

Pryder wrth ddioddef o Parkinson's

Bydd rhai pobl sy'n dioddef o Parkinson's yn cael teimladau o bryder.

Mae'r wybodaeth yma'n disgrifio pryder, a sut deimladau fyddai rhywun yn eu cael. Mae hefyd yn trafod pa gamau i'w cymryd i reoli'r symptomau hynny, a pha driniaethau sydd ar gael.

Sut beth ydy pryder?

Mae pryder yn deimlad o anesmwythyd, fel arswyd neu ofn. Mae gan bawb deimladau o bryder o bryd i'w gilydd. Mae'n ymateb naturiol i sefyllfaoedd rydyn ni'n eu gweld yn fygythiol neu'n anodd, fel symud i dŷ newydd neu broblemau ariannol. Fel arfer mae pryder yn diflannu pan fydd y sefyllfa'n newid, neu pan ddown i arfer â'r sefyllfa neu'n gallu symud i ffwrdd oddi wrthi. Ond mae rhai pobl yn teimlo'n bryderus am gyfnodau hir a heb fod am reswm amlwg. Gall hyn wneud bywyd yn anodd a gallai effeithio ar eich gwaith a'ch bywyd cymdeithasol.

Os ydych chi'n teimlo bod pryder yn effeithio ar eich bywyd bob dydd, mae'n bwysig ceisio cymorth gan weithwyr proffesiynol yn ogystal â dod o hyd i bethau y gallwch chi eu gwneud i reoli'ch symptomau'n effeithiol.

Beth yw prif symptomau pryder?

Mae'n bwysig adnabod symptomau pryder, fel bod modd ei drin cyn gynted â phosibl.

Efallai y bydd pobl sy'n dioddef o bryder yn teimlo rhai o'r canlynol:

- ymdeimlad o arswyd
- poeni'n gyson
- cael anhawster i ganolbwyntio

Efallai y byddwch hefyd yn cael symptomau corfforol os ydych chi'n teimlo'n bryderus. Gallai'r rhain gynnwys:

- chwysu
- calon sy'n curo'n gyflym neu'n rasio (dychlamiadau)
- tyndra yn y frest neu deimlo'n fyr eich gwynt
- pendro
- crynu
- diffyg traul, cyfog a chrampiau stumog
- edrych yn welw
- ceg sych
- poen yn y cyhyrau
- coesau aflonydd ac anhawster i gysgu'n esmwyth

Pan fydd pryder yn gyflwr parhaol, efallai y byddwch yn cael teimladau o anobaith. Gall y teimladau hyn effeithio ar eich gallu i gyflawni gweithgareddau bob dydd.

Weithiau, efallai y cewch symptomau iselder yn ogystal â phryder. Mae iselder yn fwy na theimladau o anhapusrwydd neu rwystredigaeth dros dro. Ceir diagnosis o iselder pan fydd gan rywun deimladau parhaol o dristwch eithafol am ddyddiau, wythnosau neu fisoedd.

Rhagor o gyngor: gweler ein gwybodaeth am iselder ysbryd a Parkinson's

A oes gwahanol fathau o bryder?

Mae tri phrif fath o bryder, er bod y rhain yn gallu gorgyffwrdd. Bydd llawer o bobl yn profi mwy nag un math.

Pryder cyffredinol

Dyma pan fyddwch chi'n poeni'n ormodol ac yn ddilywodraeth y rhan fwyaf o'r amser am ddiwyddiadau yn eich bywyd bob dydd.

Pyliau o banig

Cyfnodau byr o deimladau o ofn sy'n ddwys ac yn digwydd yn sydyn ydy'r rhain. Maent yn aml

yn digwydd mewn sefyllfaoedd sy'n debygol o wneud ichi deimlo'n bryderus. Efallai y byddwch hefyd yn teimlo'ch calon yn rasio, a byddwch yn chwysu ac yn fyr o wynt. Mae rhai pobl o'r farn bod y symptomau hyn yn ddifrifol iawn, ac maen nhw'n rhuthro i'r ysbty am help. Gall pwl o banig bara rhwng pump ac ugain munud.

Ffobia

Dyma'r teimlad o fod yn ofnus am rywbeth nad yw'n beryglus, ac na fyddai fel arfer yn gwneud i bobl eraill deimlo'n ofnus. Er enghraifft, agoraffobia yw'r ofn o fod mewn sefyllfaoedd lle gallai dianc fod yn anodd, neu lle na fyddai help ar gael petai pethau'n mynd o chwith.

Sut mae pryder yn effeithio ar bobl â Parkinson's?

I bobl sy'n dioddef o Parkinson's, neu unrhyw un arall, mae pryder yn debyg o gael ei achosi gan gyfuniad o ffactorau, gan gynnwys anghydbwysedd yng nghemegau'r ymennydd, geneteg, neu straen mewn bywyd bob dydd.

Gall unrhyw bryderon sydd gennych am fyw gyda chyflwr tymor hir, fel Parkinson's, hefyd achosi pryder.

Mae rhai pobl â Parkinson's yn fwy pryderus mewn cyfnodau 'arno' neu pan nad yw'r clefyd dan reolaeth. Pan fydd person yn cymryd ei feddyginiaeth, bydd ei symptomau'n gwella. Ond weithiau gall y symptomau hyn ddod yn ôl cyn bod hi'n bryd cymryd y dos nesaf, gan beri i gyflwr unigolyn amrywio.

