



Parkinson's Disease

Parkinson's disease (PD) belongs to a group of conditions called motor system disorders, which are the result of the loss of dopamine-producing brain cells. The four primary symptoms of PD are tremor, or trembling in hands, arms, legs, jaw, and face; rigidity, or stiffness of the limbs and trunk; bradykinesia, or slowness of movement; and postural instability, or impaired balance and coordination. As these symptoms become more pronounced, patients may have difficulty walking, talking, or completing other simple tasks. PD usually affects people over the age of 50. Early symptoms of PD are subtle and occur gradually. In some people the disease progresses more quickly than in others. As the disease progresses, the shaking, or tremor, which affects the majority of PD patients may begin to interfere with daily activities. Other symptoms may include depression and other emotional changes; difficulty in swallowing, chewing, and speaking; urinary problems or constipation; skin problems; and sleep disruptions. There are currently no blood or laboratory tests that have been proven to help in diagnosing sporadic PD. Therefore, the diagnosis is based on medical history and a neurological examination. The disease can be difficult to diagnose accurately. Doctors may sometimes request brain scans or laboratory tests in order to rule out other diseases.

Source: National Institute of Neurological Disorders and Stroke: Parkinson's Disease Information Page

<https://www.ninds.nih.gov/Disorders/All-Disorders/Parkinsons-Disease-Information-Page>

Websites

MedlinePlus: Parkinson's Disease

<https://medlineplus.gov/parkinsonsdisease.html>

American Parkinson Disease Association

<http://www.apdaparkinson.org/>

P.O. Box 61420

Staten Island, NY 10306

Phone: 718-981-4399, 800-223-2732 (Toll-free)

E-mail: apda@apdaparkinson.org

The Michael J. Fox Foundation for Parkinson's Research

<http://www.michaeljfox.org/>

Grand Central Station

P.O. Box 4777

New York, NY 10163-4777

Phone: 212-509-0995

Toll-free: 800-708-7644

National Institute of Neurological Disorders and Stroke: Parkinson's Disease Info Page

<https://www.ninds.nih.gov/Disorders/All-Disorders/Parkinsons-Disease-Information-Page>

Parkinson Foundation

<http://www.parkinson.org/>

5757 Waterford District Dr., Suite 310

Miami, FL 33126

Helpline: 800-473-4636 (Toll-free)

E-mail inquiries: contact@parkinson.org

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$10,000,000 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.