

A QUICK INTRODUCTION TO PARKINSON'S

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





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.

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 more than 360 local groups.

Patricia and Richard



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.

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.

A woman with long dark hair, identified as Sonia, is smiling and holding a white sign with blue text. She is wearing a black sleeveless top with gold tassels. The background is a blurred outdoor setting with greenery and a brick building.

PARKINSON'S
AFFECTS PEOPLE
OF ALL AGES

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.

Most people are diagnosed between the ages of 55–74, but one in 20 people are diagnosed under the age of 40.

Tin Soong



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.

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.

Karen



People with Parkinson's can find it hard to move freely and 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.

And Parkinson's doesn't just affect movement. Things like pain, depression and problems with memory and continence can have a huge impact on the day-to-day lives of people with the condition.

Dennis



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.

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.

Bob



IT
WON'T
BEAT
ME

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.

Sam and Mark



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*.

To order, visit parkinsons.org.uk/publications call **01473 212 115** or email 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.

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, 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

Free* confidential helpline **0808 800 0303**

Text Relay **18001 0808 800 0303**

Monday to Friday 9am–8pm,

Saturday 10am–2pm. Interpreting available.

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

parkinsons.org.uk

hello@parkinsons.org.uk



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