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| **English** | **Mandarin** |
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| A quick introduction to Parkinson’s | 帕金森病简介 |
| No one has to face Parkinson’s alone | 任何人都无需独自面对帕金森病 |
| If you have just been diagnosed, or know somebody who has been, you’ve probably got a lot of questions, and perhaps some worries. That’s where Parkinson’s UK comes in. | 如果您刚被诊断出患有帕金森病或获悉某人被诊断出帕金森病，您可能有许许多多的问题想问，还可能有一些担忧。这就是英国帕金森病论坛 (Parkinson’s UK) 流行起来的原因。 |
| We’re the UK’s 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 360 local groups. | 我们是英国的一家支持和研究帕金森病的慈善机构。我们致力于探寻治愈帕金森病的方法，以及改善每位患者的生活质量。我们提供一系列信息和支持服务，包括专业的工作人员和护士、免费的保密咨询热线、网站以及 360 个地方组织。 |
| Every person with Parkinson’s is different | 每位帕金森病患者都各不相同 |
| Parkinson’s is not infectious and doesn’t usually run in families. For the majority of people, Parkinson’s will not significantly affect their life expectancy. We don’t yet know why people get Parkinson’s.  | 帕金森病没有传染性，一般不会遗传。对绝大多数人来说，帕金森病不会严重影响其寿命。我们还没有弄清楚人们患上帕金森病的原因。 |
| 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.  | 帕金森病的具体症状表现和疾病发展速度因人而异。这种疾病目前还无法治愈，不过有很多种药物和治疗方法可以用来控制多种症状。 |
| Parkinson’s affects people of all ages | 各个年龄段的人均有可能罹患帕金森病 |
| Around one person in every 500 has Parkinson’s. That’s about 127,000 people in the UK. Most people who get Parkinson’s are aged 50 or over, but younger people can get it too. | 每 500 个人当中大约有一人患帕金森病。在英国，患病人数大约是 127,000 人。大多数患者的年龄均在 50 岁以上，但年轻人也会得这种病。 |
| Most people are diagnosed between the ages of 55–74, but one in 20 people are diagnosed under the age of 40. | 多数人被诊断出帕金森病的年龄在 55 到 74 岁之间，但有 1/20 的人被诊断出帕金森病时的年龄低于 40 岁。 |
| It can take me longer to do things | 做事情需要更长的时间 |
| People get Parkinson’s because some of the nerve cells in their brains that produce a chemical called dopamine have died. Lack of dopamine means that people can have great difficulty controlling movement. | 人们罹患帕金森病是因为其脑内分泌一种名为多巴胺的化学物质的部分神经细胞已经死亡了。多巴胺缺乏意味着人们控制运动存在很大困难。 |
| 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.  | 帕金森病可以引起一些人的手和身体颤抖。这会给患者的日常生活和工作，比如吃饭、穿衣或使用电话电脑，带来困难，令人沮丧。  |
| Sometimes I freeze to the spot | 有时会出现冻结现象 |
| People with Parkinson’s can find it hard to move freely and their muscles can often become stiff. Sometimes they ‘freeze’ suddenly when moving – their legs feel like they are stuck in mud and they can’t move. Arms and hands can ‘freeze’ too, as if they have forgotten what to do. | 帕金森病患者会难以自如行动，他们的肌肉经常会变得僵硬。有时会突然“冻结” — 他们的腿像似陷入泥潭中无法动弹。手臂和手也会“冻结”，仿佛忘记了要做什么事情。 |
| And Parkinson’s doesn’t just affect movement. Things like pain, depression, memory and continence problems can have an impact on the day-to-day lives of people with the condition.  | 而且，帕金森病不仅仅影响运动。比如疼痛、沮丧、记性差和大小便问题等非运动症状，也会影响患者的日常生活。 |
| My medicine keeps me moving  | 药物让我能够继续活动 |
| A range of medicines are available to help manage the symptoms. While someone may be helped by one medicine, it may not work for others. Some people will need larger doses or a combination of medications – others will need to take smaller doses but more often. | 有一系列的药物可帮助控制症状。有人服用一种药就可以了，而其他人可能就不行。一些人需要加大剂量或多种药合用，而另一些人需要减少剂量，但需要增加服药次数。 |
| 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. | 随着时间的推移，患者可能需要换服其它的药物。根据某些患者的症状，外科手术可能会是一种选择。物理疗法、言语疗法和职业疗法可能也会有所帮助。 |
