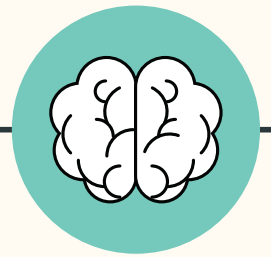


ANXIETY AND PARKINSON'S DISEASE



Feeling worried is an understandable reaction to a Parkinson's diagnosis. These feelings of constant worry or being nervous can result in anxiety, which can be more serious. Anxiety is a common non-motor symptom of Parkinson's disease – it is caused by changes in the brain. Up to 40% of people with Parkinson's disease experience a form of anxiety.



TYPES OF ANXIETY

- **Generalised Anxiety Disorder:** being nervous and often feeling worried or fearful – you might experience nausea, trouble breathing, your heart rate could increase and your tremors might get worse
- **Anxiety attacks/panic attacks:** start suddenly with a sense of severe physical and emotional distress and last a few minutes, occur particularly during periods where your medication wears off
- **Social avoidance:** avoiding everyday social situations, like going outside, because of fear of embarrassment caused by your symptoms, such as tremor, or trouble walking in public
- **Obsessive-Compulsive Disorder (OCD):** persistent, unwelcome thoughts or obsessions and an urgent need to do something, control or rid these thoughts

WHAT CAUSES ANXIETY?

- Fears and worries about Parkinson's disease
- Worries about not being able to do something or your medication wearing off
- Changes in chemicals in the brain



MANAGING ANXIETY



- Talk with a therapist about your worries
- Acupuncture
- Meditation
- Relaxation techniques
- Keeping a diary of your mood and symptoms
- Attend a support group and talk to others with Parkinson's disease
- Tell your family how you are feeling
- Educate yourself about PD and its symptoms

Join a local support group to learn more and meet other people with Parkinson's disease:

Nairobi: 0722722090

Mombasa: 0707564733

Kisumu: 0710884431

For more information about Parkinson's disease visit:

www.parkinsonkenya.wixsite.com/website

OR

www.parkinsonsafrica.com



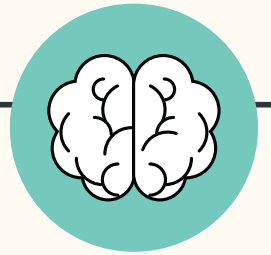
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WASIWASI NA UGONJWA WA PARKINSON



Kuhisi wasiwasi ni hisia inayoeleweka inapogunduliwa kuwa na ugonjwa wa Parkinson. Hisia hizi za mahangaiko na uoga inaweza kusababisha na wasiwasi, jambo ambalo huenda likawa hatari. Wasiwasi ni ishara ya kawaida ya ugonjwa wa parkinson ambao kutokana na mabadiliko kwenye ubongo. Takrimu asilimia 40 ya watu walio na ugonjwa wa Parkinson hupata aina fulani ya wasiwasi.



AINA ZA WASIWASI

- **Shida ya jumla ya wasiwasi:** Kuhisi uoga na wasiwasi – kunaweza kukafanya uhisi kutapika, utatizike kupumua, moyo wako upige sana na huenda mitetemeko yako ikazidi
- **Uoga wa kuingiliana na watu:** kujiepusha na shughuli za kijamii kama kuenda nje kwa sababu ya hisia za aibu zinazosababishwa na dalili zako kama kutetemeka na ugumu wa kutembea mbele ya watu.
- **Shambulio wa wasiwasi/la hofu:** anza ghafla na hisia ya dhiki kali ya mwili na kihemko na hudumu dakika kadhaa, inatokea haswa wakati dawa yako itaacha kufanya kazi
- **Obsessive-Compulsive Disorder (OCD):** Hii ni aina ya wasiwasi inayofanya mtu awe na fikira zisizopendeza na ambazo hazipotei zinazomlazimisha awe na haja ya kufanya vitu fulani ili aondoe fikira hizi.

NINI HUSABABISHA WASIWASI?

- Uoga na mahangaiko kutokana na ugonjwa wa Parkinson
- Mahangaiko kuhusu kutoweza kufanya kitu
- Nguvu za dawa kupungua mwilini
- Mabadiliko ya kemikali ubongoni



MBINU ZA KUPUNGUZA WASIWASI



- Ongea na mwanasaikolojia kuhusu mahangaiko yako
- Tafakari
- Tumia mbinu za kupumzika
- Andika hisia na dalili zako kwenye shajara
- Hudhuria kikundi cha msaada na uongee na watu wengine walio na ugonjwa wa Parkinson
- Zungumza na familia yako kuhusu hisia zako
- Jielimishe kuhusu ugonjwa wa Parkinson na dalili zake

Jiunge na kikundi cha msaada kilicho karibu ili ujifunze zaidi na uonane na watu wengine waliyo na ugonjwa wa parkinson



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Kwa habari zaidi angalia:

www.parkinsonkenya.wixsite.com/website

AMA

www.parkinsonsafrica.com



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