

# An Introduction to Parkinson's

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**We are Parkinson's UK.  
Powered by people  
Funded by you. Improving life  
for everyone affected by  
Parkinson's.**

**Together we'll find a cure.**

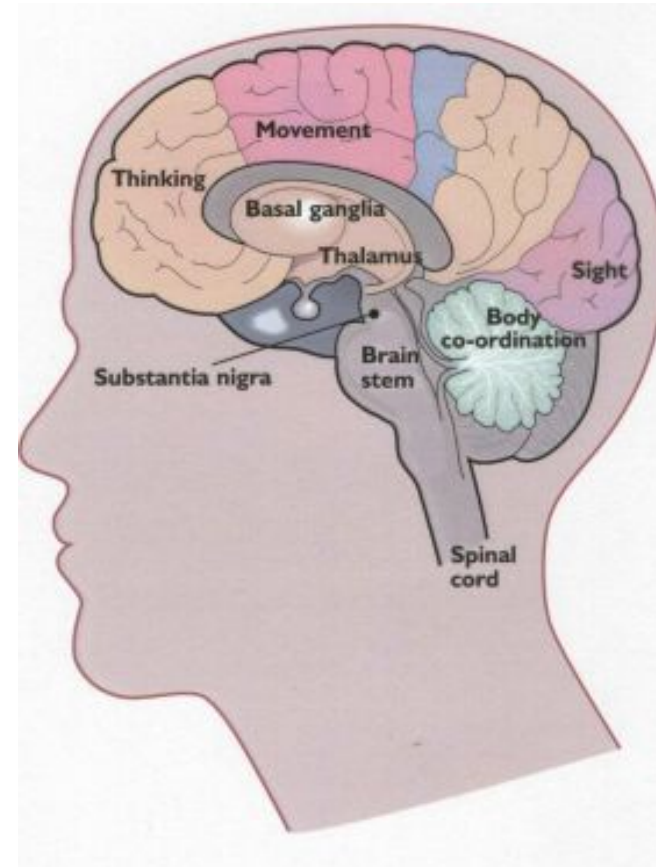
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# What is Parkinson's?

- A **neurological** condition for which there is **no cure**.
- A **fluctuating** condition which is **progressive** (gets worse over time).
- Condition which affects **movement**, as well as a range of **non-movement** symptoms.
- Caused by the of **lack of dopamine** in the brain.
- First identified by Dr James Parkinson in **1817**.

# What causes Parkinson's?

- Parkinson's occurs when **dopamine producing cells** are lost from the part of the brain that controls movement.
- The cause is **unknown**.
- There's currently **no cure**.
- Only **5%** have a clearly inherited form of Parkinson's.
- Everyone is **different**.



# Who does it affect?

- Currently around **145,000 people** in the UK have Parkinson's.
- Due to an ageing population we expect this figure to **grow** by 18% by 2025 to **171, 000 people**
- **Every hour, two more people** are diagnosed with Parkinson's
- Most people will be between **50-69** when diagnosed.
- **Younger people** get Parkinson's too but it's rarer.
- Occurs in **all ethnic groups**.
- Affects more men than women.

# Causes of Parkinson's

- We **don't yet know** exactly why people get Parkinson's
- Research suggest it's a **combination** of age, genetic and environmental factors that cause the dopamine-producing nerve cells to die
- A very small number of Parkinson's cases are **hereditary** and researchers are looking into why this happens.



# Signs and symptoms of Parkinson's

- **Slowness** of movement
- **Poverty of movement** (hypokinesia); this includes difficulty starting a movement, reduced size of movements and lack of coordination of movements
- **Rigidity**
- Resting **tremor**
- Range of **other non-movement symptoms**

# What are the other symptoms?

## Parkinson's is more than a tremor



BALANCE  
AND FALLS



STRESS AND  
ANXIETY



DEMENTIA



MILD THINKING  
PROBLEMS



SLEEP  
PROBLEMS



DEXTERITY  
ISSUES



URINARY  
PROBLEMS



AND MORE

These symptoms have a bigger impact on everyday life



# Some Impacts of Parkinson's on Daily Life

- Washing body and hair
- Dressing
- Preparing and cooking food
- Climbing stairs
- Speaking in person and on the phone
- Paying for purchases
- Frequent and urgent need to use the toilet
- Writing or typing (keyboard, touch screen etc)