Gelwir hyn yn 'golli effaith'. Os bydd symptomau eich pryder yn cynyddu pan fydd effaith eich meddyginiaeth yn lleihau cyn bod hi'n bryd cymryd y ddos nesaf, siaradwch gyda'ch arbenigwr neu nyrs Parkinson's. Gall newidiadau i'r drefn o gymryd eich meddyginiaeth wella'ch symptomau.

Os byddwch mewn cyfnod 'arno', ac yn cael anhawster i symud, gall hyn hefyd wneud i chi deimlo'n bryderus. Efallai y bydd eich teimladau o bryder yn gwella pan fydd eich anhawster i symud yn cael ei reoli'n well gan feddyginiaeth. Hyd yn oed os nad ydych yn cael cyfnodau 'arno' a 'hebdo', mae'n bosib y byddwch yn dal yn gyffredinol bryderus os nad yw symptomau Parkinson's yn cael eu trin yn iawn. Unwaith eto, gallai newidiadau i'ch meddyginiaeth helpu.

Gofalwch drafod unrhyw addasiadau i'ch meddyginiaeth Parkinson's gyda'ch arbenigwr neu eich nyrs Parkinson's bob amser.

Cofiwch, peidiwch â rhoi'r gorau i gymryd eich meddyginiaeth heb siarad â gweithiwr gofal iechyd proffesiynol, gan fod hyn yn gallu bod yn beryglus.

Mae'n arbennig o bwysig trafod eich pryder gyda'ch gweithiwr gofal iechyd proffesiynol gan y gallai hynny wneud symptomau eraill Parkinson's yn waeth. Wrth ofyn am help yn gynnar, gallwch gael mwy o reolaeth.

Sut i reoli pryder?

Mae yna nifer o bethau y gallwch roi cynnig arnynt i'ch helpu i reoli'ch symptomau.

Dod o hyd i ffyrdd o ymlacio

Gall pethau syml fel gwneud amser i ymlacio fod yn ddefnyddiol. Rhowch gynnig ar wneud pethau rydych chi'n eu mwynhau, fel darllen llyfr neu wrando ar gerddoriaeth.

Bwyd

Ceisiwch fwyta'n iach ac yn gytbwys. Gall hefyd fod o help i osgoi gormod o gaffein (a geir mewn te, coffi a rhai diodydd pefriog), ac alcohol, yn enwedig fel mae hi'n nosi. Gall y rhain waethgu rhai o symptomau corfforol pryder.

Rhagor o gyngor: gweler ein gwybodaeth am ddietau a Parkinson's.

Ymarfer corff

Drwy ymarfer corff yn rheolaidd, fel cerdded neu nofio, gallwch ymladd yn erbyn straen a rhyddhau gorbryder.

Ioga

Mae ioga yn ymarfer ysgafn sy'n ceisio gwella eich hyblygrwydd, cryfder, cydbwysedd a'ch anadlu. Mae rhywfaint o dystiolaeth y gallai ioga helpu rheoli pryder a straen.

Tai chi

Crefft ymladd Tsieineaidd ydy Tai chi sy'n rhoi pwyslais ar gydbwysedd a symudiad. Mae'n golygu symud y corff yn araf ac yn osgeiddig, heb unrhyw gyswilt corfforol. Gallai fod yn fuddiol yn seicolegol drwy leihau pryder.

Therapi cyflenwol

Yn ôl nifer o bobl sy'n dioddef o Parkinson's, mae therapi cyflenwol yn gallu bod yn ymlaciol. Gallai gynnwys y canlynol:

Tylino

Mae llawer o bobl yn teimlo fod cael eu tylino yn eu helpu i ymlacio. Gall therapydd tylino ddefnyddio technegau amrywiol, gan gynnwys anwesu, tylino a rhwbio, gan roi pwysedd ar y corff wrth wneud hynny. Nid yw tylino'n addas ar gyfer pobl â chyflyrau meddygol penodol, fel rhai sydd â hanes o anhwylderau gwaedu.

Aciwbigo

Mae aciwbigo yn rhan o feddyginiaeth draddodiadol Tsieineaidd. Bydd therapydd yn gwrthio nodwyddau tenau i'ch corff mewn manau penodol. Mae'r dystiolaeth fod aciwbigo yn gallu lleihau pryder yn gymysg, ond mae'n bosib y bydd rhai pobl yn ei weld yn ddefnyddiol.

Os ydych chi'n penderfynu cymryd unrhyw feddyginiaeth trwy'r geg neu ei rwbio i'ch croen fel therapi cyflenwol, gofalwch holi eich meddyg teulu, eich arbenigwr neu nyrs Parkinson's yn gyntaf.

Rhagor o gyngor: gweler ein gwybodaeth am therapi cyflenwol a Parkinson's.

Efallai y bydd dosbarthiadau ymlacio yn eich ardal chi. Ewch i wefan Parkinson's UK **parkinsons.org.uk** a chwiliwch drwy ddefnyddio cod post er mwyn dod o hyd i ddosbarthiadau sydd ar gael yn eich ardal chi.

