

Understanding Parkinson's Disease: Symptoms, Causes & Care

Parkinson's Disease is a progressive neurological condition that primarily affects movement. It develops due to the gradual loss of dopamine-producing brain cells, leading to impaired coordination, control, and balance.

Causes

- Loss of dopamine-producing neurons
- Genetic factors (in some individuals)
- Environmental exposure to toxins
- Advancing age (more common after 60 years)
- Oxidative stress and inflammation

Symptoms

Motor Symptoms:

- Tremors (often in one hand)
- Muscle stiffness (rigidity)
- Slowed movement (bradykinesia)
- Balance and posture issues

Non-Motor Symptoms:

- Depression and anxiety
- Sleep disturbances
- Reduced sense of smell
- Constipation
- Cognitive changes (memory issues)

Diagnosis

- Clinical evaluation
- Neurological exam
- Medication response
- Imaging (MRI/PET) to rule out other conditions

Parkinson's is not only
a movement disorder —
it affects much more than that.



Treatment

Medications: Increase or mimic dopamine to improve movement.

Surgery (Deep Brain Stimulation – DBS):

- Implanted electrodes regulate brain activity.
- Used when medications become less effective.

Therapies:

- Physical – mobility and balance.
- Speech – communication and swallowing.
- Occupational – daily activities support.

Lifestyle Management

- Regular physical activity
- Balanced and nutritious diet
- Stress management techniques
- Consistent and adequate sleep

Although there is no cure for Parkinson's disease, early diagnosis and comprehensive management can greatly enhance quality of life, enabling individuals to remain active and independent.