| It won’t beat me | 疾病不会击垮我 |
| 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. | 帕金森病对患者的影响程度每一天都不同，甚至每小时都不一样 — 某一天很明显的症状在另一天可能就消失了。 |
| Although at times life can be difficult, many people with Parkinson’s continue to lead active, fulfilling lives. | 虽然间或生活有困难，但许多帕金森病患者都能够继续过着积极、充实的生活。 |
| Where can we find out more? | 从哪里可以了解更多信息？ |
| If you have just been diagnosed or want to find out more, have a look at our booklets *Parkinson’s and you*, *Living with Parkinson’s* or *The carer’s guide*.  | 如果您刚被诊断出患有帕金森病或想要了解更多信息，请查看我们的手册“帕金森病和您 (*Parkinson’s and you)”、*“帕金森患者的生活 (*Living with Parkinson’s)”*或“照顾者指南 (*The carer’s guide)”*。 |
| To order, visit parkinsons.org.uk/publications **call 01473 212 115** or email **resources@parkinsons.org.uk** | 如需订购，请访问 parkinsons.org.uk/publications **拨打 01473 212 115** 或发送电子邮件至 **resources@parkinsons.org.uk** |
| Visit **parkinsons.org.uk** or call **0808 800 0303** to find out more about the information and support we offer – including our UK-wide network of information and support workers and local groups.  | 访问 **parkinsons.org.uk** 或拨打 **0808 800 0303** 可以详细了解我们提供的信息和支持服务 — 包括我们遍及全英国的信息和支持工作者以及地方组织网络。 |
| We make every effort to make sure that its services provide up-to-date, unbiased and accurate facts. We hope that these will add to any professional advice you receive and will 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. | 我们会尽一切努力确保我们的服务提供公平公正、准确、最新的真实信息。我们希望这样能增加您获得的专业建议，帮助您做出可能要面对的决定。如果您对帕金森患者生活方面存在任何困扰，请务必继续与您的医疗和社会护理团队交流。 |
| **Every hour, someone in the UK is told they have Parkinson’s. Because we’re here, no one has to face Parkinson’s alone.** | **在英国，每小时都有人被告知患上了帕金森病。因为我们的存在，任何人都无需独自面对帕金森病。** |
| We bring people with Parkinson’s, their carers and families together via our network of local groups, website and free confidential helpline. Specialist nurses, our supporters and staff provide information and training on every aspect of Parkinson’s. | 我们通过地方组织网络、网站和免费保密咨询热线，将帕金森病患者、照顾者和家人紧密联系在一起。专科护理人员、我们的支援者以及工作人员会就帕金森病的各个方面提供信息和培训。 |
| 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.  | 作为英国的帕金森病的支持和研究慈善机构，我们带领探寻治愈方法的工作，我们的关系比以前更密切了。我们还开展改变态度和需要更好服务的运动。我们的工作经费完全依靠捐助。 |
| Help us to find a cure and improve life for everyone affected by Parkinson’s. | 帮助我们寻找治愈帕金森病的方法，改善每位患者的生活质量。 |
| Parkinson’s UK | Parkinson’s UK |
| Free\* confidential helpline **0808 800 0303** | 免费\*保密咨询热线 **0808 800 0303** |
| Text Relay **18001 0808 800 0303**  | 文本中转 **18001 0808 800 0303**  |
| Monday to Friday 9am–8pm, Saturday 10am–2pm. Interpreting available. | 周一到周五上午 9 点 – 晚上 8 点，周六上午 10 点 – 下午 2 点。提供口译服务。 |
| \*calls are free from UK landlines and most mobile networks. | \*用英国固话和大多数移动网络拨打电话均免费。 |
| **parkinsons.org.uk** | **parkinsons.org.uk** |
| **hello@parkinsons.org.uk** | **hello@parkinsons.org.uk** |
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| © Parkinson’s UK, May 2012. Parkinson’s UK is the operating name of the Parkinson’s Disease Society of the United Kingdom. A charity registered in England and Wales (258197) and in Scotland (SC037554). | © Parkinson’s UK, May 2012. 英国帕金森病论坛 (Parkinson’s UK) 是英国帕金森病协会的运营名称，这是一家在英格兰和威尔士 (258197) 以及苏格兰 (SC037554) 注册的慈善机构。 |