

Fast Facts

Parkinson's Disease

- Exact cause unknown--thought to be a combination of genetic factors/environmental triggers
- Lewy bodies are found within the brain cells of people who have the disease and are thought to play a role in development (many substances within the Lewy bodies, but an important one is a protein, alpha-synuclein (A-synuclein), which is found in large clumps that cells can't break down). This causes the neurons (nerve cells) in the brain to gradually break down/die resulting in a decreased production of dopamine (helps the brain to function normally)
- Disease usually presents when you become 60 or older and is more likely to present in men

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Tremors -Decreased ability to move (bradykinesia) -Muscle stiffness -Difficulty balancing -Reduced ability to do things that normally don't think about (ex. blink, smile or move arms while walking) -Change speech (ex. softer, monotone, quicker or slurred) -Make it difficult to write -Difficulty swallowing -Sleeping problems -Inability to control bladder function -Constipation -Changes to blood pressure -Decreased ability to smell -Fatigue -Depression -Pain -Sexual disfunction 	<p style="text-align: center;"><i>Medication:</i></p> <ul style="list-style-type: none"> -Carbidopa-levodopa -Dopamine agonists -MAO-B inhibitors -Catechol-O-methyltransferase (COMT) inhibitors -Amantadine -Anticholinergics (not used as frequently anymore) <p style="text-align: center;"><i>Non-Medication:</i></p> <ul style="list-style-type: none"> -Deep brain stimulation (DBS) -Lifestyle changes (eating a healthy diet, exercising, fall reduction techniques and going to support groups) 	<ul style="list-style-type: none"> -No proven ways to prevent currently because specific cause unknown <p style="text-align: center;">Things thought to help:</p> <ul style="list-style-type: none"> -Aerobic exercise -Caffeine -Avoiding environmental hazards (ex. ongoing exposure to herbicides and pesticides)

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