# Communication and Parkinson's

- Speech can be quieter and can be slurred
- Voice may sound monotonous and lack emotion
- Ability to smile may be lost
- May have a blank facial expression
- Conversations can be tiring
- People with Parkinson's can take a longer time to respond
- Writing is very hard for some, and often writing can be small
- Typing, using a mouse or touchpad can be very difficult, and for some people impossible

# Treatment of Parkinson's

The symptoms can be controlled using the following combination:

- Medication
- Therapies - speech and language, occupational, physiotherapist
- Occasionally surgery
- Exercise

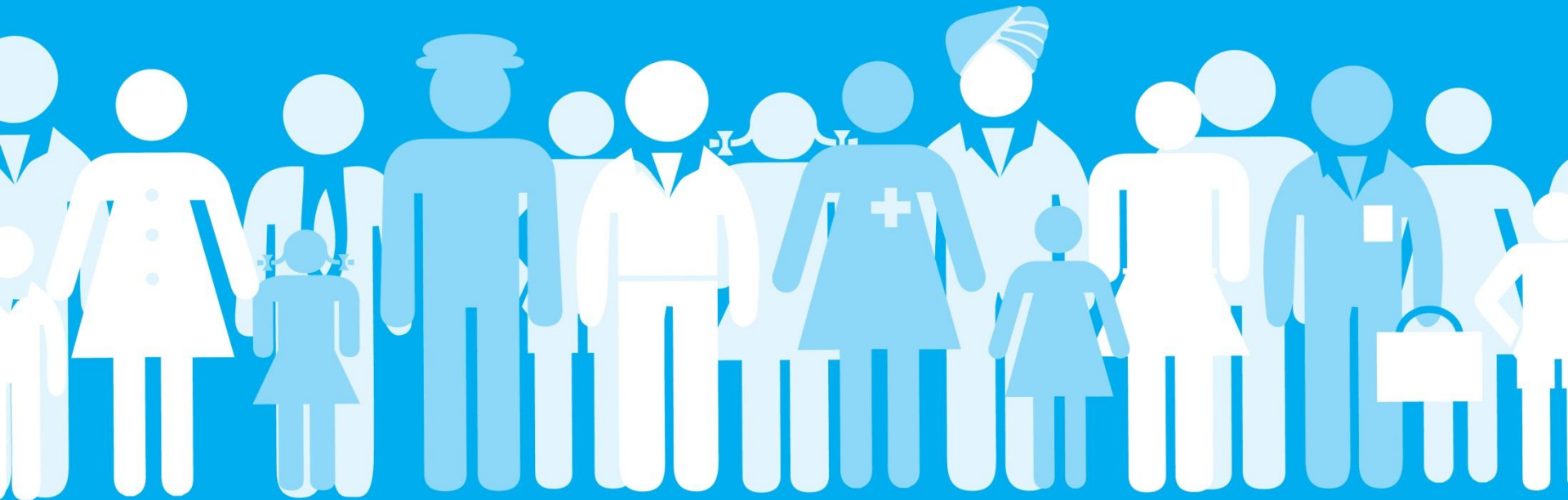


# Challenges of medication

- Fluctuations in response (on/off effect)
- Wearing off
- Hallucinations, nightmares and confusion
- Impulsive and compulsive behaviour (ICB's)
- Involuntary Movements
- Timing of medication



# Parkinson's UK



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# Parkinson's UK

- **Research** - We influence and fund groundbreaking research to advance the understanding of Parkinson's and improve treatments
- **Information & Support** - We provide expert information and advice to support people to live well with Parkinson's
- **Support for People** - We offer support and opportunities to 'live life to the full', for people living with Parkinson's as well as their carers and families
- **Campaigning & Service Improvement**- We raise awareness, change perceptions, and work in partnership to drive better services for people affected by Parkinson's

"I'm not on my own any more – I've got people who understand, people who care. Thanks to them, I've done things I would never have dreamed. Team Parkinson's is my family."

**Diane Dowsett**  
Team Parkinson's member

# TEAM PARKINSON'S

is the movement to transform life with Parkinson's.

We care because Parkinson's affects hundreds of thousands of people in the UK. Your mum, son, partner or best friend – anyone can get Parkinson's.

