



Here is some text for you to include in your clinic letters to patients and/or their GPs.

Parkinson's affects everyone differently, but it doesn't mean life stops.

With the right information and support you can manage the condition and carry on living your day-to-day life.

Parkinson's UK can help, whether you want advice about Parkinson's, information about research, an answer to a question, or to talk with someone about how you're feeling. You can also connect with other people who are affected by the condition.

Call their helpline on **0808 800 0303** or visit [parkinsons.org.uk/diagnosed](https://parkinsons.org.uk/diagnosed)



Dyma ychydig o destun i chi ei gynnwys yn eich llythyrau clinig i gleifion a/neu eu meddygon teulu.

Mae clefyd Parkinson yn effeithio ar bawb yn wahanol, ond nid yw'n golygu bod bywyd yn dod i ben.

Gyda'r wybodaeth a'r gefnogaeth gywir gallwch chi reoli'r cyflwr as pharhau i fyw eich bywyd o ddydd i ddydd.

Gall Parkinson's UK helpu, p'un a ydych am gael cyngor ynglyn â chlefyd Parkinson, gwybodaeth am ymchwil, ateb i gwestiwn, neu siarad â rhywun am sut rydych chi'n teimlo. Gallwch chi hefyd gysylltu â phobl eraill y mae'r cyflwr yn effeithio arnyn nhw.

Ffoniwch eu llinell gymorth ar **0808 800 0303** neu ewch i [parkinsons.org.uk/diagnosed](https://parkinsons.org.uk/diagnosed)