

Parkinson's disease

Motor symptoms:

Rigidity/Akinesia: hold hand and move it back and forth and it doesn't move (lack of movement)

Bradykinesia: slow movement

Resting tremor: shaking (not all but many have shaking)

Freezing of gait: getting stuck when walking, can't move forward and fall

Postural instability: hard to sit still (moving/dancing around when sitting/standing) hard to keep a stable posture

- Parkinson's disease is associated with reduced dopamine levels in the basal ganglia. Basal ganglia is the motor control in the brain- has representation of all body parts.
- Dopaminergic medications used to treat motor symptoms. Examples: levodopa, MAO inhibitors, dopamine agonists.
- Parkinson's is more common among men than women- reasons unknown.
- PD is a 'progressive disorder'- it becomes worse over time. It may take 1-3 or 7-8 years for symptoms to get worse. Varies between people. Treatment are often not effective for severe PD patients.

Hoehn and Yahr staging of PD:

Stage 1:

- Signs and symptoms on one side only
- Symptoms mild
- Symptoms inconvenient but not disabling
- Usually presents with tremor of one limb
- Friends have noticed changed in posture, locomotion and facial expression

Stage 2:

- Symptoms are bilateral
- Minimal disability
- Posture and gait affected

Stage 3:

- Significant slowing of body movements
- Early impairment of equilibrium on walking or standing
- Generalized dysfunction that is moderately severe

Stage 4:

- Severe symptoms
- Can still walk to limited extent
- Rigidity and bradykinesia
- No longer able to live alone
- Tremor may be less than earlier stages

Stage 5:

- Cachectic stage
- Invalidism complete
- Cannot stand or walk
- Requires constant nursing care

UPDRS scale

4 sections:

- Mood
- Activities of daily living (salivation, swallowing)