PARKINSON’S INFORMATION LEAFLET
We are Parkinson’s UK. We are here to give advice and support to people who
• Have a health condition called Parkinson’s
• Know someone else who has this condition. This might be someone in the family or a friend

We have written this leaflet to let you know
• More about Parkinson’s and what it does to the mind and body
• 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** affects your brain.

We know it is because people do not have enough of a chemical in their brain called dopamine. But we don’t know exactly why this happens.

**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 stiff and hard to move
- Be quite painful
- Make you feel low or unhappy

You cannot die from **Parkinson’s** but you can get more ill from the way it affects your body and mind.
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 others.

We know that

- You cannot catch Parkinson’s from another person like a disease

- Parkinson’s can run in families but this is very rare. For example, if your mother or father has Parkinson’s it does not mean you will get it
If you find out that you, a friend or someone in your family has Parkinson’s then you can get help.

There is no cure for Parkinson’s but getting the right support and treatment means you can live the life 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 – you might need to have an operation
- Moving and talking – Parkinson’s can make you slower

We want to make sure you or the person you know who has Parkinson’s, gets the best advice and treatment.
You can get in touch with us by telephone.

You can call this number, Monday to Friday from 9am until 8pm.

0808 800 0303

Or you can call on Saturday from 10am until 2pm.

The number is free to call from most phones.

You can find out more information on our website www.parkinsons.org.uk
We want to know what you think about this leaflet.

This will help us make our information better.

We want to know if you found the information in the leaflet useful.

Put a tick or a mark next to the answer that suits you best.

☐ YES I FOUND IT USEFUL

☐ I FOUND IT A LITTLE BIT USEFUL

☐ I DID NOT FIND IT USEFUL

Is there anything we could have done better with the leaflet?

Please write your answer in this space.

You can email your answers to this address: publications@parkinsons.org.uk

Or you can post your answers to us here:
Editorial and Creative
Parkinson’s UK
215 Vauxhall Bridge Road
London SW1V 1EJ

Or you can call us on this number and tell us what you think:
0808 800 0303
This is an easy read booklet about Parkinson’s and the charity Parkinson’s UK.

It uses easy words and pictures to make information easier to understand.

It can be used by anyone who finds it useful.

Thank you to Easy and Clear and their volunteers who checked this booklet.

www.easyandclear.com

Thank you to Photosymbols for the pictures.

www.photosymbols.com

We checked this leaflet in February 2016 to make sure it was right. We will check it again in the next three years.

PKB501

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