

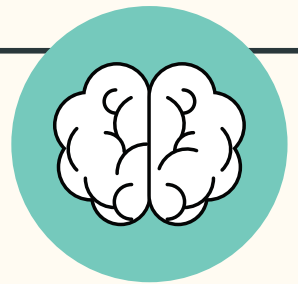
PAIN AND PARKINSON'S DISEASE



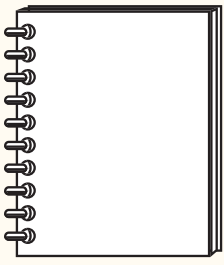
Pain is a very common symptom in Parkinson's disease (PD) and can be very troubling. Pain might affect the side of the body where you first experienced motor symptoms. It might have even been one of the first symptoms you noticed before a diagnosis. There are different types of pain and several ways to manage it, including medication and exercise. The types of pain include pain from aching muscles, "dystonia", sharp pain from a nerve, numbness from a nerve, pulsing/aching pain from tightness or "dyskinesia", and headaches.

TYPES OF PAIN

- **Muscle pain:** most common type of pain related to rigidity and reduced joint movement, you might ache in the neck, back or shoulder
- **Dystonia:** this is caused by involuntary muscle contractions in the toes, fingers, ankles or wrists, causing spasm or cramp – you might notice your toes curl up in a strange way
- **Shooting pain:** sharp, shooting pain down the arm or leg, you might have a trapped nerve
- **Central pain:** a constant burning or bloated feeling made worse by movement, touch, emotions
- **Dyskinetic pain:** deep, aching sensation that happens because of involuntary movements ("dyskinesia")



ASSESSING PAIN



If you are experiencing pain, speak to your neurologist or physiotherapist. They can advise you on treatment. It may be helpful to write down details about your pain, for example: where the pain is, how it feels, how long pain lasts, what time of the day it happens, if it is worse at certain times of the day, does it happen after/before medication.

TREATING PAIN

Functional exercise: practice standing up/sitting down to help with pain in your legs OR if your shoulders are aching, loosen them with rolling actions, use weights to improve your range of movement

Optimise PD medication: Sinemet can help reduce pain, if you have "off" periods of medication, you might experience more pain

Massage: gently massage areas of pain

Medication: your doctor can prescribe painkillers, such as Panadol, Ibuprofen or Codeine



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



MAUMIVU NA UGONJWA WA PARKINSON

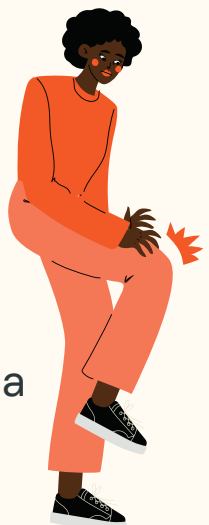


Maumivu ndiyo dalili inayojitokeza sana katika ugonjwa wa parkinson (PD) na inaweza kuwa shida kubwa. Maumivu yanaweza kuathiri upande wa mwili ambao ulipata dalili za kwanza kama kutetemeka. Yanaweza kuwa moja ya dalili za kwanza ulizogundua kabla ya utambuzi wa maradhi yako. Kuna aina tofauti za maumivu na njia kadhaa za kuzipunguza, kama kutumia dawa na fanya mazoezi. Kuna aina za maumivu kama maumivu ya misuli ("dystonia"), maumivu makali ya ganzi, kukufa ganzi, maumivu kutokana na kukazwa kwa misuli ("dystonia") na maumivu ya kichwa.

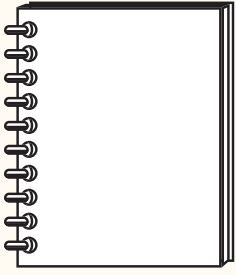
AINA ZA MAUMIVU



- **Maumivu ya misuli:** aina ya maumivu inayojitokeza zaidi. Inatokana na kukazwa kwa misuli na matatizo ya kusongesha viungo, maumivu haya hutokea kwenye shingo, mgongo au mabega
- **"Dystonia":** maumivu haya husababishwa na kujinywea kwa misuli bila kutoka katika viungo kama vidole vya mikono na miguu, kifundo cha mkono au kifundo cha mguu. Huenda ukaona vidole vya miguu yako vikijinyoosha kwenda juu kwa namna isiyo kawaida
- **Maumivu makali yanayochoma kama kisu:** haya ni maumivu makali yanayochoma mguuni au mkononi, huenda una ganzi ambayo imefinywa
- **Maumivu yanayotokana na shida obongoni:** maumivu kama kuchomeka yasiyopungua au kuhisia za umevimbiwa zinazozidishwa na kutembea, mguso au hisia
- **Maumivu ya dyskinesia:** haina ni maumivu sugu ya ndani yanayotokea kwa sababu ya sehemu za mwili kujisongesha kwa ghafla bila kutaka ("dyskinesia")



UCHUNGUZI WA UKALI WA MAUMIVU



Ikiwa unapata maumivu, ongea na mwananurolojia au mtaalam wa tibamaungo. Wanaweza kukushauri juu ya matibabu. Inasaidia kuandika maelezo kuhusu maumivu yako, kwa mfano: maumivu yako wapi, unaskiaje, uchungu hudumu kwa muda gani, hutokea wakati gani wa siku, ni mbaya zaidi wakati fulani wa siku, hufanyika kabla au baada ya dawa.

KUTIBU MAUMIVU

Mazoezi: jizoeshe kusimama na kuketi ili upunguze maumivu miguuni. Kama mabega yako yanauma, yalegeze kwa kuzungusha mikono yako, tumia uzani kuongeza uwezo wa kusonga

Rekebisha dawa ya PD: kama una vipindi ambavyo dawa haifanyi kazi ("off" periods) huenda ukapata maumivu

Masaji: masaji sehemu zinazouma polepole

Dawa: daktarin wako anaweza akakuandikia madawa ya kupunguza maumivu kama Panadol, Ibuprofen au Codeine



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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