Cyfeillgarwch a chwrdd ag eraill

Gall rhannu eich pryderon a'ch ofnau gyda ffrind dibynadwy neu aelod o'r teulu helpu i leihau pryder. Gall siarad â phobl eraill â Parkinson's helpu hefyd, oherwydd gallwch chi rannu'ch profiadau a darganfod sut mae eraill yn ymdopi â phroblemau tebyg. Mae gan Parkinson's UK grwpiau lleol ledled y DU.

Ewch i **parkinsons.org.uk/localgroups** i ddod o hyd i'ch grŵp agosaf neu ffoniwch **0808 800 0303**.

Gallwch hefyd siarad â phobl eraill sydd â Parkinson's ar-lein yn **parkinsons.org.uk/forum**

Cwmsela

Os yw'n well gennych siarad â chynghorydd sydd wedi'i hyfforddi'n broffesiynol, gofynnwch i'ch meddyg teulu am wybodaeth (mae gan lawer o feddygfeydd gwmselwyr ynghlwm wrth eu practis). Mae yna hefyd sefydliadau cwmsela a all roi gwybodaeth a manylion cwmselwyr preifat i chi, gan gynnwys Cymdeithas Cwmsela a Seicotherapi Prydain/ British Association for Counselling and Psychotherapy (gweler diwedd yr wybodaeth hon).

Mae gan yr elusen iechyd meddwl Mind ganllaw, *Making sense of talking treatments*. Mae'r llyfryn yn esbonio'r gwahanol fathau o therapïau siarad sydd ar gael, gan gynnwys cwmsela, sut y gallant helpu a beth i'w ddisgwyl.

Gallwch ddarllen y canllaw ar-lein yn www.mind.org.uk/talkingtherapy neu archebu copi caled.

Therapi ymddygiad gwybyddol (CBT)

Gallai therapi ymddygiad gwybyddol (a elwir weithiau'n CBT) fod yn effeithiol wrth ddelio â phryder. Mae'n gweithio trwy newid meddyliu ac ymddygiad 'di-fudd' a all arwain at deimladau o bryder neu waethygu pryder.

Gall CBT ddigwydd mewn grwpiau neu'n unigol gyda therapydd, a all fod yn seicolegydd clinigol, seiciatrydd neu'n nyrs sydd wedi'i hyfforddi'n arbennig. Mae fel arfer yn cynnwys cwrs o sesiynau wythnosol.

Mae nifer o lyfrau hunangymorth CBT sy'n cael eu hargymell gan y GIG ar gyfer pobl â phryder. Mae llawer o'r rhain ar gael yn eich llyfrgell leol drwy'r cynllun 'Llyfrau ar Bresgripsiwn'. Unwaith eto, gofynnwch i'ch meddyg teulu neu nyrs Parkinson's am ragor o gyngor neu ewch i reading-well.org.uk

Meddyginiaeth ar gyfer pryder

Gall meddyginiaeth gwrth-bryder, fel cyffuriau gwrth iselder ac anxiolytig helpu i'w liniaru os oes gennych Parkinson's, o dan rai amgylchiadau. Yn gyffredinol, ni argymhellir defnyddio cyffur anxiolytig yn y tymor hir.

Siaradwch gyda'ch meddyg teulu, eich arbenigwr neu nyrs Parkinson's am yr hyn fyddai orau i chi. Dylent hefyd allu eich cynghori ar sut i gymryd cyffuriau gwrth iselder ochr yn ochr â'ch meddyginiaeth Parkinson's.

Cyngor i deulu, ffrindiau a gofalwyr

Gall symptomau pryder effeithio'n fawr ar ansawdd bywyd rhywun. Os bydd hyn yn digwydd, dylech geisio annog yr unigolyn dan sylw i siarad â'i feddyg teulu, ei arbenigwr neu nyrs Parkinson's. Byddent efallai'n cael eu cyfeirio at arbenigwr iechyd meddwl a all argymell triniaeth.

Os ydych chi'n ofalwr, mae'n hollol naturiol i chi deimlo llawer o'r un teimladau â'r person â Parkinson's. Gall y teimladau hyn gynnwys pryder, ofn am y dyfodol, iselder ysbryd, blinder a phryder am unrhyw newidiadau yn eich perthynas. Gyda hyn mewn golwg, dylech hefyd geisio gofalu am eich iechyd corfforol a meddyliol eich hunan gymaint ag y gallwch. Gall gofalu amdanoch eich hun fod yn anodd, ond mae'n bwysig. Bydd hefyd yn eich helpu i allu gofalu am eich anwylyd yn well.

Mae llawer o ofalwyr yn ei chael hi'n ddefnyddiol ymuno â grŵp cymorth lle gallant gwrdd â phobl eraill mewn sefyllfa debyg. Mae gan lawer o grwpiau lleol Parkinson's UK weithgareddau arbennig ar gyfer gofalwyr.

Ewch i parkinsons.org.uk/localgroups i gael manylion eich grŵp lleol neu cysylltwch â'n llinell gymorth (0808 800 0303). Mae Carers UK a Carers Trust hefyd yn rhedeg grwpiau ar gyfer gofalwyr. Gweler yr adran nesaf am fanylion.

