Do You or a Loved One Have Parkinson’s Disease?

Information and resources to help you live well
by Parkinson’s Foundation (Paid Content)

Nearly one million people in the U.S. are living with Parkinson’s disease (PD). If you or a loved one are among the 60,000 Americans diagnosed with PD this year, it is important to recognize the early symptoms associated with the disease. The first step is being aware of PD and understanding the disease and its progression.

Newly Diagnosed: Building a Better Life with PD

Receiving PD diagnosis can be both a relief and a daunting. For some, the diagnosis is a turning point, and an important moment to explore meaningful programs and care options. For many, this is a new chapter in their life. It’s important to know that you’re not alone and that the Parkinson’s Foundation is here for you every step of the way to help you live well with PD. To learn about living well with PD, get a free Newly Diagnosed kit.

Managing PD Symptoms

PD is a complex, long-term condition that requires ongoing management. However, in addition to motor symptoms such as tremors, stiffness, and walking issues, most people experience non-motor symptoms as well. These can include anxiety, depression, sleep issues, and more. Learning how to treat and manage these symptoms will help improve the quality of your life.

Treatment

For many, one approach to care involves seeking out a movement disorder specialist—a neurologist who has specialized extensive experience in managing the complex variety of movement disorders. These specialists are uniquely familiar with the full range of available PD medications, as well as any related clinical trials, and can create a successful treatment plan. In addition to prescribed medications and other medical care, exercise therapy can play a vital role in helping you live your best life.

For Care Partners

As a caregiver, you’re responsible for helping your loved one with daily activities, managing financial decisions, and making informed choices. This can pose many challenges, and there are many resources available to help you.

Genetics and PD

Scientists believe a combination of genetic and environmental factors are the cause of PD. Understanding the connection between PD and genetics can help you and your family make informed decisions. For more information, visit the Parkinson’s Foundation’s website or call the PDGenetics Line at 1-800-4PD-INFO (473-4636).

You’re Not Alone

Parkinson’s disease is common, and there are many resources available to help. Whether you’re newly diagnosed or an experienced caregiver, consider reaching out for support. The Parkinson’s Foundation has a variety of resources available to help you and your loved one live well with PD.

Click here to get more information on PD GENERATION and the latest PD research from the Parkinson’s Foundation at Parkinson.org.

Questions? Call the Parkinson’s Foundation Helpline at 1-800-4PD-INFO (473-4636)