

Did you know?

APRIL IS PARKINSON'S AWARENESS MONTH

apda AMERICAN
PARKINSON DISEASE
ASSOCIATION
NORTHWEST CHAPTER
Strength in optimism. Hope in progress.

Parkinson's disease is the fastest growing neurological disorder in the world.

About 1 million people in the US have been diagnosed with PD, an estimated 90,000 new cases annually.

Most people develop symptoms sometime after the age of 50.

Approximately 10% of PD diagnoses occur before age 50, called Young Onset PD.

EVERY

6

MINUTES

Every 6 minutes, another person in the US is diagnosed with Parkinson's disease.

What causes Parkinson's?

Research suggests that PD may develop due to a combination of genetic factors and environmental exposures, such as to pesticides and solvents. However, in most cases, the exact cause remains unknown.

There is currently no cure.

Treatments are tailored to each individual's symptoms and may include medication, exercise, lifestyle modifications, and sometimes deep brain stimulation (DBS) surgery.

WHAT IS PARKINSON'S DISEASE (PD)?

Parkinson's is a progressive neurological disorder that affects movement and worsens over time.

Common symptoms include:

- **Motor symptoms:** Tremor, rigidity/stiffness, slowness of movement, and postural instability.
- **Non-motor symptoms:** Sleep disturbances, constipation, anxiety, depression, apathy, and fatigue.

Not everyone with PD experiences the same symptoms, and the order and severity of symptoms can vary significantly between individuals.



About the APDA Northwest Chapter:

Every day we provide the support, education, research, and community that helps everyone impacted by Parkinson's disease live life to the fullest.

- **Support:** Empowering through PRESS for newly diagnosed, PRESS ON for advancing PD, Care Partner Connection, Support Groups, and personalized consultations.
- **Education:** Informing through Live Well Symposiums, Beyond Medication Wellness Series, Community Education Days, *Parkinson Pathfinder* magazine, and our online resource library.
- **Research:** Funding promising research and supporting scientists working toward treatments and a cure.
- **Community:** Creating connections through Optimism Walks, targeted support programs, exercise / wellness classes, and outreach.



For resources, support, or ways to get involved, contact us or visit our website

apdanw@apdaparkinson.org 206-695-2905 apdaparkinson.org/nw