

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

easy read

Parkinson's information leaflet



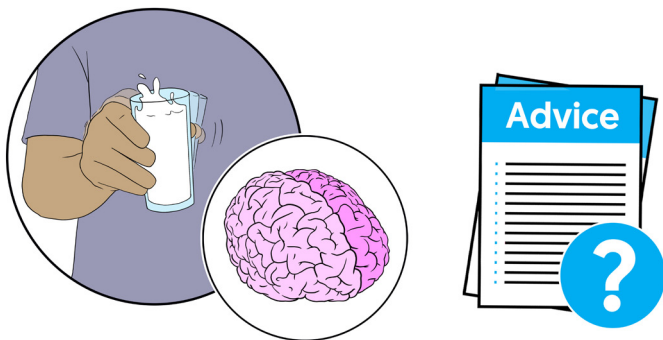
About



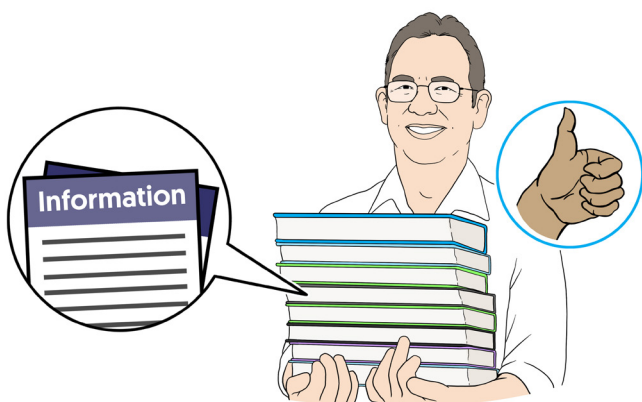
We are Parkinson's UK, we are an organisation that gives advice and support to people with a health condition called Parkinson's.



We also support people who know someone with Parkinson's. This could be a family member or a friend.

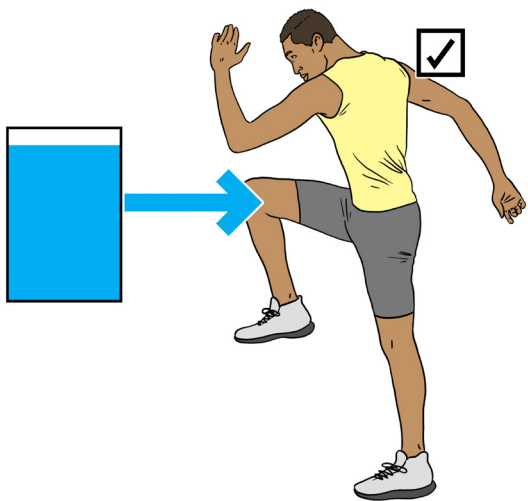
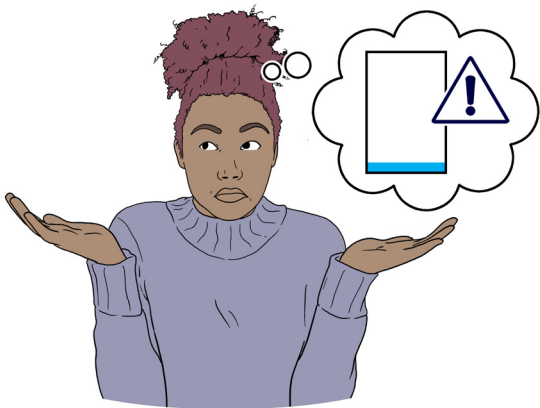
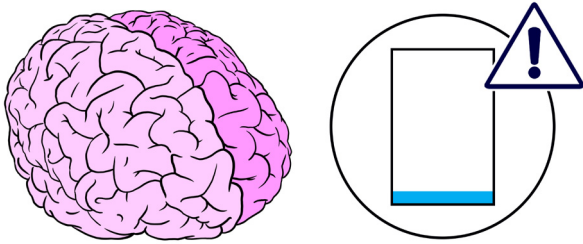


This booklet is about what Parkinson's does to a person's mind and body, and where to go for advice and support.



We want to give everyone as much information as we can about Parkinson's.

What is Parkinson's?



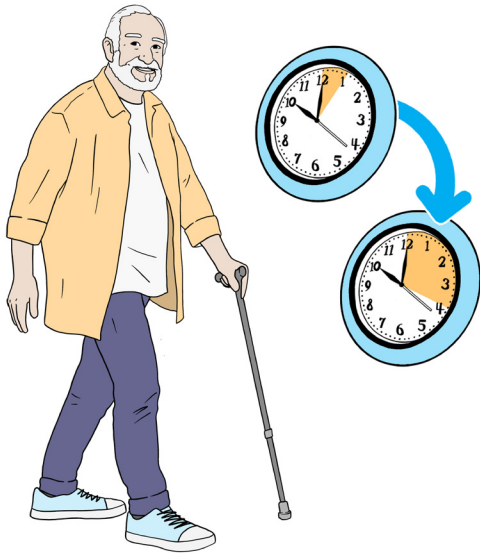
Parkinson's is a health condition that affects your brain. We know it happens because people do not have enough of a chemical in their brain, called **dopamine**.

