

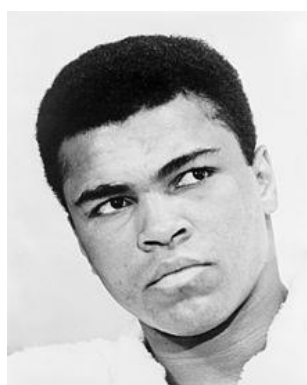
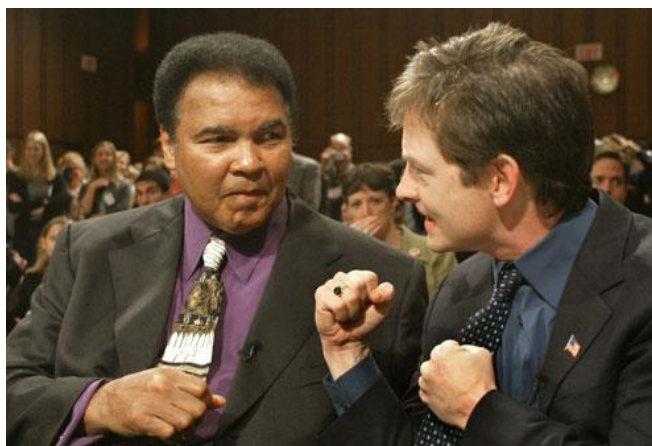
# 14 Early Signs Of Parkinson's Disease You Should Never Ignore



by Dr. Simon Israeli-Korn

Simon is a senior neurologist specializing in Parkinson's disease living near Tel Aviv.

When you hear about Parkinson's disease, you might think of such notable celebrities as Michael J. Fox and Muhammad Ali.



***I SHOULD CHOSE ONE OF THESE (TOP OR BOTTOM)***

But just like any disease, it can happen to anyone.

Parkinson's is a degenerative disorder of the central nervous system, and as of 2016, affected 6.1 million people across the globe.

Parkinson's is most known for causing slow, shaky movements, as well as muscle stiffness and difficulty walking. Others may also experience issues with sleep, sense of smell, bowel and bladder function and emotions.

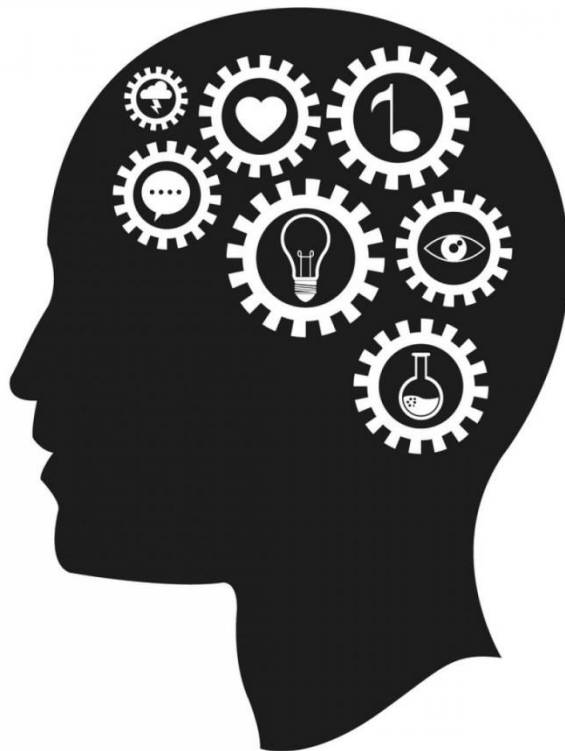
Thanks to celebrities like [Michael J. Fox](#), there is increasing awareness and research going into Parkinson's, and specialists around the world are getting close to finding a cure and improved treatments are being discovered — [even some pretty unconventional ones](#).

But diseases aren't vanquished overnight. Rather, progress is made through a growing understanding of what they are, how they're caused and what they do. The more we know the more likely we are to find a cure.

