of a Parkinson's care team?**

✓ **D) All of the above**

Parkinson's is best managed through a team-based approach. A neurologist or movement disorders specialist leads care. Physical, occupational and speech-language therapists help address daily challenges, while other team members may include a nutritionist, social worker, trainer and more. Learn more at [Parkinson.org/ExpertCare](https://www.parkinson.org/ExpertCare)

➤ **Question 9: Which of the following is not true about exercise and Parkinson's?**

✓ **D) Exercise has no impact on Parkinson's symptoms**

For those with Parkinson's, exercise is a vital component to maintaining balance, mobility and activities of daily living. Learn more at [Parkinson.org/Exercise](https://www.parkinson.org/Exercise)

➤ **Question 10: How can someone help make life better for people with Parkinson's?**

✓ **D) All of the above**

Supporting people with Parkinson's can include sharing information, fundraising, or connecting with Foundation resources. Learn more at [Parkinson.org/Awareness](https://www.parkinson.org/Awareness)