



From **A** to **Z...** **AWARENESS** to **ZEN**



April is Parkinson's Awareness Month.

Parkinson's disease (PD) affects nearly one million people in the U.S., impacting movement, balance, and daily living. Even though no cure currently exists, early awareness and proper support can improve quality of life.

10 Early Signs of Parkinson's Disease

Recognizing the signs early can lead to better management and care.

1. **Tremors** – Shaking in hands, fingers, or jaw when at rest.
2. **Small Handwriting (Micrographia)** – A sudden change in writing size.
3. **Loss of Smell** – Difficulty detecting familiar scents.
4. **Trouble Sleeping** – Acting out dreams, sudden movements during sleep.
5. **Trouble Moving or Stiffness** – Feeling stiff, especially after resting.
6. **Constipation** – A common early sign related to digestive function.
7. **A Soft or Low Voice** – Noticeable change in speaking volume.
8. **Masked Face** – Reduced facial expressions, appearing serious or blank.
9. **Dizziness or Fainting** – Lightheadedness when standing up.
10. **Stooped Posture or Balance Issues** – Slouching or difficulty staying steady.

If you or a loved one notice these symptoms, talk to a healthcare provider.

Early intervention makes a difference!

Home Care Brings the **ZEN** to PD

With compassionate support and personalized services, home care brings peace of mind and enhances quality of life...

- ✓ **Personalized Support**
Assisting with grooming, meals, and mobility.
- ✓ **Medication Reminders**
Ensuring consistency with prescribed treatments.
- ✓ **Exercise & Therapy Support**
Encouraging movement and adherence to therapy routines.
- ✓ **Companionship & Peace of Mind**
Reducing isolation and providing emotional support.

Turn Awareness into Action!

This April, take a moment to learn more about Parkinson's. Flip this flyer over to explore the Parkinson's Foundation's A-Z of PD, a valuable resource for patients, families, and caregivers.



Call today to learn how home care can help!



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Know the A to Z of PD



All you need to know about Parkinson's disease — from A to Z.

This April is Parkinson's Awareness Month and we're partnering with Mitsubishi Tanabe Pharma America to help people understand the complexity of **Parkinson's disease (PD)** and recognize its symptoms.

A	<u>Anxiety</u>	Parkinson's symptoms not related to movement are often more troublesome and disabling than movement symptoms. These symptoms can include anxiety, depression, vertigo and more.
B	<u>Balance</u>	More than half of people with Parkinson's will experience a fall in the next year. There are many tips and ways to prevent falls.
C	<u>Care Partner</u>	Like Parkinson's, there are several stages of the care partner journey. Explore free articles, tools and courses designed for you.
D	<u>Diagnosis</u>	Finding out you have Parkinson's can be a lengthy process. A diagnosis is made through a combination of in-office tests and diagnostic tools.
E	<u>Early Signs</u>	From small handwriting and loss of smell and trouble sleeping, know the 10 early signs of Parkinson's.
F	<u>Fitness</u>	People with PD who exercise for 2.5 hours per week experience a slowed decline in quality of life. Find the exercise that works for you.
G	<u>Genetics</u>	12.7% of participants in our study have a genetic tie to Parkinson's. PD GENERation is a global initiative that provides genetic testing and counseling to people with PD, at no cost.
H	<u>Hospital Safety</u>	People with Parkinson's are at a higher risk of hospitalization and longer hospital stays. Know how to prepare and advocate for yourself with our Hospital Safety Guide.
I	<u>Incidence</u>	Nearly 90,000 people in the U.S. will be diagnosed with Parkinson's this year.
J	<u>Job</u>	"How long will I be able to work with Parkinson's?" This question is especially important to people with young-onset PD.
K	<u>Knowledge</u>	Find the information you need now — from tools that help you work alongside your care team to resources that empower you.
L	<u>Lewy body dementia</u>	Robin Williams brought awareness to the life-changing, prevalent disease known as Lewy Body Dementia, a progressive brain disorder where cognitive decline is an early symptom.
M	<u>Motor Fluctuations</u>	Also known as "on-off" times, motor fluctuations are changes in ability related to medications. "On" times are when you have good symptom control. "Off" times are when medications wear off.
N	<u>Neurologist</u>	Neurologists (and specialized neurologists called movement disorders specialists) diagnose and treat Parkinson's.
O	<u>Occupational Therapy</u>	Rehabilitation therapies — occupational, physical and speech therapies — can slow disease progression, address symptoms and enhance mental health.
P	<u>Parkinsonism</u>	Parkinsonism is the collection of signs and movement symptoms associated with several conditions — including Parkinson's disease.
Q	<u>Questions</u>	Our bilingual Helpline answers Parkinson's questions, provides referrals to health professionals and local resources. Call us at 1-800-4PD-INFO (1-800-473-4636) in English or Spanish.
R	<u>Research</u>	Parkinson's research can lead us to breakthroughs in treatment and care at any moment. Explore our currently funded research and how to join a PD study.
S	<u>Stages</u>	Parkinson's symptoms and progression are unique to each person. Knowing the stages of Parkinson's can help you cope with changes as they occur.
T	<u>Tremor</u>	70-90% of people with PD experience a tremor. While most common in the hands, tremors can also occur in the lower lip, jaw, leg or internally.
U	<u>Urinary incontinence</u>	People with Parkinson's may experience bladder problems. The most common is a frequent and urgent need to urinate.
V	<u>Vertigo</u>	Dizziness (feeling faint, weak or unsteady) and vertigo (the false sense that you or your surroundings are spinning) are common signs of Parkinson's.
W	<u>Wellness Wednesday</u>	Access at-home resources through weekly online events. PD Health @ Home offers events that focus on wellness, exercise and mental health.
X	<u>X</u>	Join our online Parkinson's community. We're on X and all social media channels!
Y	<u>Young-Onset Parkinson's</u>	Young-onset Parkinson's occurs in people who are 50 years of age or younger, who often experience a different set of challenges.
Z	<u>Zen</u>	Stress can make PD symptoms worse. Maintaining emotional health is essential to living well with Parkinson's and can help manage symptoms.