So, although Parkinson's is not curable yet, it is definitely treatable and, like most other diseases, treatment is more successful (and quality of life better) when it is detected early.

And that's why I wrote this article, so that you will know the warning signs of Parkinson's, both for your health and the health of your loved ones! Read on to discover the symptoms. As a head's up, be prepared to be surprised, some of these symptoms may seem pretty weird to you. Parkinson's is probably a lot more than what you might have thought it to be.

## What Is Parkinson's Disease?



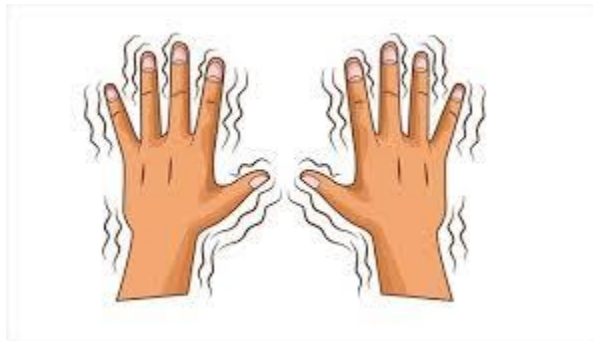
Parkinson's Disease, or PD, is a degenerative disorder of the central nervous system, and although current treatments are effective in relieving many of the

symptoms there is still no cure. On the other hand, there is good reason to be optimistic that treatments that will at the least preserve quality of life and function for longer will become available soon.

Symptoms typically come on slowly over a long period of time, often many years, and usually occur after the age of 60 with about 1% of the population over the age of 60 being affected. Men are slightly more likely to be affected than women.

It's not known exactly what causes Parkinson's, though it does seem to run in families to an extent. Exposure to certain pesticides and past head injuries can also increase the risk.

## **Symptom #1: Shaking And Tremors**

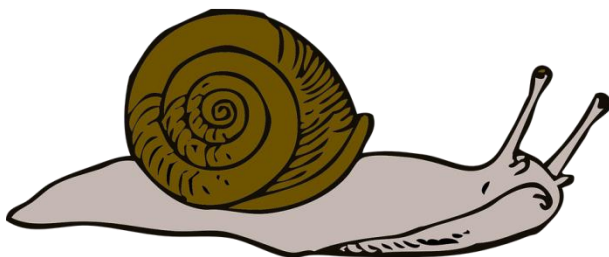


Tremors usually start in one or both hands, and will spread to other areas of the body over time. Initially it may only feel like an internal tremor but is not visible to anyone else.

Usually, the tremors happen when the body is at rest, but not in motion or action. So the hands may shake while resting, but the tremors will stop if the person reaches for something. Other situations that cause the tremor to worsen is emotional excitement or stress and walking.

Over time, though, the tremors will become more constant, and will affect the person's ability to perform tasks such as writing.

## **Symptom #2: Slowness Of Movement**



The technical term is *bradykinesia*, but it just means that the body moves more slowly than normal, and this slowness is not voluntary.

The slowness is most evident at the beginning of a motion, like reaching for something or getting up out of a chair.

Automatic motion may become something that the person has to think consciously about.

### **Symptom #3: Stiffness**



Parkinson's causes muscle stiffness, which can make moving all the more difficult.

Typically, the stiffness is more pronounced on one side of the body.

### **Symptom #4: Trouble With Balance**



As with the slowness and tremors, this is a sign that the nervous system is not communicating properly with the body.

People with Parkinson's find it difficult to stay balanced while walking and standing, and may stumble or fall frequently, especially if there is freezing of gait when the feet feel like they are stuck to the floor.

In an aged person, falls are also very dangerous, and can lead to other complications.

## **Symptom #5: Loss Of Facial Expression**



As the body's muscles become stiff and slowed, they'll also affect the face, resulting in an expressionless look.

This is because quick, automatic motions like smiling or frowning are slowed.

Even before that the frequency of blinking may become slower which also makes facial expression seem blank or even staring.

