

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.

帕金森氏症

帕金森氏症影响大脑中控制肌肉运动的部分。帕金森氏症不可治愈，但此病通常进展缓慢，症状可以得到控制。

症状

帕金森氏症的 4 个最普通的症状是：

- 震颤或发抖
- 肌肉僵硬
- 动作缓慢
- 平衡和动作有困难

这些症状恶化时，你可能走路、说话或做如洗澡或穿衣服之类的简单事情都有困难。

你的医疗

当症状引起你的麻烦时，你的医生可能会开药或让你做理疗以帮助控制症状。症状进一步恶化时，做手术可能是减少震颤的一项选择。

为控制症状你可做什么

- 以直挺的姿势慢慢地走路，将双腿分开走。
- 如需要请用一根 4 叉棍杖或用助行器。
- 如在一个地方变得不能动弹或僵住，请轻轻地左右晃动身体或假装从地板上跨过一样东西。
- 在地上贴上胶带引导你在家中穿行。将小地毯和家具从你的走路通道移开。
- 从椅子中站起或起床时请慢慢来以免眩晕或头昏。

- 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.

- 在马桶座上装一个垫高的座位以便如厕之后站起来容易一些。
- 用电剃刀剃毛发。
- 请穿懒汉鞋或用维可牢尼龙搭扣的鞋子。
- 请穿简单衣服或有弹性腰带的裤子，如宽松长运动裤。

与你的医疗团组密切合作以控制你的帕金森氏症症状。
有任何疑问或关注事宜，请告知你的医生或护士。

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