

PARKINSON'S IS DIFFERENT FOR EVERYONE

After “why me?” usually the next questions include: “What does the progression look like? What can I expect?” It’s tough to get an answer because Parkinson’s disease affects people differently and at different times. There are, however, some similarities in experiences over time and this manual provides suggestions and resources to help you address the various symptoms you may have. Remember, simply because something is a symptom of Parkinson’s does not mean you necessarily will experience it.

CHANGE IN FACIAL EXPRESSION

“ My facial expression was lost. My students thought I was always sad. I’m brighter now since DBS. I smile at myself in the mirror.”

— CONNIE

Speech & Swallowing

ARM DOESN'T SWING

“ I have always been very active in various sports and assumed the gradual loss of arm swing was from two torn rotator cuff injuries to my shoulder. I even went to an orthopedic surgeon to check it out.”

— STEVE

SHOULDER PAIN

SEXUAL DYSFUNCTION

Bradykinesia

FREEZING

SLEEP PROBLEMS

“ I have trouble falling and staying asleep because my tremors make it difficult. I drink an herbal tea before bed, and it helps me fall asleep.”

— TIM

LIGHTHEADEDNESS OR DIZZINESS

Diminished Sense of Smell

DEPRESSION

“ I talk to people in my support group who can relate and understand. It’s good to find something to think about besides the Parkinson’s — music, friends or whatever else you enjoy.”

— NORMA

CONSTIPATION

LEG CRAMPING, NUMBNESS

LOSS OF DEXTERITY

“ My writing has become very small and hard to read. Maybe I should have gone to medical school.”

— DOROTHY

FATIGUE

Anxiety

MEDS WEARING OFF

Tremor

FALLING

Dyskinesia

INCONTINENCE

REDUCED MOBILITY & GAIT

“ Now I have to really focus on walking, picking up and putting one foot in front of the other.”

— PAT

RIGIDITY

MEMORY & COGNITION

“ I lose track of the topic and go off on tangents. The short-term memory loss can be a struggle.”

— MIKE

APATHY

Figure 1.

**AFTER DIAGNOSIS, THE FIRST QUESTION
PEOPLE ASK IS: "WHAT CAN I EXPECT?"**