

# Parkinson's Disease: What You Need to Know

A Presentation to Mayor Black, Council Members and  
Staff of the Town of Carleton Place  
September 8, 2020

# SNAPSHOT OF PD

- Neurodegenerative
- Motor/Non-motor symptoms
- Dopamine cell death
- Meds but no cure
- Avg. age of onset is 60
- 10-15% under 50



# Symptoms Typically Associated with PD

**T** → Tremor (Resting)

**R** → Rigidity (Stiffness of Muscles)

**A** → Akinesia (lack of movement, eg. arms don't swing) or Bradykenesia (slowness of movement)

**P** → Postural Instability (Balance Problems)

Every Person with  
Parkinson's is Different

Non Motor  
Symptoms

- ☐ Depression/Anxiety/Apathy
- ☐ Diminished Sense of Smell
- ☐ Handwriting gets smaller
- ☐ Sleep Problems, including REM Sleep Disorder
- ☐ Constipation
- ☐ Memory and Cognition Problems
- ☐ Change in Facial Expression
- ☐ Voice becomes softer and harder to understand
- ☐ Speech changes, including articulation
- ☐ Double Vision/other vision issues



**THIS IS ALL WE REALLY SEE**

# Treatment

- Neurologist (preferably a movement disorders specialist)
- Medication
- Exercise
- Physiotherapy
- Massage, Chiroprody, Acupuncture
- Support/Education
- Diet/ Supplements

# Exercise- The Best Prescription for Parkinson's

- Should be started very early in the disease process
- Needs to increase the heart rate
- Intense and Regular
- Based on big movements
- 30 minutes a day- minimum of 3 times/week

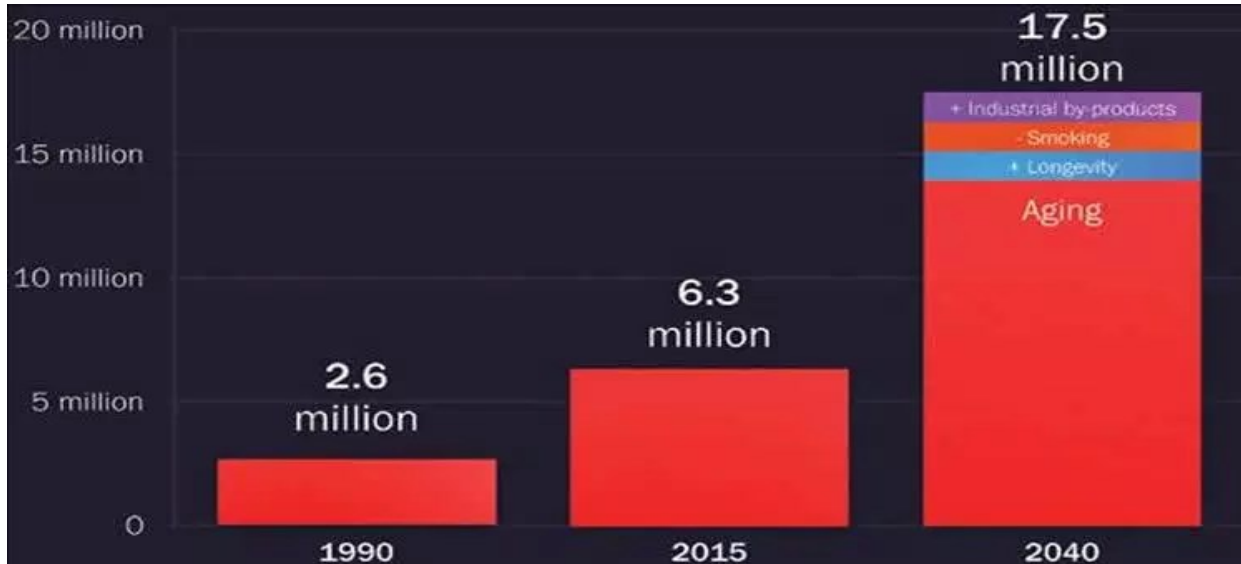
# Exercise Associated with Parkinson's Research

- Yoga
- Tai Chi
- Exercise based on large movements
- Boxing
- Dance



# The Fastest Growing Neurological Disease in the World

For most of human history, Parkinson's was a rare disease. It is now the fastest growing neurological disease in the world and neurological disorders are now the leading cause of disability