Rhagor o gyngor: chwiliwch am ein gwybodaeth ar gyfer gofalwyr

Mwy o wybodaeth a chefnogaeth

Anxiety UK

Mae gan Anxiety UK ystod o wybodaeth a gwasanaethau cefnogi ar gyfer pobl sy'n dioddef o bryder.

03444 775 774

support@anxietyuk.org.uk

www.anxietyuk.org.uk

British Association for Counselling and Psychotherapy

Chwiliwch eu gwefan i ddod o hyd i therapydd yn eich ardal chi.

01455 883300

bacp@bacp.co.uk

www.bacp.co.uk

Carers Trust

Mae'r elusen hon yn cynnig cefnogaeth, gwybodaeth a chanolfannau ar gyfer gofalwyr drwy'r Deyrnas Gyfunol. Mae'r rhan fwyaf o ganolfannau'n rhedeg grwpiau ar gyfer gofalwyr.

Swyddfa Llundain **0300 772 9600**

Swyddfa'r Alban **0300 772 7701**

Swyddfa Cymru **0300 772 9702**

info@carers.org

www.carers.org

Carers UK

Mae Carers UK yn darparu gwybodaeth a chefnogaeth ar gyfer pobl sy'n gofalu am rywun yn eu cartref. Mae gan yr elusen grwpiau cefnogi, canghennau a swyddfeydd lleol drwy'r Deyrnas Gyfunol.

0808 808 7777

advice@carersuk.org

www.carersuk.org

Mind

Mind ydy'r prif gorff sy'n gweithio ym maes iechyd meddwl ac sy'n gwasanaethu pobl Cymru a Lloegr. Mae'r elusen hon yn cynnig cefnogaeth a chynghor ar bob math o broblemau iechyd meddwl, gan gynnwys iselder ysbryd. Mae'n darparu ystod o gyhoeddiadau a grwpiau cefnogi lleol.

0300 123 3393

info@mind.org.uk

www.mind.org.uk

Inspire

Mae Inspire yn darparu amrywiaeth o wasanaethau sy'n cynnig cefnogaeth sy'n gysylltiedig ag iechyd meddwl yng Ngogledd Iwerddon.

028 9032 8474

hello@inspirewellbeing.org

Rhagor o wybodaeth a chymorth

Nyrsys Parkinson's

Mae nyrsys Parkinson's yn darparu cyngor a chymorth arbenigol i bobl â Parkinson's a'r rhai hynny sy'n gofalu amdany'n nhw. Hefyd gallan nhw gysylltu â gweithwyr proffesiynol eraill ym maes iechyd a gofal cymdeithasol i sicrhau y diwallir eich anghenion.

Mae'r rôl nyrs Parkinson's yn amrywio. Bydd pob un yn cynnig gwasanaethau gwahanol, yn anelu at ddiwallu anghenion lleol. Lleolir rhai nyrsys yn y gymuned, tra bod eraill wedi'u lleoli mewn sefyllfaoedd ysbty.

Mae llawer o nyrsys Parkinson's yn rhagnodwyr annibynnol. Mae hyn yn golygu y gallan nhw ragnodi a gwneud addasiadau i feddyginiaeth, felly nid oes angen i rywun â Parkinson's weld eu harbenigwr am newidiadau i neu ymholiadau ynghylch eu cyffuriau â Parkinson's bob tro.

Efallai na fydd nyrsys Parkinson's ar gael ym mhob ardal, ond gall eich Meddyg Teulu neu arbenigwr roi rhagor o fanylion ichi ar wasanaethau lleol.

Gallwch chi ddysgu rhagor yn parkinsons.org.uk/nurses

Gwybodaeth a chymorth gan Parkinson's UK

Gallwch chi ffonio ein llinell gymorth gyfrinachol am ddim i gael cymorth a gwybodaeth gyffredinol. Ffoniwch **0808 800 0303** (mae galwadau am ddim oddi wrth linellau tir yn y DU a'r mwyafrif o rwydweithiau symudol) neu e-bostiwch hello@parkinsons.org.uk.

Rydyn ni'n rhedeg gwasanaeth cymorth cyfoedion os hoffech chi siarad ar y ffôn â rhywun a effeithir gan Parkinson's sydd wedi wynebu problemau tebyg i chi. Mae'r gwasanaeth yn gyfrinachol ac am ddim – ffoniwch y llinell gymorth i siarad â rhywun am gael eich paru â gwirfoddolwr.

Gall ein llinell gymorth eich cysylltu ag un

o'n cynghorwyr lleol Parkinson's, sy'n rhoi gwybodaeth a chymorth un wrth un i unrhyw un a effeithir gan Parkinson's. Hefyd gallan nhw ddarparu dolenni i grwpiau a gwasanaethau lleol.

Mae gennym raglen hunan-reoli ar gyfer pobl â Parkinson's, partneriaid a gofalwyr. Mae'n gyfle i fyfyrio ar fywyd gyda'r cyflwr, ddysgu am hunan-reoli a meddwl am y dyfodol. I ganfod a oes grŵp yn agos i chi, ewch i parkinsons.org.uk/selfmanagement

Mae gan ein gwefan parkinsons.org.uk lawer o wybodaeth ynghylch Parkinson's a bywyd dyddiol gyda'r cyflwr. Hefyd gallwch chi ganfod manylion ynghylch eich tîm cymorth lleol a'ch cyfarfod grŵp lleol agosaf yn parkinsons.org.uk/localtoyou

Ewch at parkinsons.org.uk/forum i sgwrsio gyda phobl eraill sydd wedi cael profiadau tebyg ar ein fforwm trafod ar-lein.

