

## CAN WE HELP YOU?

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These meetings are for individuals with Parkinson's disease, and caregivers, family, friends and anyone interested in learning more about PD.

This is a place to share...

**Feelings,  
Concerns,  
Frustrations and  
Successes**

with others who understand and to...

**Learn,  
Share and  
Socialize**

**Support group meetings:**

**When:** Second Friday each month

**Time:** 4-6 p.m.

**Where:** VVMC Conference Rooms

**Contact:** Kim Mills 928 639-6383

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At *EntireCare* we understand the importance of good health, exercise and daily activity.

That is why our mission is to improve the health of the people and communities we serve.

*EntireCare* is located within Verde Valley Medical Center, 269 S. Candy Lane, Cottonwood, off W. State Route 89A. Please enter through the Outpatient Services entrance.

**For more information contact:**



**928- 639-6383**

# Parkinson's Support Group

*Support, Sharing, Education  
for anyone  
whose life is touched  
by Parkinson's disease*



Our purpose is to help each other live with and face the daily challenges of Parkinson's disease



# What is Parkinson's disease?

Parkinson's disease (PD) belongs to a group of conditions called movement disorders.

It is both chronic and progressive, meaning its symptoms grow worse and last over time.

## SIGNS AND SYMPTOMS

Some common symptoms of PD are:

- Tremor (shaking) of hands, arms, legs, jaw
- Bradykinesia or slowness of movement
- Rigidity (stiffness of limbs and trunk)
- Impaired balance and coordination

Other signs of PD may include:

- Small, cramped handwriting
- Stiff facial expression
- Shuffling walk
- Muffled speech
- Depression
- Swallowing problems

## HOW MANY PEOPLE HAVE PD?

As many as one million Americans suffer from Parkinson's disease, which is more than the combined number of people diagnosed with multiple sclerosis, muscular dystrophy and Lou Gehrig's disease.

Approximately 40,000 Americans are diagnosed with Parkinson's disease each year, and this number does not reflect the thousands of cases that go undetected.

Incidence of Parkinson's increases with age, but an estimated 15 percent of people with PD are diagnosed before age 50.

## WHAT CAUSES PD?

As is the case with many neurological disorders, the cause of Parkinson's disease is not known. However, scientists and researchers are working diligently to uncover the possible cause(s), including genetics and environmental factors, of PD.

## HOW DO YOU TREAT PD?

There currently is no known cure for Parkinson's disease. Medications can control symptoms of the disease. A neurologist can help find the right medication and dosage. Levodopa is the most widely prescribed Parkinson's medication, and people often take several other medications to manage the disease.

Exercise is very important. Speech/voice therapy and physical therapy also are beneficial.

A high quality of life is possible, and much research is being conducted to find a cause and a cure for Parkinson's

## YOUNG-ONSET PD

Young-onset Parkinson's disease is different from older onset Parkinson's disease. In general, younger people have a smoother, longer-term course of the illness. While this may, in part, be a reflection that the younger people have fewer coexisting health problems than older people with the disease; the rate of progression is still significantly slower.

People with young-onset Parkinson's disease will have special concerns because they will be dealing with the disease at a younger age and for a potentially longer period.

Potential changes life may involve making career adjustments and family adaptations

