

帕金森氏症

Parkinson' s Disease

■ 巴金森氏症

前期 症狀 Pre-symptom

- 1.你的手是否曾經在休息放鬆的狀態下，出現顫抖現象
Have your hands ever trembled while in a state of rest and relaxation?
- 2.走路時有一隻手臂彎曲，且不會擺動
One arm is bent and does not swing while walking.
- 3.在行進間身體姿勢向前傾
Leaning forward while moving.
- 4.走路姿勢雜亂、不順暢，好像要打結了或一隻腳拖在後面
Walking with a disordered and unsteady gait, as if there's a knot or dragging one foot behind.
- 5.步伐小且常常跌倒或摔跤
Taking small steps and frequently experiencing falls or stumbling.
- 6.常覺得懶洋洋，做什麼事都沒動力
Often feeling lazy and lacking motivation to do anything.
- 7.頸部後方或肩膀常常疼痛
Frequent pain in the back of the neck or shoulders.
- 8.刻意避免與聊不來的朋友或家人相處
Deliberately avoiding interactions with friends or family members with whom I don't get along.
- 9.音調出現改變?變得更單調、小聲或沙啞
Has there been a change in tone? Becoming more monotone, quieter, or hoarse.
- 10.寫字變慢且字體變小
Writing has become slower and the handwriting has become smaller.

自我檢測
self-test

有中三個，請盡速就醫

Experiencing three symptoms, please seek medical attention promptly.

資料來源:台灣動作障礙學會

Source: Taiwan Movement Disorder Society

起因 Reason

腦部黑質細胞退化，腦部血液不足
導致多巴胺分泌不足。

Degeneration of black matter cells in the brain and insufficient blood supply to the brain lead to inadequate secretion of dopamine.

階段 Phase

Ph 1

「單側」肢體顫抖、僵硬

Unilateral tremor and stiffness in one side of the body.

Ph 2

「雙側」肢體顫抖、僵硬

Bilateral tremor and stiffness in both sides of the body.

Ph 3

平衡障礙

Balance disorder

Ph 4

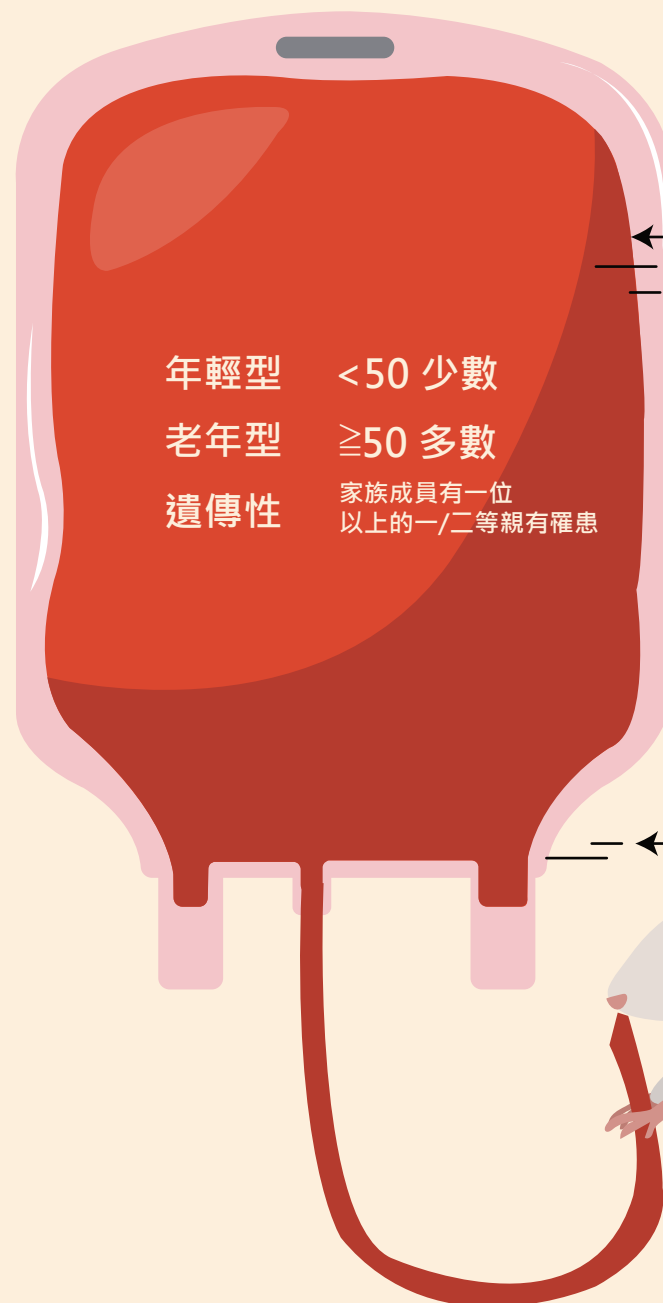
日常生活受影響

Affected daily activities

Ph 5

臥病在床

Bedridden



飲食 影響腦中的血液量

血液充足
Sufficient

6分飽
間歇性斷食

7-8分飽

為了消化胃中食物，血液會集中在腸胃
導致頭部以及其他部位血流變少會惡化
症狀，多巴胺分泌降低。

9分飽

血液較少
Lower

10分飽 ↑

60%基礎攝取量
1-2天斷食

每天進食

實驗對象
年老的老鼠

多巴胺多

多巴胺少

較長壽

較短命

實驗