Diolch

Diolch i bawb a sydd wedi cyfrannu i'r ddalen wybodaeth hon a'i hadolygu:

Diolch hefyd i'n grŵp adolygu gwybodaeth a phobl eraill a effeithir gan Parkinson's a ddarparodd adborth.

Allwch chi helpu?

Yn Parkinson's UK, rydyn ni'n gwbl ddibynol ar roddion gan unigolion a sefydliadau i ariannu'r gwaith rydyn ni'n ei wneud. Mae sawl ffordd y gallwch chi ein helpu i gefnogi pobl â Parkinson's.

Os hoffech chi gymryd rhan, cysylltwch â'n tîm Gwasanaethau Cefnogwyr ar **0800 138 6593** neu ewch i'n gwefan yn parkinsons.org.uk/donate. Diolch.

Ynghylch ein gwybodaeth

Mae'r cyfan o'n gwybodaeth ddiweddaraf ar gael ar parkinsons.org.uk/information-support

Os byddai'n well gennych ddarllen un o'n taflenni neu lyfrynau mewn print, gallwch weld sut i archebu ar parkinsons.org.uk/ordering-resources neu drwy ein ffonio ar **0300 123 3689**.

Rydyn ni'n gwneud pob ymdrech i sicrhau bod ein gwasanaethau'n darparu gwybodaeth gyfredol, ddiuedd a chywir. Rydyn ni'n gobeithio y bydd hon yn ychwanegu at unrhyw gyngor proffesiynol a dderbyniwch a'ch helpu i wneud unrhyw benderfyniadau y gallech chi eu hwynebu. Os gwelwch yn dda parhewch i siarad â'ch tîm iechyd a gofal cymdeithasol os ydych chi'n poeni ynghylch unrhyw agwedd ar fyw gyda Parkinson's.

Os hoffech chi ddysgu rhagor am sut rydyn ni'n rhoi eich gwybodaeth ynghyd, gan gynnwys cyfeiriadau a'r ffynonellau gwybodaeth rydyn ni'n eu defnyddio, cysylltwch â ni yn publications@parkinsons.org.uk.



Pryder wrth ddioddef o Parkinson's (FS96/2019)

A oes gennych unrhyw adborth ynghylch yr wybodaeth hon? Bydd eich sylwadau'n ein helpu i sicrhau bod ein hadnoddau mor ddefnyddiol a hawdd eu deall â phosibl. Dychwelwch at Y **Tîm Cynnwys Gwybodaeth, Parkinson's UK, 215 Vauxhall Bridge Road, Llundain SW1V 1EJ**, neu e-bostiwch publications@parkinsons.org.uk. Diolch!

1. Dewiswch yr opsiwn sy'n addasach i chi.

- Mae gen i Parkinson's a ches i fy niagnosio yn
- Rwy'n gofalu am rywun â Parkinson's Mae gen i ffrind neu aelod teulu â Parkinson's
- Rwy'n weithiwr proffesiynol yn gweithio gyda phobl â Parkinson's
- Arall (pennwch)

2. O ble gawsoch chi'r wybodaeth hon?

- Meddyg Teulu Arbenigwr Nyrs Parkinson's Grŵp lleol Parkinson's UK
- Cynghorydd lleol Parkinson's UK Wedi'i harchebu'n uniongyrchol gennym ni
- Galwad i'r llinell gymorth Arall (pennwch)

3. A ydy wedi ateb eich holl gwestiynau?

- Ydy, yn gyfangwbl Ydy, gan fwyaf Ddim yn siŵr Yn rhannol Ddim o gwbl

4. Pa mor hawdd oedd ei deall?

- Hawdd iawn Hawdd Ddim yn siŵr Eithaf anodd Anodd iawn

Ni yw'r elusen Parkinson's sy'n gyrru gofal, triniaethau ac ansawdd bywyd gwell.

Gyda'n gilydd gallwn ni symud y dydd ymlaen pan na fydd unrhyw un yn ofni Parkinson's.

Parkinson's UK
215 Vauxhall Bridge Road
London SW1V 1EJ

Llinell gyfrinachol am ddim **0808 800 0303**
(Dydd Llun I Ddydd Gwener 9am–7pm, Saturday 10am–2pm).
Cyfieithu ar y pryd ar gael
NGT Relay **18001 0808 800 0303** (I'w ddefnyddio gyda ffonau clyfar, llechenni, Cyfrifiaduron Personol a dyfeisiau eraill).
Am ragor o wybodaeth gweler **www.ngts.org.uk**

hello@parkinsons.org.uk
parkinsons.org.uk

Cod archeb:PKFS96W

Diweddariad diwethaf Hydref 2019. Gwiriwch ein gwefan am y fersiynau mwyaf cyfredol o'n holl wybodaeth.

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5. A ydy wedi'ch helpu i reoli'ch cyflwr yn well, neu wneud dewisiadau sydd wedi gwella'ch bywyd mewn rhyw ffordd?

