

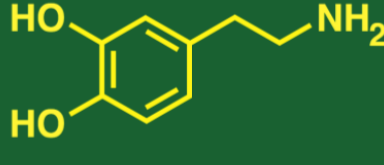
Parkinson's Disease

Our Community

1 million

people live with Parkinson's Disease. They are supported by their care partners and organizations like American Parkinson Disease Association (APDA).¹

— Dopamine and Parkinson's —



Dopamine helps regulate movement and emotional responses. A shortage of dopamine causes movement problems for people with Parkinson's. Dopamine shortage also causes non-motor symptoms. **Non-motor symptoms may be apparent earlier, but are often overlooked.**

— Non-motor Symptoms —

- Loss of sense of smell
- Changes in mood linked to depression & anxiety
- Urinary and gastrointestinal issues
- Sleeping problems
- Fatigue & light-headedness
- Weight loss



Our Community Is Active

Long-term Exercise = Better Outcomes^{2,4,5}

Studies have shown that people with Parkinson's are able to exercise safely and effectively. Types of exercise can include:

- Walking, jogging, or running
- Tai-chi, Yoga, Pilates
- Swimming
- Gardening
- Cycling (on a regular or stationary bike)
- Dancing or singing
- Sports (boxing, golf, tennis, ping-pong)

Additionally, people with Parkinson's who exercise on a long-term, routine basis, have better:

- ✓ Mobility
- ✓ Flexibility
- ✓ Endurance
- ✓ Strength
- ✓ Mental Health
- ✓ Balance

Our Community Is Cared For

A team approach to the management of Parkinson's is known to provide the best long term outcome. That team can include:

- Friends and Family
- Movement Disorder Specialists and/or Neurologists
- Nurses
- Physical Therapists

- Speech Therapists
- Dieticians
- Social Workers
- Occupational Therapists

40% of people with Parkinson's never see a Movement Disorder Specialist (MDS)
— BUT —
those who DO have better outcomes.

APDA offers comprehensive support programs as well as Information & Referral (I&R) Centers for the community.

Find one near you by visiting www.apdaparkinson.org or calling 1-800-223-2732.

Care Partners



40 Million

Americans provide unpaid care to an adult.³



25% are millennials between 18 and 34 and are equally likely to be male or female.³

Care Partners

Work Hard



25% have been providing care for **5+ years.**³



47% act as sole care partner.³

38% of care partners report high emotional stress.³



Signs of Stress



Feeling overwhelmed or constantly worried; easily irritated or angry



Fatigue; headaches; sleeping too much or too little



Losing interest in activities you used to enjoy; feeling sad



Abusing alcohol or drugs, including prescription medications



Gaining or losing a lot of weight

Tips for Care Partners



Find support. You're not alone! Find a Care Partner Support Group. APDA Chapters and Information & Referral (I&R) Centers offer many programs for care partners.



Take care of your own health. Taking care of others is much more difficult if your health needs aren't met. Exercise, plan activities, and fuel your body with good food.



Accept help. Remember you are only one person! Set realistic goals and focus on what you're able to provide. Don't be afraid to reach out for extra help with duties.



Maintain your own social life. Social support is important, even if it means a walk each week with a close friend or family member.



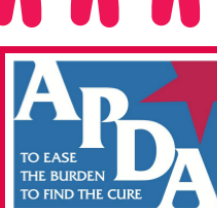
Manage your stress levels. Relaxing is not only important for you, but for the loved one you care for. It will allow you to think more positively and maintain a healthy mindset.

Together We Are

Strong. Empowered. United.

Ease the Burden - Find the Cure:

Find an APDA Chapter or Information & Referral (I&R) Center near you by visiting www.apdaparkinson.org or calling 1-800-223-2732.



Empower your community. Share this on: [Twitter](#) [Facebook](#)

Sources: 1."Parkinson's Disease Handbook," American Parkinson Disease Association (APDA) 2. "Be Active and Beyond," APDA 3. "Caregiving in the U.S. 2015," National Alliance for Caregiving & AARP 4. "Enhanced Exercise Therapy in Parkinson's disease: A comparative effectiveness trial," Journal of Science and Medicine in Sport 5. "Exercise improves cognition in Parkinson's disease: The PRET-PD randomized, clinical trial," Movement Disorders Research Journal