

WHAT IS IT ?

Parkinson's disease is a chronic progressive neurological disease that affects a small area of neurons in one specific area of the brain that helps in the coordination of smooth and balanced muscle movement. The disease causes these cells to die and body movements are affected. Common symptoms of the disease include muscle rigidity, tremors, a change in walking patterns, posture and speech. According to Parkinson's UK, about one in every 500 people in the UK have the disease.

TREATMENT FOR PARKINSONS.

- Parkinson's disease cannot be cured, but many of its symptoms can be relieved or managed.
- In the early stages of Parkinson's disease, no treatment may be needed, but needs may change as the condition progresses.
- The goal of treatment is to help a person cope with everyday life and maintain their quality of life.
- The main treatments for Parkinson's are medications, but surgery and other approaches may be recommended.

The 10 warning signs

1. Tremor
2. Small hand writing
3. Loss of smell
4. Trouble walking
5. Trouble sleeping
6. Constipation
7. Talking in a low voice
8. Masked face
9. Dizziness
10. Stopping or hunching



5 CORE AREAS TO FOCUS UPON



MEDICAL SUPPORT

MEDICATION WILL CHANGE OVER TIME AND IT IS IMPORTANT THAT IT IS MONITORED AND REVIEWED PROPERLY BY A NEUROLOGIST



NUTRITION

There is no special diet but of course knowing what is good for you and what may interact with your medication is important – a good diet with any condition is important



EXERCISE

This can help improve the overall symptoms that the condition displays – helps with stiffness and balance



EMOTIONAL STATE

Taking care of your emotions – mental health is very important it is easy to become depressed, anxious about you condition or frustrated



OPTIMAL TREATMENT

Including interventions that can support well-being in addition to taking medication will support the management of the condition.