

## If you think you have PD, talk to your doctor



### Why?

You do not have to have all of the symptoms listed to have PD, nor would one symptom indicate PD.

### How can your doctor help you?

- Confirm your diagnosis
- Give treatment suggestions
- Provide peace of mind



For more information, see the following websites

- National Parkinson Foundation
- MedlinePlus
- PubMed Health
- PatientsLikeMe



## *Symptoms of* **Parkinson's Disease**





# Parkinson's Disease

## What is it?

Parkinson's Disease (PD) is a brain disorder which affects

muscle movement. It is one of the most common nervous system disorders amongst those aged 50 or older.



## Main Symptoms

- Trembling of hands, arms, legs, jaw, and face
- Slow movement
- Stiffness of the arms, legs, or body
- Balance and falling problems

## Other Symptoms

- Small, cramped handwriting
- Limited arm movement range
- Shuffled walk due to foot drag
- Feeling stuck in place when trying to walk
- Having difficulty using facial expressions due to rigid facial muscles
- Lowered or muffled speech
- Falling backwards often
- Increased difficulty in swallowing or blinking



## Less Common Symptoms

- Depression
- Unusually high levels of anxiety
- Hallucinations, psychosis
- Sleep issues
- Constipation
- Pain
- Increased dandruff or oily skin