



Live Well WITH PD

Parkinson's Association of Southwest Florida provides Exercise/Movement programs, Speech Exercise sessions, Educational programs, and resources to help Southwest Floridians Live well with PD.

About Parkinson's Disease

- ✓ Currently, PD's cause is unknown and there is no cure.
- ✓ People with Parkinson's can have a good quality of life.
- ✓ Medication and lifestyle modifications help manage PD.
- ✓ The best way to manage PD is through a team approach.
- ✓ No two people have the same exact symptoms. The disease progresses differently from one person to another due to the diversity of the disease.
- ✓ There is no one-size-fits-all treatment approach when it comes to Parkinson's. Treatment options vary and can include medications or surgery.
- ✓ Exercise helps manage Parkinson's symptoms. Exercise is vital to maintain balance, mobility, and activities of daily living.
- ✓ Non-motor/movement symptoms including cognitive changes, mood disorders, fatigue, hallucinations and delusions, sexual problems, and sleep disorders can be more troublesome than movement symptoms.
- ✓ People with Parkinson's are not always angry or sad. Often, people with Parkinson's look serious, depressed, or mad, because many times the disease causes facial masking, where muscles in the face are stiff or take a long time to move.

SOURCE: Parkinson.org



PARKINSON'S
Association of Southwest Florida

TALK TO YOUR DOCTOR

If You Have Any - or Several - of These Symptoms

SOURCE: Parkinson.org



Constipation

Your diet has enough fiber and water, yet you still feel full, or constipated.



Loss of Smell

Foods don't taste "right" or lack that flavorful aroma.



Trouble Sleeping

You have sudden movements, act out dreams, or thrash around while sleeping.



Dizziness or Fainting (low blood pressure)

May be linked to PD.



Small Handwriting

Your handwriting is getting smaller (micrographia).



Trouble Moving or Walking "freezing"

Your legs, arms, and body feel stiff; you have no arm swing; your feet seem "stuck" to the floor.



Tremor

When resting, your finger, thumb, hand, chin, or foot shake slightly.



A Soft or Low Voice

Your voice is hoarse or you are often asked to "please repeat" because your voice is so soft others don't hear you.



Masked Face (bradykinesia)

You're asked "Are you okay? You look mad" Even when you are in a good mood.



Stooping or Hunching Over

When sitting or standing you are leaning over.

Contact us with Questions

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Visit and Learn More

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