

A Quick Guide to Parkinson's



**THE
GOLDEN
CONCEPTS**

www.thegoldenconcepts.com



Table of Contents

- 1 Introduction
- 2 Statistics
- 3 Risk Factors
- 4 Reducing Risks
- 5 Key Symptoms
- 7 Stages of Parkinson's
- 8 Caring Tips
- 11 Lesser-Known Facts

Introduction

WHAT IS PARKINSON'S DISEASE (PD)?



A gradually progressive disorder which results in the degeneration of neurons. Over time the condition worsens, affecting the control of movement, including speech and body language.

Statistics



2nd most common neurodegenerative disorder after Alzheimer's



Affects every 3 in 1000 people aged over 50



There are approximately 8000 people with Parkinson's in Singapore and this number is projected to increase.

Risk Factors

GENETICS

Genetic factors cause about 10-15% of PD. There are many different gene mutations that contribute to Parkinson's. However, this does not mean it's hereditary - rarely is it passed down from parent to child.



ENVIRONMENTAL

Some environmental risk factors include traumatic brain injury, exposure to metals, pesticides, herbicides and more. Scientists are still trying to better understand how certain environmental exposures interact with genes and result in PD.

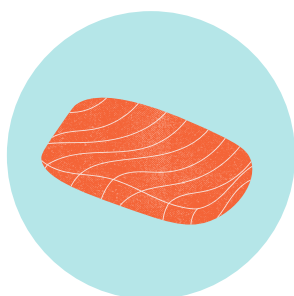


Reducing Risks



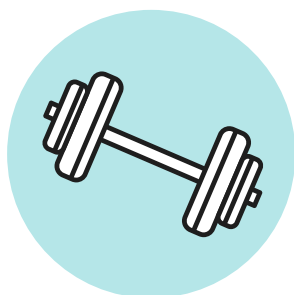
GO ORGANIC

Eat foods which are not treated with pesticides or herbicides.



OMEGA-3 FATTY ACIDS

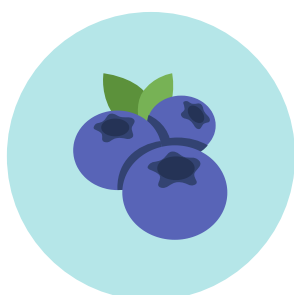
Anti-inflammatory, helps to prevent cell degeneration and cell death. eg. wild-caught fish, pastured eggs, walnuts



AEROBIC EXERCISE

Counters inflammatory signals leading to the development of Parkinson's. Enhances nerve regeneration.

Shop exercise tools for seniors [here](#).



ANTIOXIDANTS

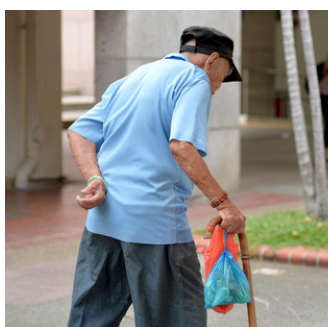
Foods high in antioxidants like spinach & blueberries reduces oxidative stress which aggravates Parkinson's.

Key Symptoms



Tremors

Usually occur at rest. It can affect the legs, causing difficulty in walking and increasing the risk of falling.



Hunching

Stooping, leaning or slouching when standing.



Loss of Balance

Falls and loss of balance are common.



Trouble Swallowing

PD can affect the natural motions of the mouth and throat, leading to swallowing difficulties and sometimes drooling.

Key Symptoms



Trouble Sleeping

Sudden movements during sleep may be a sign of Parkinson's disease.



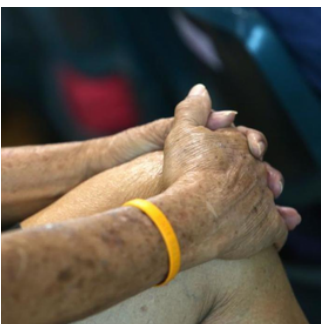
'Mask-like' Expression

Having a serious, depressed or mad look on your face even when you are not in a bad mood is known as facial masking.



Trouble Walking

This can be caused by a mixture of symptoms of PD including gait and posture changes, stiff limbs and tremors.



Stiff Limbs

PD can cause reduced movement in your shoulders, hips, arms, body and legs.