But we do not know why a person's brain starts making less dopamine.

Dopamine helps your body to move properly.

Having Parkinson's can:

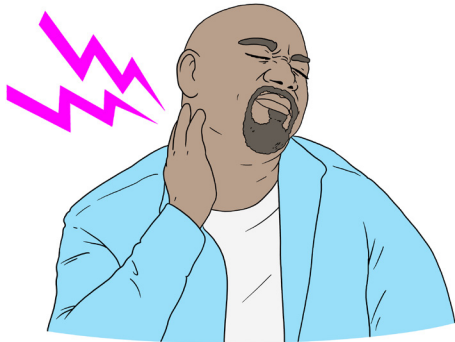
- Make your body shake



- Make you move more slowly



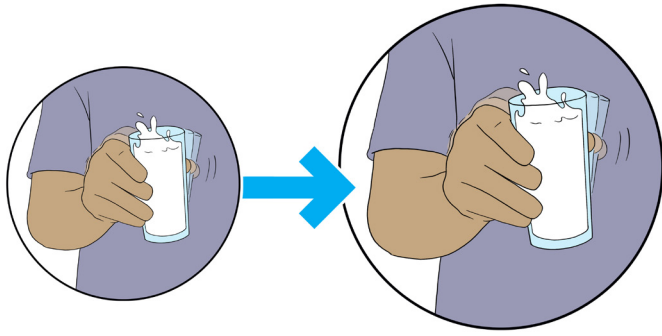
- Make the muscles in your body feel stiff and hard to move



- Be painful

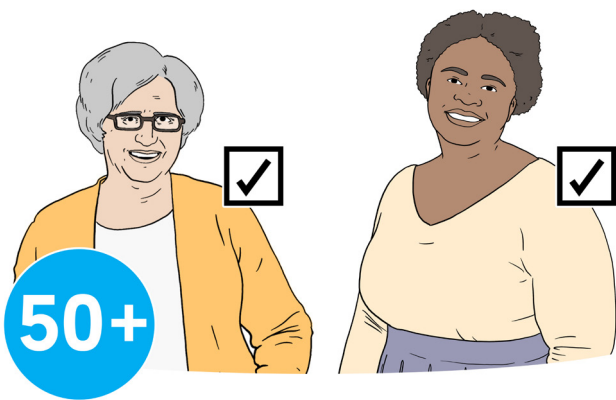


- Make you feel low or unhappy.

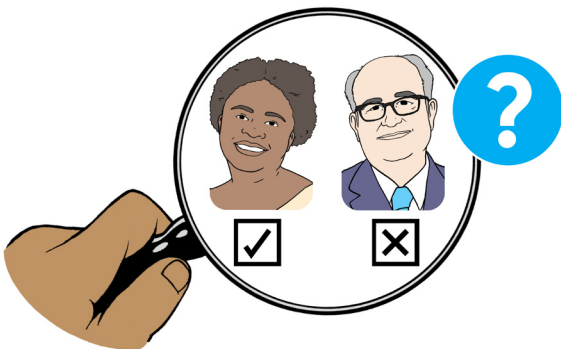


Parkinson's can get worse over time. But it is different for everyone.

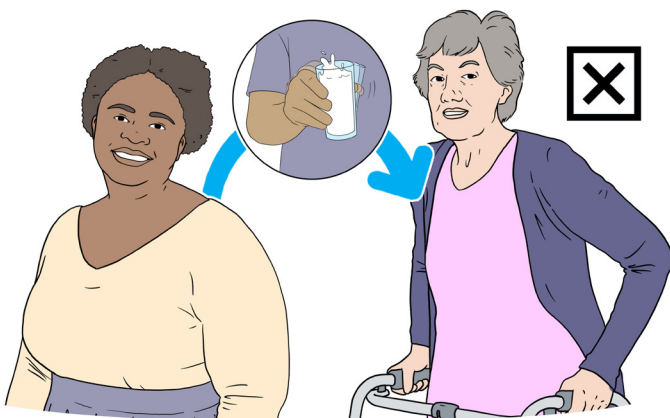
Who gets Parkinson's?



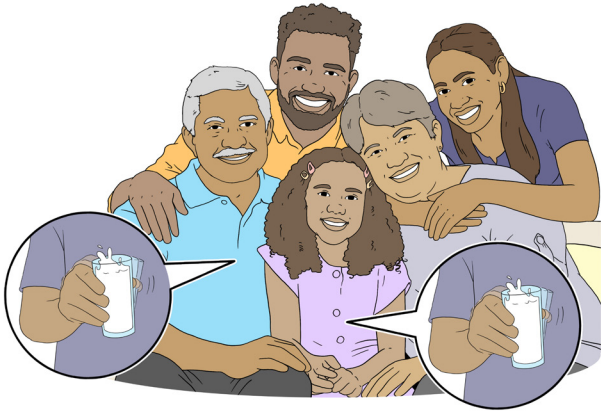
Most people who get Parkinson's are over 50 years old but younger people can get it too.



