



TO YOUR HEALTH

WELCOA'S ONLINE GENERAL WELLNESS BULLETIN

Parkinson's Disease Awareness

April is Parkinson's Awareness Month with World Parkinson's Day recognized on April 11 each year. Parkinson's disease (PD) is a neurodegenerative brain disorder, which means it is a progressive loss of nerve cells and/or their function. Symptoms generally develop slowly over the years and can look different from one person to another. The cause remains largely unknown and while there is no cure, options are available to treat symptoms including medications, physical/occupational therapy, exercises, and surgery. To read more about what Parkinson's disease and resources available, visit: <https://www.parkinson.org/understanding-parkinsons>.

When you hear about Parkinson's, many people think about the famous actor Michael J. Fox and his outspoken advocacy over the last 20 years through his foundation, books, and interviews. But did you know that he was diagnosed in 1991 at the age of 29 and still continued to work on his hit television show Spin City for another seven years before publicly announcing his diagnosis? Other famous people that have been diagnosed with some form of Parkinson's you may recognize include Neil Diamond, former President George H.W. Bush, Muhammad Ali, Alan Alda, Ozzy Osbourne, and Robin Williams.

MOVEMENT SYMPTOMS OF PARKINSON'S

- » Tremor or shaking - occurs mostly at rest, 'pill-rolling' motion in the hands, usually affect one side of the body, temporarily worsened by fatigue, stress, or intense emotions
- » Slowness of movement (Bradykinesia) - reduction of automatic movements like swinging your arms when you walk, difficulty initiating movements, and general slowness in physical actions



- » Dizziness or fainting
- » Postural Instability - trouble with balance and falls
- » Rigidity - stiffness which can lead to achiness or pain in the muscles or joints affected
- » Dystonia - sustained or repetitive muscle twisting, spasm, or cramping

NON-MOVEMENT SYMPTOMS OF PARKINSON'S

- » Cognitive changes - problems with attention, planning, language, memory, or even dementia
- » Mood disorders - depression, anxiety, apathy, or irritability
- » Hallucinations or delusions
- » Constipation and nausea
- » Sleep disorders - insomnia, excessive daytime sleepiness, Restless Legs Syndrome (RLS), vivid dreams, or REM sleep behavior disorder (RBD)
- » Speech and swallowing problems - changes in or difficulty chewing, eating, speaking or swallowing

STATISTICS FROM THE PARKINSON'S FOUNDATION

- » Approximately 60,000 Americans are diagnosed with PD each year.
- » More than 10 million people worldwide are living with PD.
- » Incidence of Parkinson's disease increases with age, but an estimated four percent of people with PD are diagnosed before age 50.
- » Men are 1.5 times more likely to have Parkinson's disease than women.
- » Medications alone cost an average of \$2,500 a year and therapeutic surgery can cost up to \$100,000 per person.

EXPERIENCE WHAT IT IS LIKE TO LIVE WITH PARKINSON'S DISEASE

Parkinson's NSW, an organization based out of Australia, created an interactive online experience called The No Escape Room. This gives the user the chance to "step into the shoes of someone living with Parkinson's."

To try it out visit: <https://noescaperoom.com.au/>

