

*Did you know?*

APRIL IS PARKINSON'S AWARENESS MONTH

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

# KNOW THE EARLY SIGNS of PARKINSON'S DISEASE

*No single one of these symptoms is cause for concern, but if you have more than one you should consider discussing with your doctor.*

## TROUBLE MOVING

Difficulty walking or moving, or a decrease in the natural swing of one or both arms when walking.

## LOSS of SMELL

A reduced sensitivity to odors or trouble smelling foods like bananas, dill pickles or licorice.

## SLEEP DISTURBANCES

Difficulty falling asleep, staying asleep, or acting out of dreams.

## TREMOR at REST

A slow, rhythmic tremor that typically starts in one finger, hand, foot, or leg.

## SOFTER VOICE

Speaking at a lower volume, possibly sounding breathy or hoarse.

## MASKED FACE

A serious, emotionless look, even when not unhappy.

## SMALLER HANDWRITING

Changes in handwriting, such as letter sizes are smaller and words may be crowded together.

## CONSTIPATION

GI issues, most commonly constipation, impact 80-90% of people with Parkinson's.

**Early identification and management of Parkinson's symptoms  
are crucial for improving patient outcomes**

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