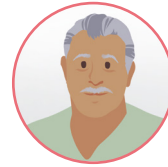


PARKINSON'S DISEASE



Parkinson's disease (PD) occurs when the brain cells that make dopamine, a neurotransmitter that coordinates movement, stop working or die. This results in imbalanced dopamine and acetylcholine levels and decreased ability to control movement. PD negatively impacts how a person moves, feels, thinks, sleeps, and speaks. There is no specific test for PD, and there is no cure. Treatment is symptomatic.

Risk Factors



Age



Genetics



Toxins & pesticides



Head trauma

Symptoms

Depression, anxiety, cognitive impairment, insomnia and sleep disturbances, personality changes, dementia, psychosis

Flat affect, speaking and swallowing impairment, drooling, dizziness, decreased blinking, blurred vision, loss of sense of smell

Stooped posture, forward tilt of trunk, tendency to fall backward, muscle rigidity, increased sweating

Constipation, urinary frequency, incontinence, erectile dysfunction

Dyskinesias, dystonia, balance and walking problems, falls, shuffling gait, rigidity, slow movement, tendency to get stuck, nerve pain

Tremor, shaking at rest, stiffness, reduced arm swing, grip difficulty, cramped handwriting, increased risk for melanoma



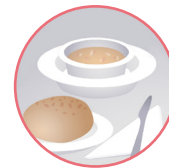
Symptomatic Treatment

- Medication to increase dopamine and inhibit acetylcholine, misc. other drugs
- Surgery (deep brain stimulation)
- Physical, occupational, speech therapy

Protective Measures



Exercise



Healthy diet



Stop smoking

Patient Education

- Avoid falls: eliminate rugs, install grab bars, elevate toilet seat, adequate lighting.
- Wear supportive, sturdy, low-heeled shoes.
- Utilize rolling walker or cane when walking.
- Maintain proper posture, lift feet when walking, avoid prolonged sitting.
- Avoid monoamine oxidase inhibitors.
- Effects of levodopa/carbidopa diminish over time.
- Do not eat high-protein meals with levodopa/carbidopa.
- High-fiber soft diet, increase fluids.
- Maintain regular bowel elimination.
- Use adaptive silverware and cups with lids.
- Use thickeners with liquids as appropriate.

NOTES