- Mae wedi helpu llawer Mae wedi helpu ychydig Dim newid
 Dydy hi ddim wedi helpu Mae wedi gwneud pethau'n waeth

6. Beth yw eich cefndir ethnig?*

- Asiaidd neu Asiaidd Prydeinig Du neu Ddu Prydeinig Tsieineaidd Cymysg
 Gwyn - Prydeinig Gwyn - arall Arall (pennwch)

*Rydyn ni'n gofyn am eich ethnigrwydd er mwyn sicrhau bod ein gwybodaeth yn cyrraedd amrediad eang o bobl. Fodd bynnag, mae'r cwestiwn hwn yn opsiynol.

Eisiau clywed rhagor gennym?

- Hoffwn i gael ymateb i fy adborth Hoffwn i fod yn aelod o Parkinson's UK
 Mae gen i ddiddordeb mewn ymuno â'r Grŵp adolygu Gwybodaeth, i gynnig adborth ar wybodaeth Parkinson's UK

Os ydych chi wedi ateb 'le' i unrhyw un o'r opsiynau hyn, byddwch gystal â chwblhau'ch manylion isod.

Enw

Cyfeiriad

E-bost

Ffôn

Pa ddull fyddai'n well gennych inni gysylltu â chi? E-bost Post Ffôn

Fyddwn ni ddim yn trosglwyddo'ch manylion i unrhyw sefydliad neu drydydd parti arall. I ddysgu rhagor, darllenwch ein polisi preifat yn parkinsons.org.uk/termsandconditions

We're the Parkinson's charity that drives better care, treatments and quality of life.

Together we can bring forward the day when no one fears Parkinson's.

Parkinson's UK
215 Vauxhall Bridge Road
London SW1V 1EJ

Free confidential helpline **0808 800 0303** (Monday to Friday 9am–7pm, Saturday 10am–2pm).
Interpreting available.

NGT Relay **18001 0808 800 0303** (for use with smart phones, tablets, PCs and other devices). For more information see www.ngts.org.uk

hello@parkinsons.org.uk
parkinsons.org.uk

Order code: PKFS96

Last updated October 2019. We review our information within three years.
Please check our website for the most up-to-date versions of all our information.
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5. Has it helped you manage your condition better, or make choices that have improved your life in some way?
 It helped a lot It helped a little No change It didn't help It made things worse

6. What is your ethnic background?*

Asian or Asian British Black or Black British Chinese Mixed White British White other Other (please specify)

*We ask about your ethnicity to ensure our information is reaching a broad range of people. However, this question is optional.

[Want to hear more from us?](#)

I would like a response to my feedback I would like to be a member of Parkinson's UK
 I'm interested in joining the information review group, to offer feedback on Parkinson's UK information

If you've answered yes to any of these options, please complete your details below.

Name

Address

Email

Telephone

How would you prefer us to contact you?

Email Post Phone

We will not pass on your details to any other organisation or third party. To find out more, read our privacy policy at parkinsons.org.uk/termsandconditions

Thank you
Thank you very much to everyone who contributed to or reviewed this information sheet:

Lee Kieft, Parkinson's nurse, Lewisham and Greenwich Hospital NHS Trust

Amanda Mobley, Consultant Clinical Neuropsychologist, Worcestershire Health and Care NHS Trust

Thanks also to our information review group and other people affected by Parkinson's who provided feedback.

Can you help?

At Parkinson's UK, we are totally dependent on donations from individuals and organisations to fund the work that we do. There are many ways that you can help us to support people with Parkinson's.

If you would like to get involved, please contact our Supporter Services team on **0800 138 6593** or visit our website at parkinsons.org.uk/donate. Thank you.

Our information

All of our most up-to-date information is available at parkinsons.org.uk/information-support. If you'd prefer to read one of our printed leaflets or booklets, find out how to place an order at parkinsons.org.uk/orderingresources or by calling **0300 123 3689**.

We make every effort to ensure that our services provide current, unbiased and accurate information. We hope that this will add to any professional advice you receive and help you to make any decisions you may face. Please do continue to talk to your health and social care team if you are worried about any aspect of living with Parkinson's.

If you'd like to find out more about how we put our information together, including references and the sources of evidence we use, please contact us at publications@parkinsons.org.uk

Anxiety and Parkinson's (PKFS96/2019)

Do you have any feedback about this information? Your comments will help us ensure our resources are as useful and easy to understand as possible. Please return to [Information Content team, Parkinson's UK, 215 Vauxhall Bridge Road, London SW1V 1EJ](mailto:InformationContentTeam@parkinsons.org.uk), or email publications@parkinsons.org.uk. Thank you!

1. Please choose the option that best fits you.

- I have Parkinson's and was diagnosed in I care for someone with Parkinson's
- I have a friend or family member with Parkinson's I'm a professional working with people with Parkinson's
- Other (please specify)

2. Where did you get this information from?

- GP Specialist Parkinson's nurse Parkinson's UK local group Parkinson's UK local adviser
- Ordered directly from us Call to the helpline
- Other (please specify)

3. Has it answered all your questions?

- Yes, completely Yes, mostly Not sure Partly Not at all

4. How easy was it to understand?

- Very easy Easy Not sure Quite difficult Very difficult

More information and support

Anxiety UK

Anxiety UK has a range of information and support services for people with anxiety.

