

What is Parkinson's Disease?

Parkinson's disease (PD) is called after Dr James Parkinson. It is caused by a lack of Dopamine, a chemical which is required for movement. It is still unknown what causes PD to develop. It is a progressive, neurodegenerative disorder. It is the second most common neurodegenerative disorder in the world, after Alzheimer's disease.

Approximately 9,000 people in Ireland are living with PD now, but we expect this number to double by 2030.

No one has to face Parkinson's alone

If you have just been diagnosed, or know somebody who has been, you've probably got a lot of questions and perhaps some worries. The Parkinson's Association of Ireland is here to help

Living with Parkinson's disease can be hugely challenging, the physical symptoms can make even the most basic tasks difficult as well as daunting. With effective treatment many patients can achieve normal levels of function.

Symptoms can include:

- *Slowness of movement*
- *Muscle Rigidity/Stiffness*
- *Tremor*
- *Gait and balance problems*
- *Stooped posture*

What Treatments are available for Parkinson's disease?

Current treatments include drug therapy, physiotherapy, speech and language therapy, occupational therapy and surgery. There have been significant improvements in the treatment of Parkinson's, and there is a huge amount of research going on all over the world.

While there is no cure PD, it can be very effectively managed for many years with medication, exercise and a healthy lifestyle. As a result, PD is more "life altering" than "life threatening".



About Us

The Parkinson's Association of Ireland is a charity based in Dublin, with branches throughout the country. Our aim is to assist people with Parkinson's, their families and carers, health professionals and other interested people by offering support, a listening ear and information on any aspect of living with Parkinson's.

Our Mission Statement

To be a strong and effective organisation, acting on behalf of people with Parkinson's and their families. To deliver a broad range of services and supports to meet their needs with a specific focus on health care supports, advocacy, information and advice to anyone with Parkinson's, their family, carers, friend and health care workers.

*For details of your nearest branch visit
www.parkinsons.ie
or call 1800 359 359*

Our Aims and Objectives

- *To help and support patients and carers by developing a support network of branches throughout the country*
- *To make information freely available to patients and their families through seminars, magazines, information leaflets and meetings on a national and local level*
- *To help establish a network of Parkinson's Disease Nurse Specialists*
- *To promote and encourage research into Parkinson's*
- *Raising awareness through educating the public, health professionals and influencers, to give greater understanding and acceptance of Parkinson's*
- *Support through our Freephone Helpline 1800 359 359 Mon-Fri*
- *Information and advice from our Parkinson's Disease Nurse Specialist available through our free phone helpline*

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