

Know the ABCs of PD

All you need to know about Parkinson's disease — from A to Z.



This April is Parkinson's Awareness Month and we're partnering with Mitsubishi Tanabe Pharma America to help people understand the complexity of **Parkinson's disease (PD)** and recognize its symptoms.

A	<u>Anxiety</u>	Parkinson's symptoms not related to movement are often more troublesome and disabling than movement symptoms. These symptoms can include anxiety, depression, vertigo and more.
B	<u>Balance</u>	More than half of people with Parkinson's will experience a fall in the next year. There are many tips and ways to prevent falls.
C	<u>Care Partner</u>	Like Parkinson's, there are several stages of the care partner journey. Explore free articles, tools and courses designed for you.
D	<u>Diagnosis</u>	Finding out you have Parkinson's can be a lengthy process. A diagnosis is made through a combination of in-office tests and diagnostic tools.
E	<u>Early Signs</u>	From small handwriting and loss of smell and trouble sleeping, know the 10 early signs of Parkinson's.
F	<u>Fitness</u>	People with PD who exercise for 2.5 hours per week experience a slowed decline in quality of life. Find the exercise that works for you.
G	<u>Genetics</u>	12.7% of participants in our study have a genetic tie to Parkinson's. PD GENERation is a global initiative that provides genetic testing and counseling to people with PD, at no cost.
H	<u>Hospital Safety</u>	People with Parkinson's are at a higher risk of hospitalization and longer hospital stays. Know how to prepare and advocate for yourself with our Hospital Safety Guide.
I	<u>Incidence</u>	Nearly 90,000 people in the U.S. will be diagnosed with Parkinson's this year.
J	<u>Job</u>	"How long will I be able to work with Parkinson's?" This question is especially important to people with young-onset PD.
K	<u>Knowledge</u>	Find the information you need now — from tools that help you work alongside your care team to resources that empower you.
L	<u>Lewy body dementia</u>	Robin Williams brought awareness to the life-changing, prevalent disease known as Lewy Body Dementia, a progressive brain disorder where cognitive decline is an early symptom.
M	<u>Motor Fluctuations</u>	Also known as "on-off" times, motor fluctuations are changes in the ability related to medications. "On" times are when you have good symptom control. "Off" times are when medications wear off.
N	<u>Neurologist</u>	Neurologists (and specialized neurologists called movement disorders specialists) diagnose and treat Parkinson's.
O	<u>Occupational Therapy</u>	Rehabilitation therapies — occupational, physical and speech therapies — can slow disease progression, address symptoms and enhance mental health.
P	<u>Parkinsonism</u>	Parkinsonism is the collection of signs and movement symptoms associated with several conditions — including Parkinson's disease.
Q	<u>Questions</u>	Our bilingual Helpline answers Parkinson's questions, provides referrals to health professionals and local resources. Call us at 1-800-4PD-INFO (1-800-473-4636) in English or Spanish.
R	<u>Research</u>	Parkinson's research can lead us to breakthroughs in treatment and care at any moment. Explore our currently funded research and how to join a PD study.
S	<u>Stages</u>	Parkinson's symptoms and progression are unique to each person. Knowing the stages of Parkinson's can help you cope with changes as they occur.
T	<u>Tremor</u>	70-90% of people with PD experience a tremor. While most common in the hands, tremors can also occur in the lower lip, jaw, leg or internally.
U	<u>Urinary incontinence</u>	People with Parkinson's may experience bladder problems. The most common is a frequent and urgent need to urinate.
V	<u>Vertigo</u>	Dizziness (feeling faint, weak or unsteady) and vertigo (the false sense that you or your surroundings are spinning) are common signs of Parkinson's.
W	<u>Wellness Wednesday</u>	Access at-home resources through weekly online events. PD Health @ Home offers events that focus on wellness, exercise and mental health.
X	<u>X</u>	Join our online Parkinson's community. We're on X, and all social media channels!
Y	<u>Young-Onset Parkinson's</u>	Young-onset Parkinson's occurs in people who are 50 years of age or younger, who often experience a different set of challenges.
Z	<u>Zen</u>	Stress can make PD symptoms worse. Maintaining emotional health is essential to living well with Parkinson's and can help manage symptoms.