03444 775 774

support@anxietyuk.org.uk

www.anxietyuk.org.uk

British Association for Counselling and Psychotherapy

Visit the website to find a therapist near you.

01455 883300

bacp@bacp.co.uk

www.bacp.co.uk

Careers Trust

This charity provides support, information and centres for carers throughout the UK and most centres run carers' groups.

London office 0300 772 9600

Scotland office 0300 772 7701

Wales office 0300 772 9702

info@careers.org

www.careers.org

Careers UK

Careers UK provides information and support to people who are caring at home. The charity has support groups, branches and local offices throughout the UK.

0808 808 7777

advice@careersuk.org

www.careersuk.org

Mind

Mind is a leading mental health organisation serving people in England and Wales. The charity provides support and advice on all kinds of mental health problems, including depression. It has a range of publications and local support groups.

0300 123 3393

info@mind.org.uk

www.mind.org.uk

Inspire

Inspire offers a range of services that provide support around mental health in Northern Ireland.

028 9032 8474

hello@inspirewellbeing.org

Parkinson's nurses

Parkinson's nurses provide expert advice and support to people with Parkinson's and those who care for them. They can also make contact with other health and social care professionals to make sure your needs are met.

The role of the Parkinson's nurse varies. Each will offer different services, aiming to meet local needs. Some nurses are based in the community, whereas others are based in hospital settings.

Many Parkinson's nurses are independent prescribers. This means they can prescribe and make adjustments to medication, so someone with Parkinson's doesn't always need to see their specialist for changes to or queries about their Parkinson's drugs.

Parkinson's nurses may not be available in every area, but your GP or specialist can give you more details on local services.

You can find out more at parkinsons.org.uk/nurses

Information and support from Parkinson's UK

You can call our free confidential helpline for general support and information. Call 0808 800 0303 (calls are free from UK landlines and most mobile networks) or email hello@parkinsons.org.uk.

Our helpline can put you in touch with one of our Parkinson's local advisers, who give one-to-one information and support to anyone affected by Parkinson's. They can also provide links to local groups and services.

Our website parkinsons.org.uk has a lot of information about Parkinson's and everyday life with the condition. You can also find details of your local support team and your nearest local group meeting at parkinsons.org.uk/localtoyou

Visit parkinsons.org.uk/forum to chat to other people with similar experiences on our online discussion forum.

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Find out more: see our information for carers.

Visit parkinsons.org.uk/localgroups for details of your local group or contact our helpline (0808 800 0303). Carers UK and Carers Trust also run groups for carers. See the next section for details.

Many carers find it helpful to join a support group where they can meet other people in a similar situation. Many Parkinson's UK local groups have special activities for carers.

With this in mind, you should also try to look after your own physical and mental health as much as you can. Taking care of yourself can be difficult, but it's important. It will also help you be better able to care for your loved one.

If you're a carer, it's completely natural for you to feel many of the same feelings as the person with Parkinson's. These feelings may include anxiety, fear about the future, depression, fatigue and concern about any changes in your relationship.

Anxiety symptoms can hugely affect someone's quality of life. If this happens, you should try to encourage the person affected to speak to their GP, specialist or Parkinson's nurse. They may be referred to a mental health specialist who can recommend treatment.

Speak to your GP, specialist or Parkinson's nurse about what may be best for you. They should also be able to advise you on how to take antidepressants alongside your Parkinson's medication.

Anti-anxiety medication, such as antidepressants and anxiolytics may help with anxiety if you have Parkinson's, under certain circumstances. Long term use of anxiolytics are not generally recommended.

Medication for anxiety

There are a number of self-help CBT books that are recommended by the NHS for people with anxiety. Many of these are available at your local library via the 'Books on Prescription' scheme. Again, ask your GP or Parkinson's nurse for more advice or visit reading-well.org.uk

a therapist, who may be a clinical psychologist, psychiatrist or specially trained nurse. It usually involves a course of weekly sessions.

How is anxiety managed?

There are many things you can try to help manage your symptoms.

Finding ways to relax

Simple things like making time to relax can be helpful. Try doing things you enjoy, such as reading a book or listening to music.

Diet

Try to eat a healthy, balanced diet. It can also help to avoid too much caffeine (found in tea, coffee and some fizzy drinks), and alcohol, especially late in the evening. These can make some of the physical symptoms of anxiety worse.

Find out more: see our information on diet and Parkinson's.

Exercise

You can help combat stress and release anxiety through regular exercise, such as walking or swimming.

Yoga

Yoga is a gentle exercise that aims to improve flexibility, strength, balance and breathing. There is some evidence that yoga could help with anxiety and stress.

Tai chi

Tai chi is a Chinese martial art that puts emphasis on balance and movement. It involves moving the body slowly and gently – there's no physical contact. It may have psychological benefits, including reducing anxiety.

Complementary therapies

We hear from many people with Parkinson's who find complementary therapies relaxing. These include:

Massage

Many people find that having a massage helps them relax. A massage therapist may use various techniques, including stroking, kneading and rubbing, to manipulate the body using pressure. Massage isn't suitable for people with certain medical conditions, such as a history of bleeding disorders.

