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Parkinson's Disease

Also called: Paralysis agitans, Shaking palsy

Parkinson's disease (PD) is a type of movement disorder [<https://medlineplus.gov/movementdisorders.html>] . It happens when nerve cells in the brain don't produce enough of a brain chemical called dopamine. Sometimes it is genetic, but most cases do not seem to run in families. Exposure to chemicals in the environment might play a role.

Symptoms begin gradually, often on one side of the body. Later they affect both sides. They include:

- Trembling of hands, arms, legs, jaw and face
- Stiffness of the arms, legs and trunk
- Slowness of movement
- Poor balance and coordination


As symptoms get worse, people with the disease may have trouble walking, talking, or doing simple tasks. They may also have problems such as depression, sleep problems, or trouble chewing, swallowing, or speaking.

There is no specific test for PD, so it can be difficult to diagnose. Doctors use a medical history and a neurological examination to diagnose it.

PD usually begins around age 60, but it can start earlier. It is more common in men than in women. There is no cure for PD. A variety of medicines sometimes help symptoms dramatically. Surgery and deep brain stimulation (DBS) can help severe cases. With DBS, electrodes are surgically implanted in the brain. They send electrical pulses to stimulate the parts of the brain that control movement.

NIH: National Institute of Neurological Disorders and Stroke

Start Here

- Parkinson's Disease [<https://www.mayoclinic.org/diseases-conditions/parkinsons-disease/symptoms-causes/syc-20376055?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/parkinsons-disease/symptoms-causes/syc-20376055?p=1>]
- Parkinson's Disease [<https://www.ninds.nih.gov/health-information/disorders/parkinsons-disease>]
 (National Institute of Neurological Disorders and Stroke)
- What Is Parkinson's Disease? [<https://www.parkinson.org/understanding-parkinsons/what-is-parkinsons>]
(Parkinson's Foundation)

Symptoms


- Movement Symptoms [<https://www.parkinson.org/understanding-parkinsons/movement-symptoms>] (Parkinson's Foundation)
- Non-Movement Symptoms [<https://www.parkinson.org/understanding-parkinsons/non-movement-symptoms>]
(Parkinson's Foundation)

Trouble Moving or Walking [<https://www.parkinson.org/understanding-parkinsons/movement-symptoms/trouble-moving>] (Parkinson's Foundation)
Also in Spanish [<https://www.parkinson.org/espanol/entendiendo-parkinson/sintomas-motores/problemas-desplazarse>]

Diagnosis and Tests

- Getting Diagnosed [<https://www.parkinson.org/understanding-parkinsons/getting-diagnosed>] (Parkinson's Foundation)

Treatments and Therapies

- Deep Brain Stimulation for Movement Disorders [<https://www.ninds.nih.gov/health-information/disorders/deep-brain-stimulation-movement-disorders>]  (National Institute of Neurological Disorders and Stroke)
- Over the Counter & Complementary Therapies [<https://www.parkinson.org/living-with-parkinsons/treatment/over-the-counter-complementary-therapies>] (Parkinson's Foundation)
- Prescription Medications [<https://www.parkinson.org/living-with-parkinsons/treatment/prescription-medications>] (Parkinson's Foundation)
- Treatment [<https://www.parkinson.org/living-with-parkinsons/treatment>] (Parkinson's Foundation)

Living With

- Activities of Daily Living [<https://www.parkinson.org/living-with-parkinsons/management/activities-daily-living>] (Parkinson's Foundation)
- Diet & Nutrition [<https://www.parkinson.org/living-with-parkinsons/management/diet-nutrition>] (Parkinson's Foundation)
- Exercise [<https://www.parkinson.org/living-with-parkinsons/treatment/exercise>] (Parkinson's Foundation)
- Finding Care [<https://www.parkinson.org/living-with-parkinsons/finding-care>] (Parkinson's Foundation)
- For Care Partners [<https://www.parkinson.org/resources-support/carepartners>] (Parkinson's Foundation) - **PDF**
- Living with Parkinson's [<https://www.parkinson.org/living-with-parkinsons>] (Parkinson's Foundation)
- Management & Lifestyle [<https://www.parkinson.org/living-with-parkinsons/management>] (Parkinson's Foundation)
- Medical Marijuana [<https://www.parkinson.org/living-with-parkinsons/treatment/medical-marijuana>] (Parkinson's Foundation)
- Mobility [<https://www.parkinson.org/living-with-parkinsons/management/activities-daily-living/mobility>] (Parkinson's Foundation)
- New to Parkinson's [<https://www.parkinson.org/living-with-parkinsons/new-to-parkinsons>] (Parkinson's Foundation)

