Parkinson’s

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Symptoms

- Involuntary shaking of parts of the body (tremors).
- Slow movement making daily tasks take much longer.
- Stiff and inflexible muscles, often causing cramps.

Age & Gender

- Most people develop symptoms after the age of 50.
- Males are about 1.5 times more likely to have the condition than females.

Misconceptions

- It’s not just 'the shakes', it affects speech and mood too.
- It’s not a normal part of ageing.
- It’s not always obvious, and some people have no tremors at all.

Diagnosis

- No single test exists, so a specialist makes a clinical judgement.
- Physical exams check for balance, stiffness, and walking speed.
- Doctors monitor how well the person responds to Parkinson's medication.

Treatment

- Medication increases dopamine levels to improve movement.
- Physiotherapy helps with mobility and prevents falls.
- Speech therapy assists with communication or swallowing issues.

Support

- Give them plenty of time to speak or move without rushing them.
- Do not finish their sentences or speak for them.
- Be aware that their facial expressions may seem 'masked' or blank.

This information isn't a diagnostic tool. If you recognise these symptoms in yourself or others, please contact a doctor.

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