

# WHAT IS PARKINSON'S DISEASE?



Parkinson's disease (PD) is a chronic and progressive movement disorder. It involves the death of nerve cells in the brain called neurons which produce dopamine. As the condition progresses, the amount of dopamine produced decreases, affecting movement. The cause of PD is not known but researchers are working to discover possible causes.



## WHO GETS PD?



- About 10 million people worldwide are estimated to have Parkinson's disease
- The likelihood of getting PD increases with age
- Most people are diagnosed after age 50 but younger people can also get PD

## COMMON MOTOR SYMPTOMS

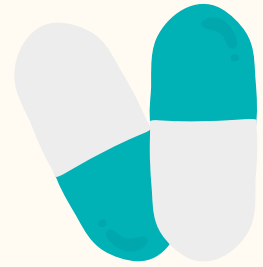
- Tremor in the hands
- Muscle rigidity or stiffness of limbs
- Slow movement
- Balance problems

## SOME OTHER SYMPTOMS

- Pain
- Fatigue
- Sleep disturbance
- Depression
- Constipation
- Fear and anxiety
- Urinary problems

## HOW TO TREAT PD

- Medication can manage some of the symptoms of PD but you will need to take medication daily (PD is a life-long condition)
- Levodopa (i.e. Sinemet) is the most widely used medication, but there are other options
- Exercise is also very important in preventing progression



## LONG TERM PROGNOSIS



- PD is progressive but not fatal
- Symptoms will progress and affect your movement, but you can live a long life if your PD is managed well
- Being or feeling alone can make your symptoms worse, so it is important to stay connected to family, friends, and/or a support group



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](http://www.parkinsonkenya.wixsite.com/website)

OR

[www.parkinsonsafrica.com](http://www.parkinsonsafrica.com)



Created by Natasha Fothergill-Misbah



# UGONJWA WA PARKINSON NI NINI?

Ugonjwa wa Parkinson (PD) ni shida sugu na ya kusonga mbele ya harakati. Ugonjwa huu inajumuisha kifo cha seli za neva kwenye ubongo zinazoitwa 'neurons' ambazo hutoa 'dopamine'. Wakati hali inavyoendelea, kiasi cha 'dopamine' inayozalishwa hupungua, kuathiri harakati. Sababu ya ugonjwa wa parkinson haijulikani, lakini watafiti wanafanya kazi kugundua sababu zinazowezekana.



## NANI ANAPATA PD?



- Karibu watu milioni kumi ulimwenguni wana ugonjwa wa Parkinson
- Uwezekano wa kupata ugonjwa wa parkinson huongezeka na uzee
- Ugonjwa huu hutokea hasa miongoni mwa wazee wenye umri wa miaka hamsini na zaidi lakini hata watu wenye umri mdogo manaweza kupata

## DALILI ZA KAWAIDA ZA HARAKATI

- Kutetemeka kwa mikono
- Ugumu wa misuli
- Kuenda pole pole
- Shida za usawa

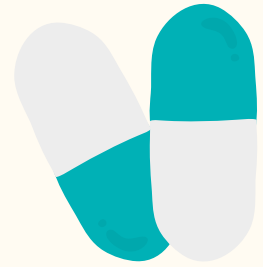
## DALILI ZINGINE

- Maumivu
- Uchovu
- Usumbufu wa kulala
- Huzuni
- Kuvimbiwa
- Woga na wasiwasi
- Shida za mkojo



# JINSI YA KUTIBU UGONJWA WA PARKINSON

- Dawa inaweza kusimamia dalili kadhaa lakini utahitaji kuichukua kwa maisha yako yote
- 'Levodopa' (Sinemet) ni dawa inayotumika sana ulimwenguni, lakini kuna chaguzi zingine
- Mazoezi pia ni muhimu sana katika kuzuia maendeleo



## MATOKEO YA MUDA MREFU



- Ugonjwa wa Parkinson utakua mbaya lakini hautakuua
- Dalili zitakua mbaya na kuathiri harakati zako, lakini unaweza kuishi maisha marefu ikiwa ugonjwa wa Parkinson umesimamiwa vizuri
- Kuwa peke yako au kujisikia peke yako kunaweza kufanya dalili zako kuwa mbaya zaidi, sasa msaada kutoka kwa familia yako ni muhimu

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:

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AMA

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