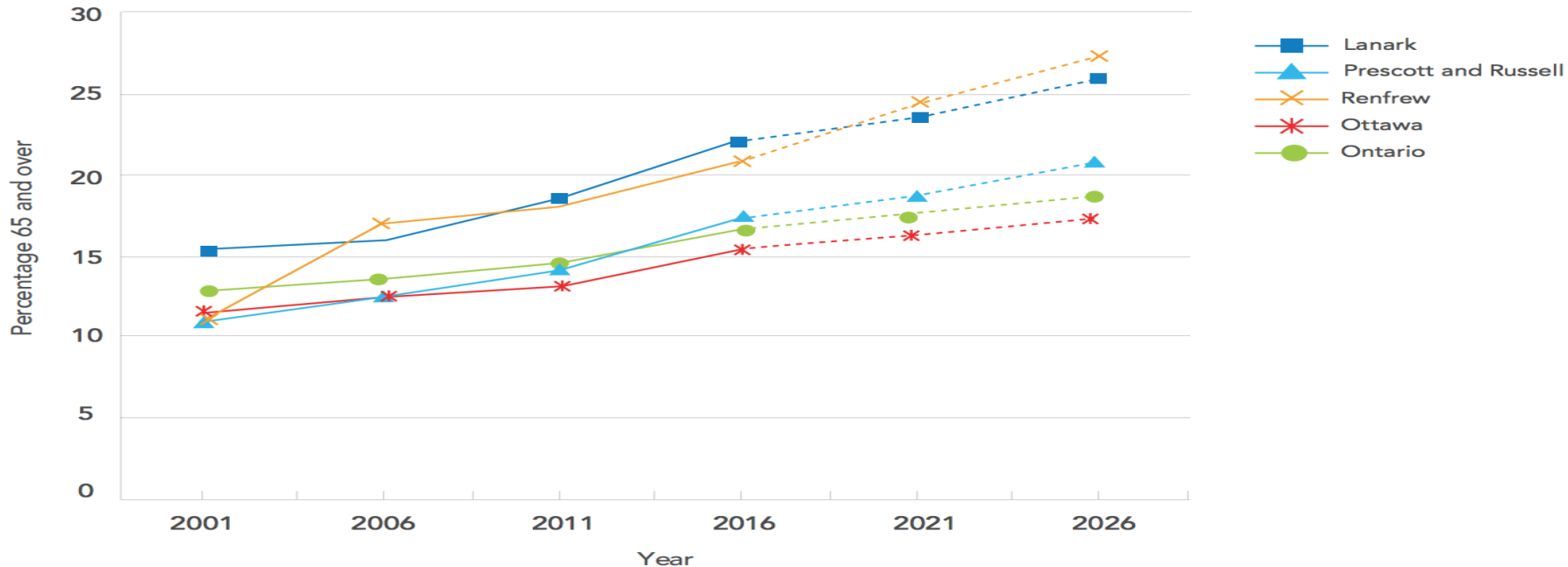
Source: The Times They Are a-Changin': Parkinson's Disease 20 Years from Now January, 2019

Authors: [Dorsey, E. Raya](#); [Sherer, Toddb](#) | [Okun, Michael S. Bloem, Bastiaan R](#)

# Parkinson's in this part of Ontario

Since this area has the highest percentage of seniors in Ontario and the average age of onset of Parkinson's is 60, what does the future bring?

FIGURE 11: Projected Growth of the Senior Population in Our Region



# Why don't we hear about more people with Parkinson's?

## Maybe?

- ? 1.4 times more men get Parkinson's...perhaps they don't share their medical concerns or see their physicians on a regular basis. Some people may think that they will lose their driver's licenses or their jobs or feel that people may judge them(stigma)
- ? Doctors may be reluctant to raise their observations/thoughts with their patients as they may see it as a condition that cannot be treated
- ? Individuals themselves may not see the benefits of being diagnosed
- ? Individuals may be experiencing the non motor symptoms and do not realize that they may indicate Parkinson's
- ? Lack of access to specialists

# Best Practice vs The Reality

- There is no neurologist (even on a consulting basis) in Lanark North Leeds, let alone a Movement Disorders Specialist, a Neurologist with specialty training in Parkinson's (and constitutes Best Practice in the treatment of Parkinson's). The Neurologist who had been based at Carleton Place Hospital, left last November. She had reported that over 60 % of her patients were people with Parkinson's. A new Neurologist is starting at the hospital but will not be seeing people with Parkinson's
- Although exercise is considered effective treatment for people with Parkinson's, there are no specialized programs being offered in Carleton Place at this time

# What Can You Do to Help?

- Support advocacy efforts to insure timely and appropriate medical care
- Encourage dialogue and challenge stigma about this growing health issue
- Support local initiatives like the Parkinson Canada SuperWalk Lanark North Leeds and the PD Superspiel held in Carleton Place
- Proclaim April as Parkinson's Awareness Month

*Thank You for the opportunity to make this  
presentation tonight!*

