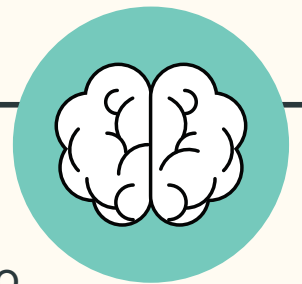


FALLS, DIZZINESS AND PARKINSON'S DISEASE



Loss of balance and falls affects many people with Parkinson's disease (PD). For some, this might get worse over time, others might have a fear of falling. Falls can result in injuries, which could impact on your quality of life. If you have PD, you might fall because of poor balance, taking steps that are too small, not swinging your arms, freezing while walking, blood pressure problems, or even eye problems. There are things you can do to reduce your risk of falling. If you fall often, it might be useful to speak to a physiotherapist.

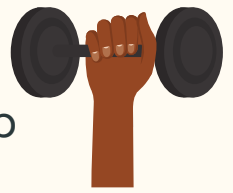


WHAT CAUSES FALLS?

- **Freezing of gait:** you might have difficulty starting to move or you 'freeze' (stop suddenly) while you are moving and feel stuck to the floor
- **Posture/strength:** you might become stooped or lean forward when you walk, increasing the chance of falling forwards, and your muscles might be weaker
- **Constipation/incontinence:** straining for a bowel movement can make you dizzy, while needing to rush to the toilet could increase the risk of falling
- **Blood pressure:** some PD medication can cause blood pressure problems which can lead to dizziness and falls, this might happen particularly when you stand up from a chair
- **Small spaces:** you might find it difficult to turn in small spaces, like a bathroom, which can result in a fall



REDUCE YOUR RISK OF FALLING



- Get into a rhythm while you walk, count your steps, step over patterns on the floor and stay focused
- Focus on taking longer steps and swinging your arms
- Move your weight from one foot to the other if you freeze to help you start moving again
- Hold someones arm for support and balance
- Avoid distractions – stop to have a conversation
- Slow down when you turn, don't turn too quickly, take a few steps
- Do exercises to help with your balance, posture and strength
- Move any trip hazards in the home, like carpets
- Place furniture close together so you have a path across the house
- Use a walking stick or a cane
- Adjust your medication to prevent "off" time and freezing episodes
- Check your blood pressure to make sure it isn't too low
- Remember to stand up slowly and take your time before you walk or move



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



Created by Natasha Fothergill-Misbah



KUANGUKA, KUSIKIA KIZUNGUZUNGU NA UGONJWA WA PARKINSON



Kupoteza uwezo wa kusimama bila kuyumbayumba na kuanguka huathiri watu wengi wenye ugonjwa wa Parkinson (PD). Kwa watu wengine, huenda matatizo haya yakazidi baada ya muda. Kuna wale pia huwa na hofu ya kuanguka. Kuanguka kunaweza kukasababisha majeraha ambayo yanaweza kuathiri ubora wa maisha yako. Ikiwa una PD, unaweza kuanguka kwa sababu ya kuyumbayumba, kutembea kwa hatua fupi, kutosongesha mikono ukitembea, kuganda misuli, shinikizo la damu, au hata shida za macho. Kuna mambo unaweza fanya ili upunguze hatari ya kuanguka. Ikiwa wewe huanguka sana, zungumza na mtaalam wa tibamaungo.

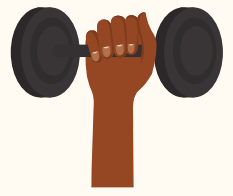
NINI HUSABABISHA KUANGUKA?



- **Kuganda misuli:** unaweza kuwa na ugumu wa kuanza kutembea au unaweza jipata ukisimama kwa ghafla ukitembea na uhisi kuwa unakwama sakafuni
- **Mkao/nguvu:** unaweza kujipata umeinama ukitembea, jambo hili huongeza uwezekano wa kuanguka mbele, na misuli yako inaweza kuwa dhaifu zaidi
- **Kuvimbiwa/kutokwa wa mkojo:** Kuvimbiwa/shida ya kujikojolea: kulemewa kujisaidia unapoenda haja kubwa kunaweza kukafanya usikie kizunguzungu. Kukimbia kuenda chooni kunaweza kukaongeza hatari ya kuanguka
- **Shinikizo la damu:** kuna dawa fulani ambazo zinaweza kusababisha shida ya shinikizo la damu ambayo inaweza kukusababisha usikie kizunguzungu na kuanguka, hii inaweza kutokea haswa wakati unasimama kutoka kitini
- **Nafasi ndogo:** unaweza pata shida kugeuka katika nafasi ndogo kama bafuni au chooni, jambo hili linaweza fanya uanguke



PUNGUZA HATARI YAKO YA KUANGUKA



- Tembea kwa mfwatano wa mwendo, hesabu hatua zako, usikanyange miundo sakafuni na kaa kwa umakinifu
- Zingatia kuchukua hatua ndefu huku ukisongesha mikono yako
- Mwili wako ukiganda kwa ghafla ukitembea, songesha uzito wako kutoka mguu mmoja hadi mwingine ili uanze kutembea tena
- Shika mkono wa mtu ili uweze kusimama bila kuanguka
- Jiepushe na mambo yatakayo ondoa fikira zako kutoka kwa harakati zako za kutembea, ukitaka kumuongelesha mtu, simama kwanza
- Punguza mwendo ukigeuka, chukua hatua chache
- Fanya mazoezi ya kukusaidia kwa mkao, nguvu na kusimama bila kuanguka
- Ondoa vitu vyote ambavyo vinaweza vikakuangusha, kama zulia
- Weka fanicha pamoja ili uwe na njia ya kupita kwa nyumba
- Tumia kijiti cha kutembea
- Rekebisha dawa zako ili uzuie vipindi vya 'off' na kuganda misuli
- Angalia shinikizo la damu yako msukumo usiwe umepungua sana
- Kumbuka kusimama polepole na uchukue muda wako kabla hujaanza kutembea au kusonga



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



Kwa habari zaidi angalia:

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AMA

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