

# Understanding Parkinson's Disease: What to Know, What to Watch For, How We Help

## What Is Parkinson's Disease?

Parkinson's Disease is a progressive brain disorder that affects movement and daily function. It occurs when certain brain cells that produce dopamine gradually become damaged.

Common symptoms include tremors, stiffness, slower movement, and balance changes. Some people may also experience non-movement symptoms such as sleep problems, fatigue, or mood changes.

While there is no cure, treatments and ongoing research help manage symptoms and support quality of life.

## What are Common Signs to Look For?

(Not everyone has all of these)

- Shaking or tremor in hands
- Slower movement or stiffness
- Changes in balance or walking
- Softer voice or smaller handwriting
- Fatigue or low energy

## How is Parkinson's Disease Diagnosed?

There is no single test. Doctors diagnose Parkinson's by:

- Reviewing symptoms
- Observing movement
- Ruling out other conditions

Early awareness helps with planning and support.

## How Can Therapy Help?

Therapy focuses on maintaining independence and safety.

### Physical Therapy

- Improves balance and walking
- Helps reduce stiffness
- Builds strength for daily tasks

### Occupational Therapy

- Makes daily activities easier
- Helps with dressing, eating, and writing
- Teaches energy-saving strategies

### Speech Therapy

- Strengthens voice and swallowing
- Improves communication
- Supports confidence in social settings

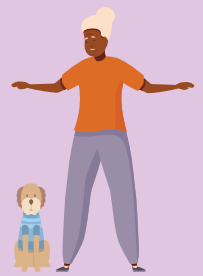
## Live Well with Parkinson's

People with Parkinson's can  
live meaningful, full lives!

It can really help to:



**Stay  
Active**



**Move  
Daily**



**Practice  
Balance  
& Posture**



**Stay  
Socially  
Connected**

If you or a loved one  
has questions, our  
therapy team is  
here to help.

