

Parkinson's Disease

Parkinson's disease affects the part of the brain that controls muscle movement. There is no cure for Parkinson's, but it often progresses slowly and the signs can be managed.

Signs

The 4 most common signs of Parkinson's are:

- Tremors or shaking
- Muscle stiffness
- Slowed movement
- Problems with balance and movement

As these signs worsen, you may have trouble walking, talking, or doing simple tasks such as bathing or dressing.

Your Care

When the signs cause you to have problems, your doctor may order medicine or physical therapy to help manage your signs. As your signs get worse, surgery may be an option to reduce tremors.

Things You Can Do to Manage Your Signs

- Walk slowly with a straight posture and with your legs further apart.
- Use a 4-prong cane or a walker if needed.
- If you become stuck or freeze in one place, rock gently from side to side or pretend to step over an object on the floor.
- Place tape strips on the floor to guide you through your house. Remove area rugs and furniture from your walking path.
- Stand up from a chair or bed slowly to avoid feeling dizzy or lightheaded.

Cudurka dadka Xusuusta ka lumiya

Cudurka xusuusta dadka ka lumiya wuxuu ku dhacaa qayb ka mid ah maskaxda oo koontaroosha dhaq-dhaqaaqa muruqa. Ma jirto wax daawo ah oo loo hayo cudurka xusuusta dadka ka lumiya, laakiin badanaa si tartiib ah ayuu u kordhaa isla markaana calaamadaha waa loo taag heli karaa.

Calaamadaha

4-ta calaamadood ee ugu badan ee Cudurka dadka Xusuusta ka lumiya waxay kala yihiin:

- Gariirid ama lulasho
- Murqaha oo giigsama
- Dhaq-dhaqaaqa oo yaraada
- Dhibaato dhinaca isu dheellitiranka iyo dhaqaaqidda

Markay calaamadahaan sii xumaadaanba, waxaa laga yaabaa in ay dhibaato kaa qabsato socoshada, hadlidda, ama sameynta hawlaha fudud sida qubeysashada ama lebbisashada.

Daryeelkaaga

Marka ay calaamadu kuu keenaan dhibaato, takhtarkaagu waxaa laga yaabaa in uu ku faro daawo ama masaajeyn jidhka lagaa siiyo si gacan looga geysto in aad calaamadaha wax uga qabato. Markay calaamadu ka sii daraanba, qalliin ayaa laga yaabaa inuu noqdo waxa la dooranayo si gariirka loo yareeyo.

Waxyaabaha aad Sameyn Karto si aad wax uga Qabato

Calaamadaha

- Si tartiib ah u soco adigoo is toosinaya lugahana kala fogeynaya.
- Isticmaal 4-prong cane ama gaariga la cuskado ee lagu socdo hadii loo baahdo.
- Haddii aad meel ku dhegto ama ka dhaqaaqi weydo, si tartiib ah dhinac isaga soo riix oo dhinaca kale isu riix ama iska yeel sidii adigoo shay sagxadda yaalla ka tallaabsanaya.
- Falliiqyo sharooto ah dhig dhulka si ay kuugu hagaan gurigaaga. Katiifadaha iyo alaabta guriga ka qaad meesha aad ku soconeysid.
- Si tartiib ah uga kac kursiga ama sariirta si aad uga fogaatid war wareer ama in dhulku kula wareego.

- Install an elevated toilet seat to make standing up easier after using the toilet.
- Shave with an electric razor.
- Wear loafers or shoes with Velcro.
- Wear simple dresses or pants with elastic waistbands such as sweatpants.

Work closely with your health care team to manage your signs of Parkinson's.
Talk to your doctor or nurse if you have any questions or concerns.

2/2006. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.com.

Parkinsons Disease. Somali

- Fadhi musqul oo kor loo dheereeyey rakibo si aad istaagidda uga dhigtid mid kuu fudud markaad musqusha isticmaasho ka dib.
- Ku xiiro sakiin koronto ah.
- Xiro dacas ama kabo leh Velcro.
- Xiro dhar iska fudud ama saraawiil dhexda laastiko ka ah sida saraawiisha dulusca leh.

Si hoose ula shaqee kooxda daryeelka caafimaadka si aad wax uga qabatid calaamadahaaga Cudurka dadka Xusuusta ka lumiya.

La hadal takhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid.

2/2006. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.com.

Parkinsons Disease. Somali