

The PArTiculars of Parkinson's Disease

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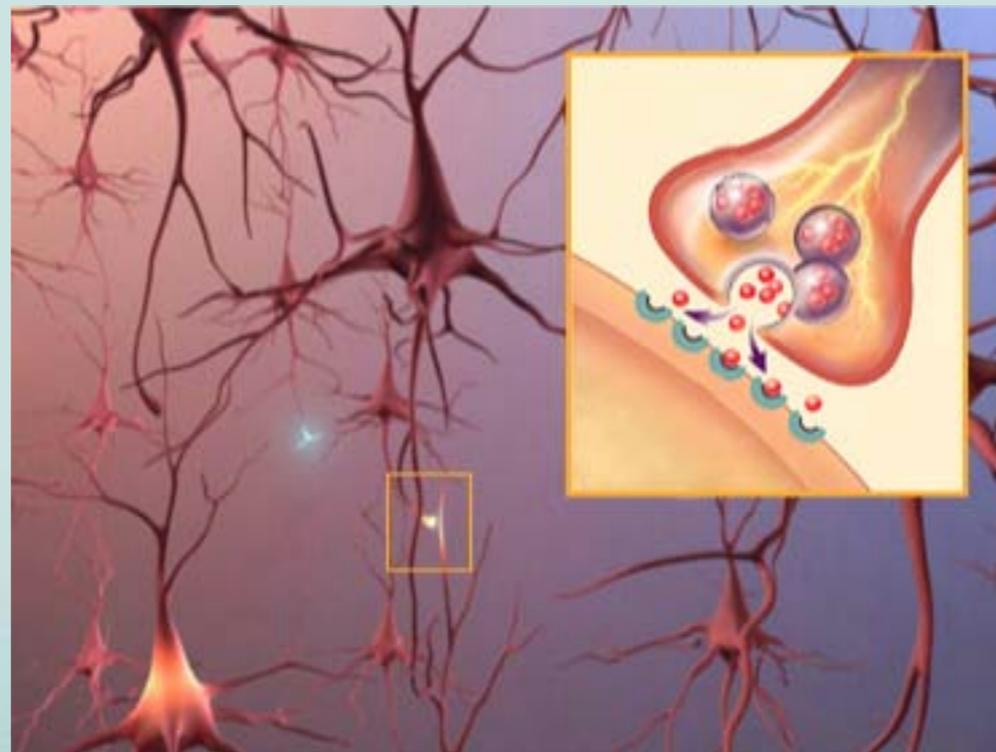
Shaking Palsy



**James Parkinson described
“Shaking Palsy” in 1817**

Parkinson's Disease

Progressive neurodegenerative disease
Degeneration of dopamine neurons



Dopamine



Ensures smooth muscle movement
70% is lost before first outward symptom appears

Facts - Who Knew?

2nd most common neurodegenerative disorder to
Alzheimer's



Affects approximately 1.5 million Americans
17,000 live Colorado

Onset between 40 and 70 years

Most common within the 60's

5-10% of patients are under the age of 40

Slightly higher incidence in men

Non-discriminatory: Found in any race or ethnic group.

No Known Cause

Exploring

Aging



Environmental toxins:
Pesticides
Rural living
Well water



Viral
Infections

Reduced Life Expectancy



Mean survival after onset ~ 20 years
Longer if dementia isn't present
Longer with L-dopa use

