

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

**A QUICK
INTRO TO
PARKINSON'S**

Chris

FEEL

This leaflet tells you a little bit about Parkinson's

No one has to face Parkinson's alone

If you have just been diagnosed, or know somebody who has been, you've probably got lots of questions, and perhaps some worries. That's where Parkinson's UK comes in.

Parkinson's UK is the biggest Parkinson's support and research charity. We're committed to finding a cure and improving life for everyone affected by Parkinson's. We provide a range of information and support, including expert staff and nurses, a free confidential helpline, our website and 330 local groups.

Please get in touch if you need more information.



EVERYONE'S
DIFFERENT

The symptoms someone has and how quickly the condition develops will differ from one person to the next. Although there's currently no cure, a range of medicines and treatments are available to manage many of the symptoms.

Parkinson's is not infectious and doesn't usually run in families. Parkinson's doesn't directly cause people to die, but symptoms do get worse over time. We don't yet know why people get Parkinson's.



PARKINSON'S
AFFECTS
PEOPLE OF
ALL AGES

1/500 One person in every 500 has Parkinson's. That's about 120,000 people in the UK. Most people who get Parkinson's are aged 50 or over, but younger people can get it too.

An elderly man with white hair and a grey cardigan over a blue and white striped shirt is holding a white sign. He is standing in front of a window with a view of greenery. He is also holding a metal walker with both hands.

**SIMPLE
TASKS CAN
BECOME
DIFFICULT**

People with Parkinson's don't have enough of a chemical called dopamine because some nerve cells in their brain have died. Without it people can find that their movements become slower so it takes longer to do things. A lack of co-ordination can also be a problem.

Parkinson's can cause some people's hands and bodies to shake. This can make everyday activities, such as eating, getting dressed, or using a phone or computer, difficult or frustrating.



SOMETIMES
I FREEZE TO
THE SPOT

People with Parkinson's can find it hard to move freely and muscles can sometimes become stiff. Sometimes they freeze suddenly when moving from place to place. Arms and hands can freeze too, as if they have forgotten what to do.

As well as affecting movement, people with Parkinson's can find that other issues, such as tiredness, pain, depression and constipation, can have an impact on their day-to-day lives.

A middle-aged man with short, light brown hair is standing in what appears to be a hallway or a room with red walls. He is wearing a light-colored, vertically striped dress shirt, a brown knit vest, and a grey tie. He is holding a white rectangular sign in front of his chest with both hands. The sign has the text "MY MEDICINE KEEPS ME MOVING" written in large, bold, blue capital letters. The background shows a red door with a silver handle and a small sign that says "PLEASE TO RETURN".

MY
MEDICINE
KEEPS ME
MOVING

A range of medicines are available which can help to manage the symptoms. While someone may be helped by one medicine, it may not work for others. Some people will need stronger doses or a combination of medications – others will need to take smaller doses but more often.

As time goes on, people may need to change their medication. Surgery can be an option for some people, depending on their symptoms. Physiotherapy, speech and language, and occupational therapy can also help.



How Parkinson's affects someone can change from day-to-day, and even from hour to hour – symptoms that may be noticeable one day may not be a problem the next.

Although at times life can be difficult, many people with Parkinson's continue to lead active, fulfilling lives.

Every hour, someone in the UK is told they have Parkinson's. Because we're here, no one has to face Parkinson's alone.

We bring people with Parkinson's, their carers and families together via our network of local groups, our website and free confidential helpline. Specialist nurses, our supporters and staff provide information and training on every aspect of Parkinson's.

As the UK's Parkinson's support and research charity we're leading the work to find a cure, and we're closer than ever. We also campaign to change attitudes and demand better services.

Our work is totally dependent on donations. Help us to find a cure and improve life for everyone affected by Parkinson's.

Parkinson's UK

215 Vauxhall Bridge Road
London SW1V 1EJ

Free* confidential helpline **0808 800 0303**.
Monday to Friday 9am–8pm,
Saturday 10am–2pm. Interpreting available.
Textphone **0800 111 4204**.

*calls are free from UK landlines and most mobile networks.

Visit us online at **parkinsons.org.uk**
Drop us a line at **hello@parkinsons.org.uk**

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