

# More Questions?



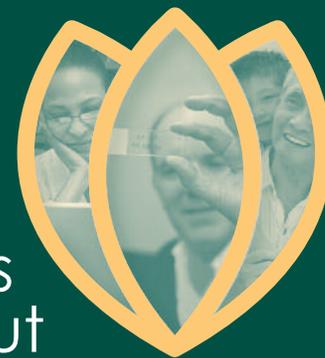
## PDF's HelpLine can:

- Answer your questions about Parkinson's symptoms, treatments, therapies and the latest research
- Provide a supportive voice and ear to help you through challenges
- Help you find local doctors and support groups where available
- Direct you to resources that can help you live well with Parkinson's disease
- Provide access to an interpreter for non-English speaking callers

## Parkinson's Disease Foundation

The Parkinson's Disease Foundation® (PDF®) is a leading national presence in Parkinson's disease research, education and public advocacy. We are working for the nearly one million people in the US living with Parkinson's by funding promising scientific research and supporting people living with Parkinson's through educational programs and services.

Since its founding in 1957, PDF has dedicated over \$96 million to fund the work of leading scientists throughout the world and over \$40 million to support national education and advocacy programs.



# Facts About Parkinson's Disease

[www.pdf.org](http://www.pdf.org)



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National HelpLine  
(800) 457-6676

# About Parkinson's Disease

## What is Parkinson's disease?

Parkinson's disease (PD) is a chronic and progressive movement disorder that involves the malfunction and death of vital nerve cells in the brain, called neurons. Some of these dying neurons produce dopamine, a chemical that sends messages to the part of the brain that controls movement and coordination. As Parkinson's progresses, the amount of dopamine produced in the brain decreases, leaving a person unable to control movement normally.

## How is Parkinson's diagnosed?

Although there are tests that may aid in a diagnosis of Parkinson's, the disease should be diagnosed by a neurologist with experience and training in assessing and treating Parkinson's, ideally a movement disorders specialist.

## What are its symptoms?

*The key motor symptoms of Parkinson's are:*

- Tremor
- Slowness of movement (bradykinesia)
- Muscular rigidity or stiffness
- Postural instability (impaired balance and coordination)

*Other symptoms may include:*

- Pain
- Dementia or confusion
- Fatigue
- Sleep disturbances
- Depression
- Constipation
- Cognitive changes
- Fear or anxiety
- Urinary problems

These symptoms can vary from person to person.

## How is Parkinson's treated?

Although there is currently no cure, there are treatment options available such as medication and surgery to manage its symptoms.

## How many people have Parkinson's?

- As many as one million Americans and an estimated seven to 10 million people worldwide live with Parkinson's disease
- 60,000 people in the US are diagnosed every year
- The average age of onset is 60
- Approximately four percent of individuals are diagnosed before age 50

## Can Parkinson's be cured?

The answer is no — not yet. However, knowledge about Parkinson's is growing and researchers are making advances in understanding the disease, its causes and how to best treat it.

# Stay Informed

## Online Seminars

Learn more about Parkinson's symptoms, progression, treatments and management by watching PDF's free 60-minute online educational seminars featuring advice from leaders in Parkinson's care and research.

[www.pdf.org/parkinsononline](http://www.pdf.org/parkinsononline)

## PD ExpertBriefings



LISTEN. WATCH. LEARN.

## Publications

Find answers to questions about Parkinson's symptoms, medications, medical care, exercise, nutrition and more by ordering PDF's free booklets, DVDs and fact sheets.

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