Common Causes of Death

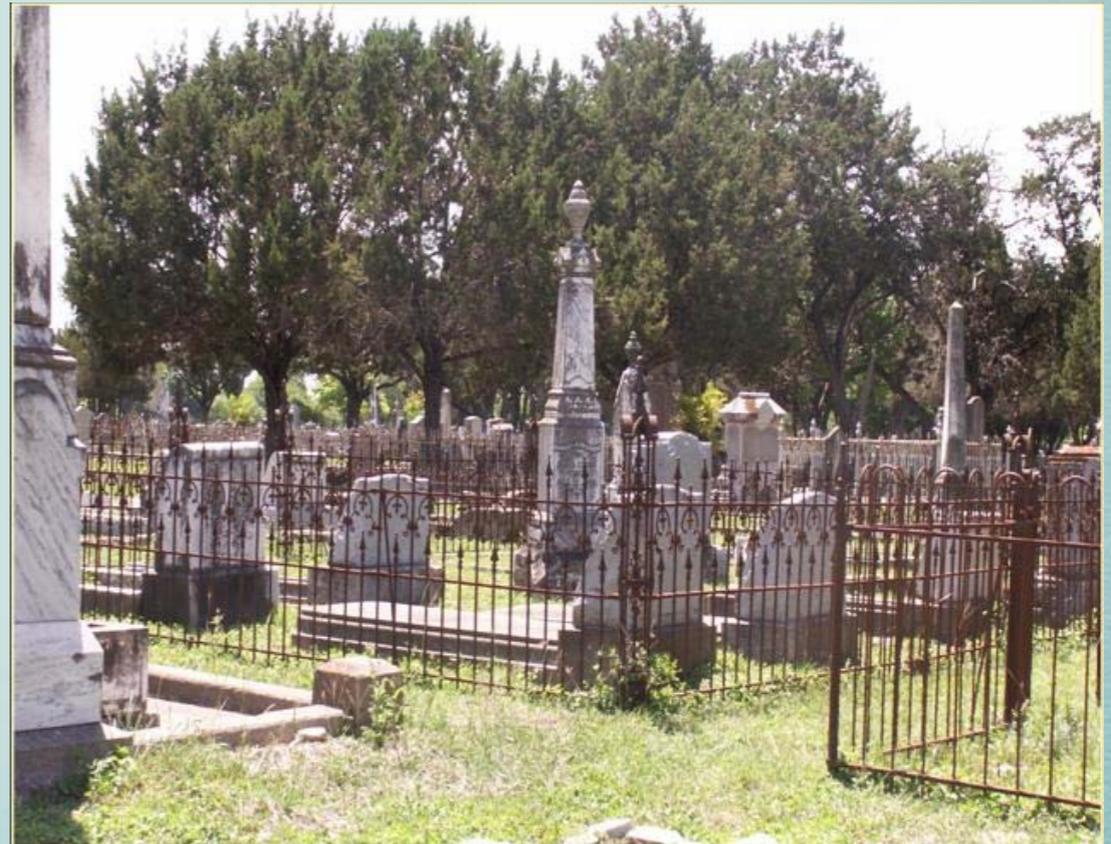
Pulmonary infection

Aspiration

Urinary tract infection

Pulmonary embolism

Complications of falls and fractures



Onset

Often unilateral with subtle features



Resting tremor
Loss of arm swing
Slowness of movement

Symptoms

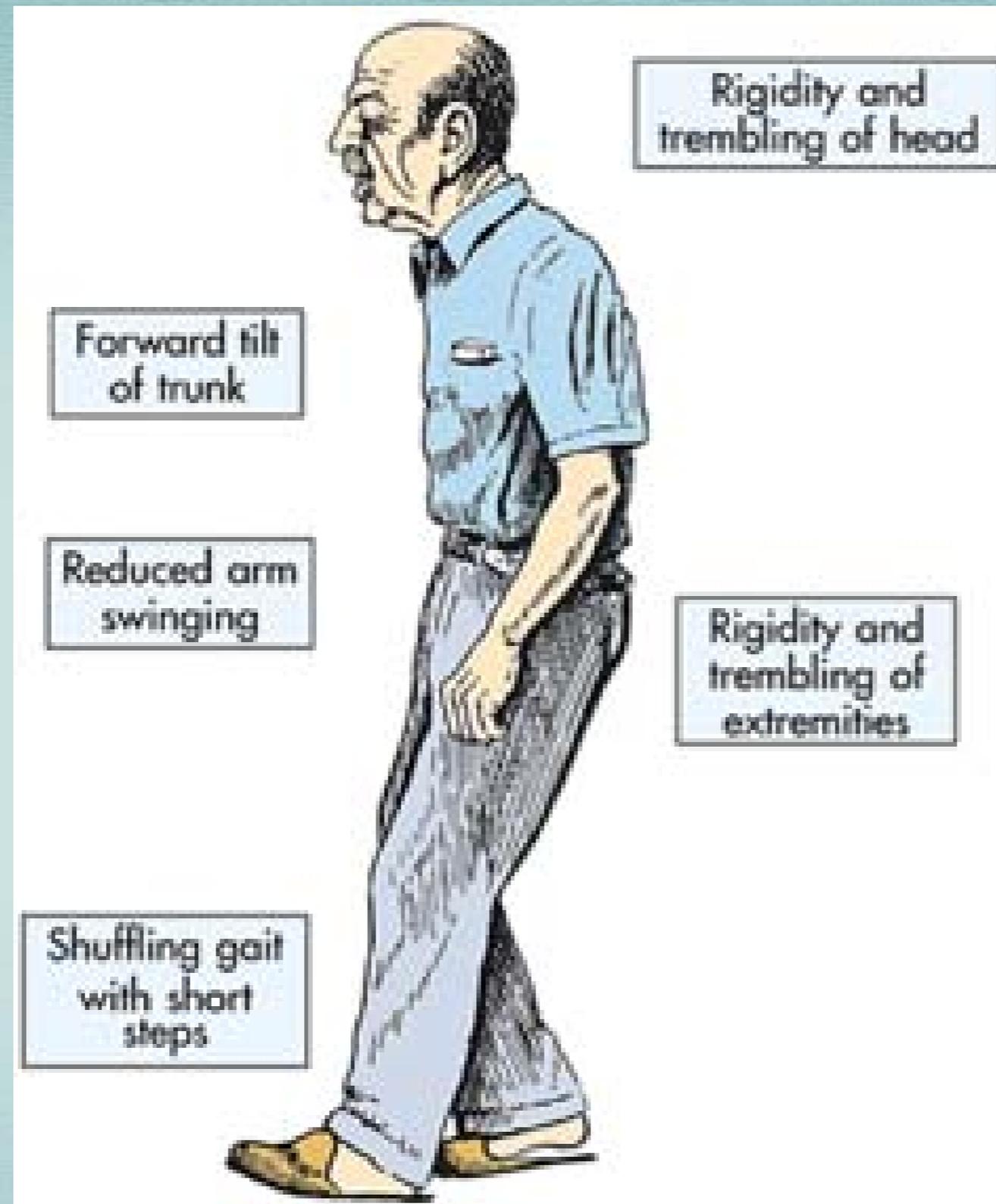


Tremor – trembling in hands, feet, and/or legs at rest

Rigidity – stiffness

Bradykinesia – slow movement

Impaired balance – unsteadiness (not initial symptom)



Rigidity and trembling of head

Forward tilt of trunk

Reduced arm swinging

Rigidity and trembling of extremities

Shuffling gait with short steps

Secondary Signs

Cognitive disorders

- dementia
- depression
- psychosis

Motor Disorders

- less frequent blinking
- swallowing problems
- speech impairment



More Secondary Signs

Loss of sense of smell
Constipation
Urinary issues
Lightheadedness
Heat intolerance
Skin changes
Insomnia
Daytime sleepiness
Sleep apnea
Depression/Anxiety



Early Treatment



To adequately control the symptoms of Parkinson's disease while minimizing the adverse effects of drug therapy for as long as possible

Treatment - Medications



Levodopa/Carbidopa – replaces dopamine

Dopamine agonists – stimulate dopamine receptors

COMT & MAO-B inhibitors – inhibits enzyme that breaks
down dopamine

Anticholinergic agents

On/Off - Language of PD



Abrupt and unpredictable changes in motor state
“ON” = medications are working to < PD symptoms
“OFF” = symptomatic benefits have been lost

Complication of Meds



Levodopa

Dyskinesia: abnormal, involuntary writhing type movements, wiggly and twisty

Increase over time

Disabling and difficult to control

Complimentary Therapies

Speech
Music
Yoga
Exercise
Massage
Accupuncture



Exercise



Improves mood, energy level, and sleep
Improves gait, grip strength, and motor coordination

Diet & Nutrition



A well-balanced diet (can help prevent constipation)
Meals rich in protein may reduce absorption of levodopa

Wisdom



“As we await the discoveries, we have the human spirit”



PAR provides programs and services intended to enhance the quality of life for individuals with Parkinson's disease and their families:

In-home visits from the Case Assessment Team

No-cost loans of needed medical equipment

Participation in support groups and weekly exercise classes

Information & Referral Helpline

Newsletter/E-news

Educational Seminars

Lending Library & Educational Literature

www.ParkinsonRockies.org