Stages of Parkinson's

Stage 1

Tremors occur on one side of the body. The patient is independent and symptoms do not interfere with daily activities.

Stage 2

Rigidity on both sides of the body and high risks of falls. Patient is able to live alone but daily tasks like walking and eating get more difficult.

Stage 3

Falls are more common. The patient will need help getting around through mobility devices and supervision for daily activities like showering, dressing and eating is required.



Stage 4

Independent living becomes a challenge. Additional assistance for mobility and daily activities from caregivers is needed.

Stage 5

The patient is unable to stand, walk, eat or swallow. They are completely dependent on their caregiver and require around-the-clock care.

Caring Tips



TACKLING MOVEMENT FREEZING

Freezing episodes are sudden, short, transient blocks of movement that occur primarily with initiating walking or turning.

Use a laser pointer and point it in front of their foot, or use a metronome to play an external beat. These act as a cue to help restart their movement! More tips [here](#).

AIDS FOR DAILY LIVING

Activities like showering and eating are simple daily tasks that may be a struggle for people with Parkinson's.

Providing them with [Aids for](#)

[Daily Living](#) can help them to complete these tasks independently and with more ease and confidence.



Caring Tips



NIGHT CARE

Ensure that toileting needs are attended to before bed time to prevent wandering and reduce fall risk at night!

Shop bathroom safety equipment [HERE](#)

HOME MODIFICATION

People with PD are particularly vulnerable to falls. It is important to make changes and add useful equipment at home to make it a safe space for them to live in. Some of these changes include installing [grab bars](#) or adding [anti-slip features](#) to the floors.



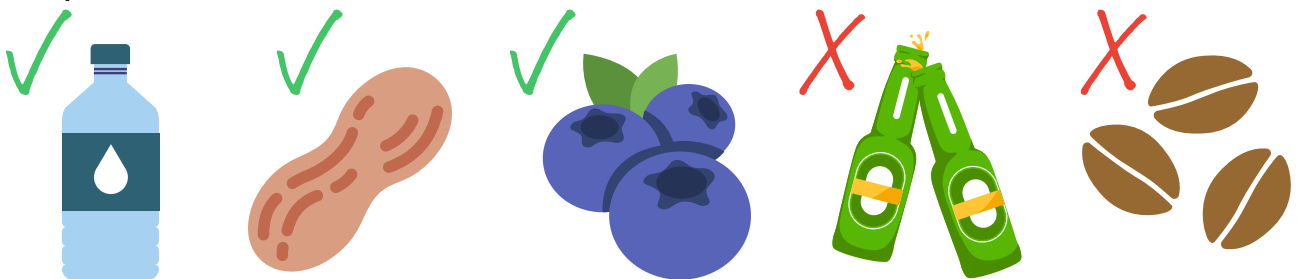
[Read 'The Ultimate Guide To Fall Prevention At Home' HERE](#)

Caring Tips

DIET MODIFICATIONS

Eating the right foods will help to optimise medications and ease Parkinson's symptoms.

- Drink enough **water** and eat **fiber-rich** foods to ease digestive difficulties
- Reduce **alcohol** and **caffeine** intake to prevent sleep interruption
- Incorporate **nuts** and **berries** into your diet which promotes brain health



EMOTIONAL WELL-BEING



Parkinson's is a very isolating disease. Encourage them to talk about their feelings. Consider seeking help from a support group or counsellor if it gets too overwhelming.

Lesser-Known Facts



DIAGNOSIS

There are no blood tests or scans that can diagnose Parkinson's. A neurologist will diagnose PD based on medical history and signs and symptoms.

PD & DEPRESSION

Dopamine not only affects movement, it also affects mood. Due to the lack of dopamine, more than half of PD patients suffer from depression.



Lesser-Known Facts (cont'd)



MORE COMMON IN MEN

More men than women are diagnosed with Parkinson's by almost a 2 to 1 margin. This is due to physiological differences.

NO KNOWN CAUSE OR CURE

There is currently no cure but treatments are available to alleviate the symptoms. Scientists are still figuring out the exact cause of Parkinson's and have identified certain gene mutations.



Brought to you by:



+65-8657-1657

CONTACT@THEGOLDENCONCEPTS.COM

Visit us at

www.thegoldenconcepts.com