

Parkinson's disease

Patient education

What is Parkinson's disease?

Parkinson's disease is a movement disorder that affects people of all ages. It is a chronic illness that worsens over time. Parkinson's disease affects each person differently.

Your ability to control movements and move your body normally is hampered by this condition. The condition can be mild or severe. Parkinson's disease is a progressive disease that worsens over time.

What causes Parkinson's disease?

Parkinson's disease is caused by the loss of dopamine-producing neurons, which are necessary for movement control. Neurons produce less dopamine as the condition worsens. It becomes difficult to move or control your movements as a result of this.

Genes and the environment may both play a role in the development of Parkinson's disease.

It is unclear what causes neurons to die and why they produce less dopamine.

What increases the risks?

- You are a male
- You are 60 years of age or older
- You have a family history of Parkinson's disease
- You have had a traumatic brain injury
- You have experienced depression

How do I suspect that I might have Parkinson's disease?

- Tremor
- Stiffness in arms and legs
- Walking abnormally
- Movement has slowed down
- Loss of balance and stability while standing
- Changes in bowel and bladder functions

How is this treated?

There is no cure but with treatment, symptoms can be managed by the following:

- Exercise
- Medications
- Therapy (speech, occupational, and physical)
- Surgery (deep brain stimulation)

If you have been diagnosed with Parkinson's disease, please contact your doctor or health care provider if you are experiencing any of the following:

- Your symptoms are not alleviated by medications
- You are unsteady or have fallen at home
- To function well at home, you require more assistance
- You have severe constipation
- You are having side effects from your medications
- You feel confused, anxious, depressed, or have hallucinations

Where can I get more information?

Parkinson Canada

Website: <https://www.parkinson.ca/>

Reference: Parkinson's Disease. (2021, June 10). Elsevier Inc: ClinicalKey for Nursing.

Retrieved from https://www.clinicalkey.com/nursing/#!/content/patient_handout/5-s2.0-pe_2efa2cff-ba2e-474d-8ccd-b5f9f64ad0c8