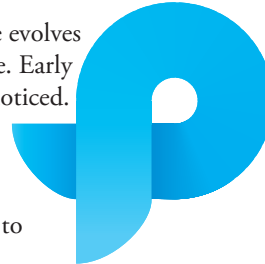


Parkinson's Disease

Parkinson's disease evolves gradually over time. Early signs may not be noticed. As Americans age, the number of people with this disease is expected to increase.



Parkinson's is a brain and nerve disorder. Brain cells gradually malfunction and die. The disease damages brain cells that make a chemical called dopamine. The resulting dopamine shortage causes movement problems, like those seen with TV actor Michael J. Fox, for example.

Research suggests that eating right and exercising may help reduce or delay symptoms. Potential new treatments are being studied including deep brain stimulation, according to *NIH in Health*.

The National Institutes of Health urges patients to find a clinical trial at www.nih.gov/health/clinicaltrials.

KNOW THE SIGNS OF PARKINSON'S DISEASE

- Movement problems such as shaking or tremor, especially in the fingers, hand, arm, or face
- Rigidity, stiffness, or slowness
- Problems standing or balancing
- Trouble speaking or choosing words
- Changes in handwriting
- Difficulty completing simple tasks or making decisions
- Inability to detect odors