

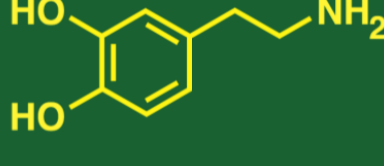
# Parkinson's Disease

## 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).<sup>1</sup>

### 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<sup>2,4,5</sup>

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

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

- 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)

- 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](http://www.apdaparkinson.org) or calling 1-800-223-2732.

## Care Partners



# 40 Million

Americans provide unpaid care to an adult.<sup>3</sup>



# 25%

 are millennials between 18 and 34 and are equally likely to be male or female.<sup>3</sup>

### Care Partners Work Hard

# 25%

 have been providing care for 5+ years.<sup>3</sup>

# 47%

 act as sole care partner.<sup>3</sup>

# 38%

 of care partners report high emotional stress.<sup>3</sup>

### 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](http://www.apdaparkinson.org) or calling 1-800-223-2732.



Empower your community. Share this on:

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 Association 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