Acupuncture

Acupuncture is part of traditional Chinese medicine. It involves a therapist inserting thin needles at particular points on your body. Although the

evidence that acupuncture can reduce anxiety is mixed, some people may find it helpful.

If you want to take anything by mouth or apply it to your skin as a complementary therapy, check with your GP, specialist or Parkinson's nurse first.

Find out more: see our information on complementary therapies and Parkinson's.

There may be relaxation classes in your area. Visit the Parkinson's UK website parkinsons.org.uk and use our postcode search to find classes close to you.

Friendships and meeting others

Sharing your worries and fears with a trusted friend or family member can help reduce anxiety. Talking to other people with Parkinson's can also help, as you can share your experiences and find out how others cope with similar problems. Parkinson's UK has local groups across the UK.

Visit parkinsons.org.uk/localgroups to find your nearest group or call **0808 800 0303**.

You can also talk to other people with Parkinson's online at parkinsons.org.uk/forum

Counselling

If you prefer to speak to a professionally trained counsellor, ask your GP for information (many surgeries have counsellors attached to their practice). There are also counselling organisations that can give you information and details of private counsellors, including the British Association for Counselling and Psychotherapy (see the end of this information).

The mental health charity Mind has a guide, *Making sense of talking treatments*. The booklet explains the different types of talking therapies available, including counselling, how they can help and what they involve.

You can read the guide online at www.mind.org.uk/talkingtherapy or order a hard copy.

Cognitive behavioural therapy (CBT)

You may find cognitive behavioural therapy (sometimes called CBT) effective in dealing with anxiety. It works by changing 'unhelpful' everyday thoughts and behaviours that can lead to feelings of anxiety or make anxiety worse. CBT can take place in groups or individually with

You may also experience physical symptoms if you're feeling anxious. These can include:

- sweating
- a pounding or racing heart (palpitations)
- tightness of the chest or feeling breathless
- dizziness
- trembling
- indigestion, nausea and stomach cramps
- looking pale
- a dry mouth
- muscle pain
- restless legs and difficulty maintaining restful sleep

When anxiety carries on for a long time you may have feelings of hopelessness. These feelings may affect your ability to carry out everyday activities.

Sometimes, you may have symptoms of depression as well as anxiety. Depression is more than temporary feelings of unhappiness or frustration. It's usually diagnosed when someone has lasting feelings of extreme sadness for days, weeks or months.

Find out more: [see our information on depression and Parkinson's](#)

Are there different types of anxiety?

There are three main types of anxiety, though these can overlap. Many people will experience more than one type.

Generalised anxiety disorder

This is when you experience excessive and uncontrollable worrying most of the time about everyday events in your life.

Panic attacks

These are short periods of sudden, intense feelings of fear. They often happen in situations that are likely to make you feel anxious. You may also have a racing heart, sweating and shortness of breath. Some people think these symptoms are very serious, and they rush to the hospital for help. A panic attack may last between five and 20 minutes.

Phobia
This is when you feel frightened of something that's not dangerous and would not usually make other people feel scared. For example, agoraphobia is the fear of being in situations where escape might be difficult, or help wouldn't be available if things go wrong.

How does anxiety affect people with Parkinson's?

For people with and without Parkinson's, anxiety is likely caused by a combination of several factors, including imbalances in brain chemicals, genetics and stressful life events.

Any concerns you have about living with a long-term condition, such as Parkinson's, may also cause anxiety.

Some people with Parkinson's have anxiety that happens when they're 'off'. When a person takes their medication, their symptoms will improve. But these symptoms can sometimes come back before the next dose is due, causing a person's condition to fluctuate. This is called 'wearing off'.

If your anxiety symptoms increase when your medication is wearing off before the next dose is due, talk to your specialist or Parkinson's nurse. Changes to your medication regime may improve your symptoms.

If you go 'off' and have difficulties moving, it can also make you feel anxious. You may find that when your movement symptoms are better controlled by medication, your anxiety improves.

Even if you don't have 'on' and 'off' periods, you may still have generalised anxiety if your Parkinson's symptoms aren't properly treated. Again, changes to your medication may help.

Always speak to your specialist or Parkinson's nurse about any adjustments to your Parkinson's medication. Remember, don't stop taking your medication without talking to a healthcare professional, as this can be dangerous.

It's particularly important to talk to your healthcare professional about your anxiety as, in some cases, it may make other symptoms of Parkinson's worse. But getting help early can give you more control.

Anxiety and Parkinson's

Some people with Parkinson's may experience anxiety.

This information describes what anxiety is and how it can make you feel. It also looks at steps you can take to help manage your symptoms, and what treatments are available.

What is anxiety?

Anxiety is a feeling of unease, such as worry or fear. Everyone has feelings of anxiety from time to time. It's a natural reaction to situations we find threatening or difficult, like moving to a new house or money problems. Usually anxiety disappears when the situation changes, or if we get used to the situation or can move away from it. But some people become anxious for long periods of time and for no clear reason. This can make life difficult and may affect your work and social life.

If you feel anxiety is affecting your daily life, it's important to seek help from professionals as well as find things you can do to manage your symptoms effectively.

What are the main symptoms of anxiety?

It's important to be able to recognise the symptoms of anxiety, so it can be treated as soon as possible.

People with anxiety may feel some of the following:

- a sense of dread
- constant worry
- difficulty concentrating