

SIGNS & SYMPTOMS INTRODUCTION

Parkinson's disease signs and symptoms can be different for everyone. Early signs may be mild and go unnoticed. Symptoms often begin on one side of your body and usually remain worse on that side, even after symptoms begin to affect both sides.

Parkinson's signs and symptoms may include:

- Tremor.
- Slowed movement (*bradykinesia*).
- Rigid muscles.
- Impaired posture and balance.
- Loss of automatic movements.
- Speech changes.

Parkinson's disease is a movement disorder. It affects the nervous system, and symptoms become worse over time that leads to shaking, stiffness, and difficulty with walking, balance, and coordination.

Parkinson's symptoms usually begin gradually and get worse over time. As the disease progresses, people may have difficulty walking and talking. They may also have mental and behavioral changes, sleep problems, depression, memory difficulties, and fatigue.

One clear *risk factor* for Parkinson's is age. Although most people with Parkinson's first develop the disease at about age 60.

PARKINSON'S DISEASE



Group C1



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PREVENTION

- Eat Fresh, Raw Vegetables.
- Incorporate Omega-3 Fatty Acids Into Your Diet.
- Vitamin D3.
- Green Tea.
- Regular Aerobic Exercise.
- Reduce stress.

SELF CARE MANAGEMENT

- Educate Yourself
- Healthy Lifestyle
- Hobbies and Socializing
- Complementary Therapies
- Mobility Aids
- Keeping Your Independence
- Join a Support Group

TREATMENT

Most people with Parkinson's disease can be treated using prescribed medications. The most commonly prescribed drugs include:

- Benztropine mesylate (Cogentin)
- Entacapone (Comtan)
- Istradefylline (Nourianz)
- Levodopa and carbidopa (Sinemet)
- Opicapone (Ongentys)
- Pramipexole (Mirapex)
- Rasagiline (Azilect)
- Ropinirole Hcl (Requip)
- Rotigotine (Neupro)
- Safinamide (Xadago)
- Tolcapone (Tasmar)
- Trihexphenidyl (Artane)