Get your  
pin badge





# Fundraising

Make it different, Make a difference





# Supporting People

We support people with Parkinson's, their families and carers via:

- Our website [www.parkinsons.org.uk](http://www.parkinsons.org.uk)
- Information and advice on how to live well with Parkinson's
- Network of local groups and activities
- Free confidential helpline - **0808 800 303** including support about medication, benefits and legal right. Interpreter services for non-english speakers.
- **Accessible formats** large print, audio and other languages



UK PARKINSON'S

**Excellence  
Network**

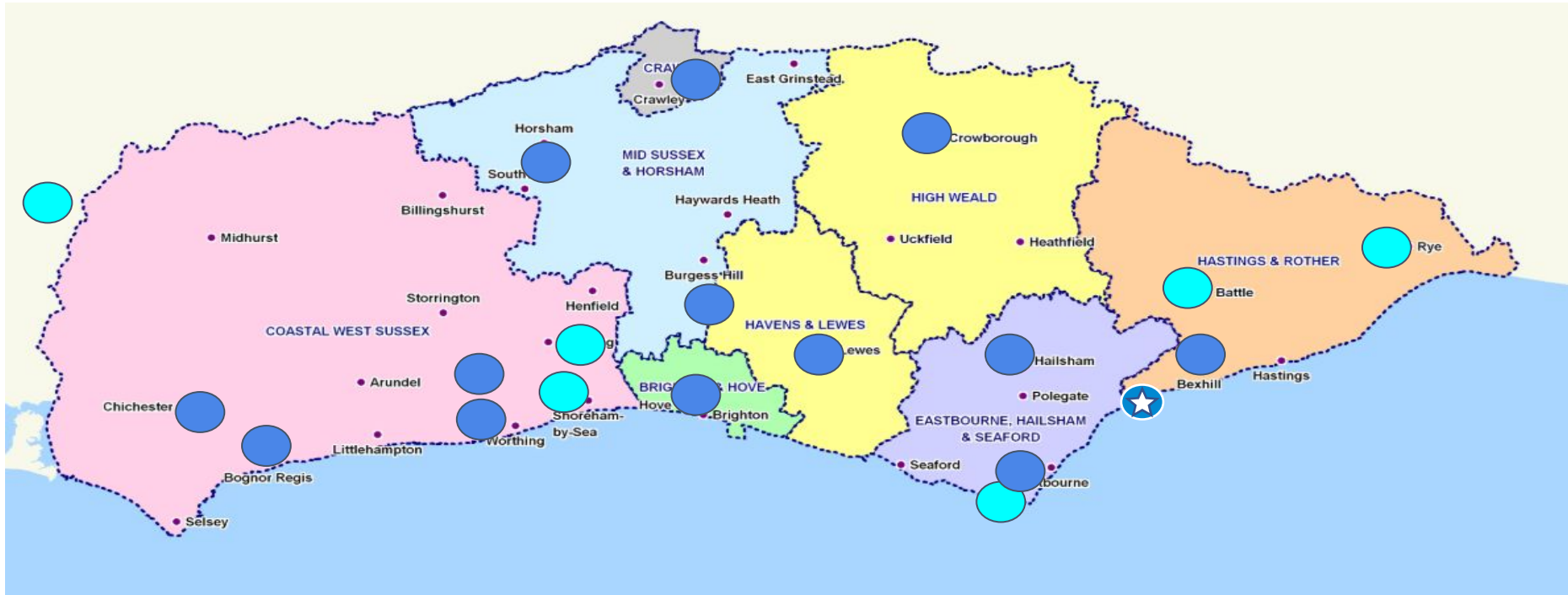




# Parkinson's in Sussex

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# Sussex groups



# Sussex

- 11 local Parkinson's UK groups
- 5 Parkinson's Cafes
- approximately 4000 people with Parkinson's
- approx. 500 people over 45 diagnosed each year



# Sussex Coast Priorities 2021-22

## **Priority One**

People should have better access to exercise and physical activity

## **Priority Two**

We need to reach more people who are newly diagnosed

## **Priority Three**

People at all stages of the condition should be better connected to the right support and opportunities

## **Priority Four**

People should be able to access health care professionals and require better care in hospital



# PARKINSON'S CAN'T HOLD US BACK

A woman with dark hair, wearing a white lab coat and black gloves, is working in a laboratory. She is focused on a piece of equipment, possibly a biosafety cabinet or a specialized incubator. The background is filled with various laboratory instruments, including a large piece of black equipment with a fan, a computer monitor, and various glassware and containers. The scene is brightly lit, typical of a modern research facility.

Any Questions?