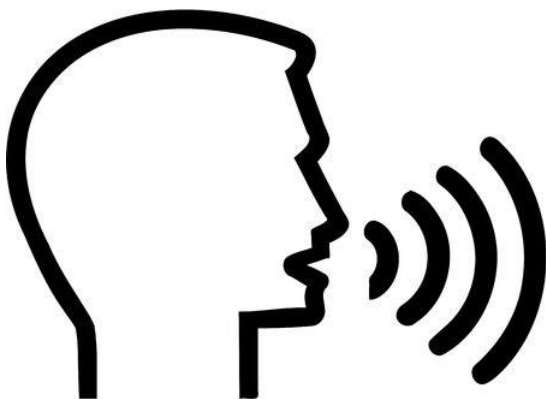
## **Symptom #5: Dragging Feet Or Shuffling Walk**



As the muscles (and thus motion) become impaired, it's not uncommon for the foot and leg on the affected side of the body to drag a bit while walking. There may also be reduced arm swing, again on the affected side.

This can be slight or pronounced, but it will make walking slower, less steady, and uneven.

## **Symptom #7: Muffled Speech**

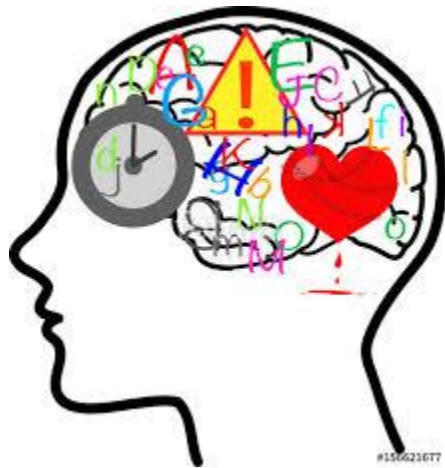


Stiffness in the facial muscles not only makes it hard to smile, but also hard to form words clearly, so someone with Parkinson's might be difficult to understand.



Their speech may sound muffled or slurred because their lips are having trouble forming the shapes of speech. Also the speech may also become quieter.

## **Symptom #8: Difficulty Thinking Clearly**



Parkinson's affects the brain which is not only controlling our movements but also our thoughts and our feelings.

This means that many people with Parkinson's suffer from mental and emotional troubles, too, including depression, anxiety, apathy, hallucinations, and psychosis.

They may also find it hard to form thoughts or concentrate.

## **Symptom #9: Trouble With Swallowing**



Swallowing may also become difficult with Parkinson's, and people with Parkinson's may also drool, as they lose control over their mouth muscles.

Parkinson's can also manifest in various other neurological and emotional ways, and no two people will experience the disease the same way.

## **Symptom #10. Dizziness when standing**



Getting up quickly from a lying or sitting position may result in a giddy feeling and even black outs and fainting. This is because of impaired function of the autonomic nervous system which, be the way, has even more nerves than the central nervous system. Other symptoms relating to autonomic dysfunction include erectile dysfunction, needing to pass urine often and urgently and constipation.

## **Symptom #11. Sleep**





Not many people think of sleep problems when they think of Parkinson's but sleep problems may actually occur many years before any of the symptoms listed above. The most common symptom is acting out the dreams. This may be quite violent and also involve shouting. Often only the bed partner is aware of these problems.

If you see any of these symptoms in yourself or a loved one, talk to your doctor immediately to check whether you might have Parkinson's and get yourself seen by a Neurologist who specializes in Parkinson's Disease.

## **Symptom #12. Mood problems**



Sometimes a low mood, anxiety, lack of motivation and irritability may also be part of Parkinson's disease. These problems too may appear early on, even before the first movement problems.

## **Symptom #13. Constipation**



I said that you might be surprised. But constipation when severe can cause significantly reduced quality of life and reduced effectiveness of medications.

## **Symptom #14. Sexual problems**



Sexual problems are multifactorial and may arise from relationship problems, psychological problems or nerve problems. Here too this may be one of the early symptoms.