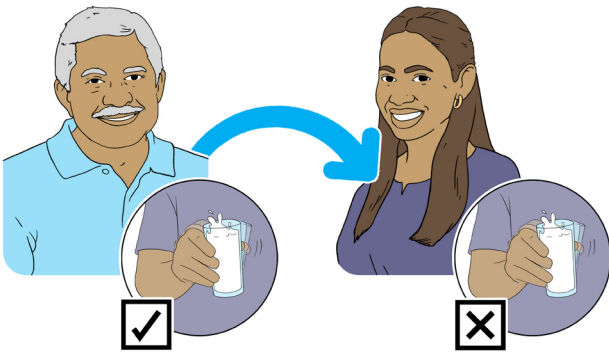
We are still trying to find out why it happens to some people and not to others.



You can not catch Parkinson's from another person like a disease.



Parkinson's can run in families but this is very rare and does not happen often.

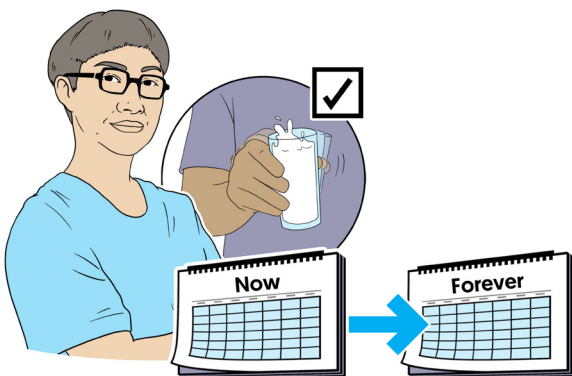


If your mother or father has Parkinson's it does not mean that you will get Parkinson's too.

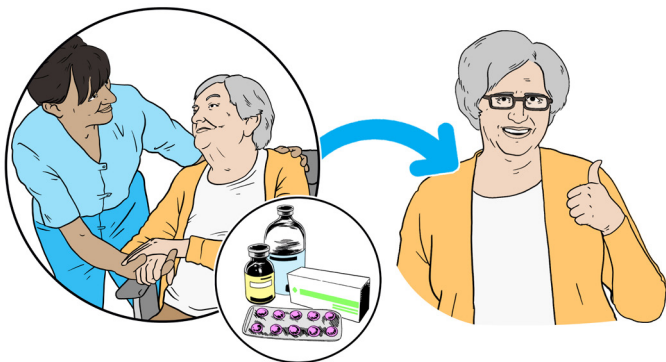
How to get help



If you find out that you, a friend or a family member has Parkinson's then you can get help.



There is no cure for Parkinson's. This means once you have Parkinson's you will always have it.



But getting the right support and treatment will help you to live your life the way you want.



Your doctor or nurse who treats your Parkinson's will be able to give you advice and help you with:



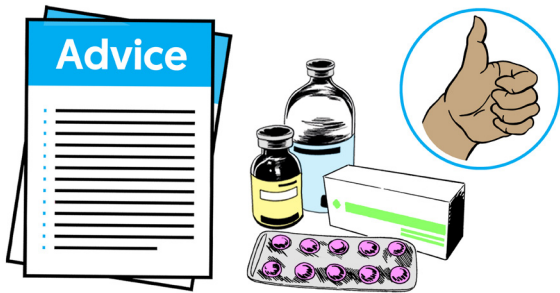
- Getting the right medicine if you need it



- Going to hospital if you need to have an operation



- Moving and talking



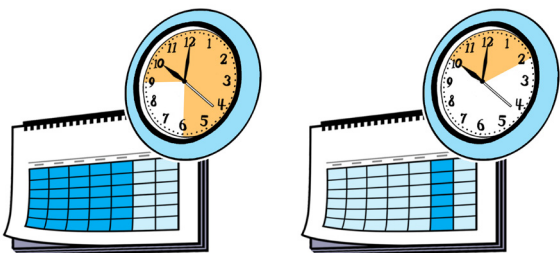
We want to make sure you, or the person you know who has Parkinson's, gets the best advice and treatment.

Find out more



If you have any questions or want to find out more about Parkinson's you can call us for free on:

0808 800 0303



You can call Monday to Friday from 9am until 6pm. And on Saturday from 10am until 2pm.



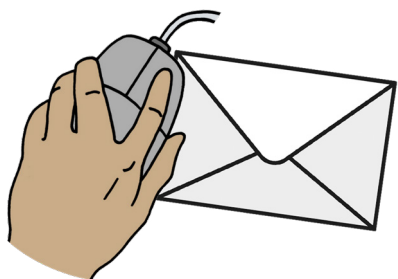
You can also visit our website for more information:

www.parkinsons.org.uk

Tell us what you think



We would like to know what you think of this booklet and the information in it. Did you find it useful?



You can email your answers to:

healthcontent@parkinsons.org.uk

PARKINSON'S^{UK}

Free confidential helpline

0800 800 0303

Monday to Friday 9am - 6pm,

Saturday 10am - 2pm



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