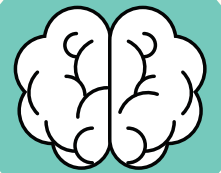


DEPRESSION AND PARKINSON'S DISEASE



Depression is a common challenge for people living with Parkinson's disease (PD). Everyone feels sad sometimes and it is normal to experience stress when faced with a difficult disease. If sadness progresses to depression, it needs to be treated. People with depression feel that they cannot enjoy life like they used to, but some days can be better than others. There are several ways to manage depression.



SIGNS OF DEPRESSION IN PD

1. Worrying a lot
2. Feeling sad all the time
3. Crying
4. No interest in activities or hobbies you used to enjoy
5. Feeling tired and not having energy
6. Feeling guilty
7. Not having any motivation
8. Having aches and pains
9. Feeling like you are a burden on your family
10. Thinking about disability, death or dying



TREATING PD DEPRESSION

- Discuss your changes in mood with your doctor
- Uncontrolled "on-off" periods and freezing episodes can result in people being depressed – speak to your doctor about your medication
- Make sure you get enough sleep and you are not constipated
- Regular exercise can help treat the symptoms of depression
- Eat a healthy diet with lots of vegetables
- Stay involved in social activities and hobbies
- Try to have things to look forward to
- See a counselor to talk about how you are feeling
- If necessary, you could be prescribed an anti-depressant medication



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



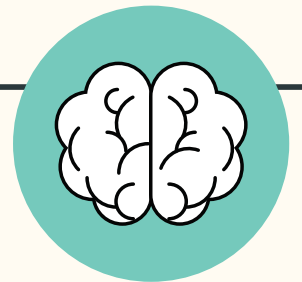
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UNYOGOVU NA UGONJWA WA PARKINSON



Unyogovu ni shida kubwa inayoadhiri watu wanaouga ugonjwa wa parkinson (PD). Kila mtu hupata huzuni mara kwa mara ni jambo la kawaida kuwa na dhiki unapokumbwa na ugonjwa kama huu. Huzuni hii ikijiendeleza huwa inageuka kuwa unyogovu ambao unahitaji matibabu. Watu wenye unyogovu huhisi kana kwamba hawawezi ridhika na maisha kama awali, lakini siku kadhaa zinaweza kuwa bora kuliko zingine.



ISHARA ZA UNYOGOVU KATIKA PD

1. Wasiwasi mwingi
2. Kuhisi huzuni kila wakati
3. Kulia kwingi
4. Kukosa hamu ya kufanya mambo ambayo yanakupendeza
5. Kuhisi uchovu na kukosa nguvu ya kufanya vitu
6. Kuhisi kama una hatia
7. Kukosa na motisha yoyote
8. Kuwa na maumivu
9. Kuhisi kuwa wewe ni mzigo kwa familia yako
10. Mawazo mengi kuhusu ulemavu, kifo au kufa



MBINU ZA KUTIBU UNYOGO VU WA PD

- Ongea na daktari wako kuhusu mabadiliko katika hisia zako
- Ongea na daktari kuhusu dawa zako ikiwa unapatwa na vipindi vya kuganda, kwa sababu vipindi hivi huenda vikasababisha unyogovu
- Hakikisha kuwa unapata usingizi wa kutosha na hauvimbiwa
- Kufanya mazoezi mara kwa mara kunaweza kukatibu dalili za unyogovu
- Kula chakula chenye afya na mboga nyingi mpya
- Jiunge na shughuli za kijamii na ufanye mambo yanayokufurahisha
- Jaribu kuwa na mambo unayongoja kwa hamu
- Nenda kwa mwanasaikolojia kuzungumza juu ya jinsi unavyohisi
- Ikihitajika, huenda ukaagiziwa dawa za kupunguza unyogovu



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

Nairobi: 0722722090
Mombasa: 0707564733
Kisumu: 0710884431

Kwa habari zaidi angalia:

www.parkinsonkenya.wixsite.com/website

AMA

www.parkinsonsafrica.com



Created by Natasha Fothergill-Misbah