Related Issues

- Cognitive Changes [<https://www.parkinson.org/understanding-parkinsons/non-movement-symptoms/cognitive>] (Parkinson's Foundation) - **PDF**
- Conditions Related to Parkinson's [<https://www.parkinson.org/understanding-parkinsons/what-is-parkinsons/related-conditions>] (Parkinson's Foundation)
- Conditions that Mimic Parkinson's [<https://www.parkinson.org/understanding-parkinsons/getting-diagnosed/conditions-that-mimic-parkinsons>] (Parkinson's Foundation)
- Driving When You Have Parkinson's Disease [<https://www.nhtsa.gov/sites/nhtsa.gov/files/10900f-drivewell-handout-parkinsons.pdf>] (National Highway Traffic Safety Administration) - **PDF**
- Essential Tremor vs. Parkinson's Disease: How Do They Differ? [<https://essentialtremor.org/wp-content/uploads/2013/07/ETvsPD092012.pdf>] (International Essential Tremor Foundation) - **PDF**
- Pain [<https://www.parkinson.org/understanding-parkinsons/non-movement-symptoms/pain>] (Parkinson's Foundation)
- Parkinson's Disease Dementia [<https://www.alz.org/alzheimers-dementia/what-is-dementia/types-of-dementia/parkinson-s-disease-dementia>] (Alzheimer's Association)

• Sleep Disorders [<https://www.parkinson.org/understanding-parkinsons/non-movement-symptoms/sleep-disorders>] (Parkinson's Foundation)


• Speech & Swallowing Issues [<https://www.parkinson.org/understanding-parkinsons/non-movement-symptoms/speech-swallowing>] (Parkinson's Foundation)


• Stages of Parkinson's [<https://www.parkinson.org/understanding-parkinsons/what-is-parkinsons/stages>] (Parkinson's Foundation)

Specifics

• Young-Onset Parkinson's [<https://www.parkinson.org/understanding-parkinsons/what-is-parkinsons/young-onset-parkinsons>] (Parkinson's Foundation)


Genetics


• About Parkinson's Disease [<https://www.genome.gov/Genetic-Disorders/Parkinsons-Disease>]  (National Human Genome Research Institute)

• Dopamine transporter deficiency syndrome: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/dopamine-transporter-deficiency-syndrome>]  (National Library of Medicine)


• Parkinson disease: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/parkinsons-disease>]  (National Library of Medicine)


Videos and Tutorials

• Parkinson disease [<https://medlineplus.gov/ency/anatomyvideos/000095.htm>]  (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/anatomyvideos/000095.htm>]

• Parkinson's Disease Library: Videos [https://www.parkinson.org/resources-support/pd-library?_page=1&keywords=&_limit=9&library_type=21]  (Parkinson's Foundation)

Statistics and Research

• Accelerating Medicines Partnership Launches Data Knowledge Portal for Parkinson's Disease [<https://www.ninds.nih.gov/news-events/news/press-releases/accelerating-medicines-partnership-launches-data-knowledge-portal-parkinsons-disease>]  (National Institute of Neurological Disorders and Stroke)


• Deep Brain Stimulation (DBS) for the Treatment of Parkinson's Disease and Other Movement Disorders [<https://www.ninds.nih.gov/about-ninds/what-we-do/impact/ninds-contributions-approved-therapies/deep-brain-stimulation-dbs-treatment-parkinsons-disease-and-other-movement-disorders>]  (National Institute of Neurological Disorders and Stroke)
Also in Spanish [<https://espanol.ninds.nih.gov/es/trastornos/estimulacion-cerebral-profunda-para-los-trastornos-de-movimiento>]

• Focus On Parkinson's Disease Research [<https://www.ninds.nih.gov/current-research/focus-disorders/focus-parkinsons-disease-research>]  (National Institute of Neurological Disorders and Stroke)

• Parkinson's Disease [<https://www.niehs.nih.gov/health/topics/conditions/parkinson>]  (National Institute of Environmental Health Sciences)

• Understanding Parkinson's: Statistics [<https://www.parkinson.org/understanding-parkinsons/statistics>] (Parkinson's Foundation)

Clinical Trials

• ClinicalTrials.gov: Parkinson Disease [<https://clinicaltrials.gov/search?cond=%22Parkinson+Disease%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

Journal Articles


References and abstracts from MEDLINE/PubMed (National Library of Medicine)

• Article: Effect of foot reflexology on chronic pain in Parkinson's disease: A... [<https://www.ncbi.nlm.nih.gov/pubmed/40720491>]


Article: Effect of Probiotics Supplementation on REM Sleep Behavior Disorder and Motor...
[<https://www.ncbi.nlm.nih.gov/pubmed/40717466>]

- Article: Acupuncture versus sham acupuncture in the treatment of insomnia for patients...
[<https://www.ncbi.nlm.nih.gov/pubmed/40684211>]
- Parkinson's Disease -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Parkinson+Disease%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bedat%5D+AND+%28patient+education+handout%5Bpt%5D+OR+guideline%5Bpt%5D+OR+clinical+trial%5Bpt%5D%29++NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Reference Desk

- Brain Basics: The Life and Death of a Neuron [<https://www.ninds.nih.gov/health-information/public-education/brain-basics/brain-basics-life-and-death-neuron>]  (National Institute of Neurological Disorders and Stroke)
- Parkinson's Today Blog [<https://www.parkinson.org/resources-support/blog>] (Parkinson's Foundation)

Find an Expert

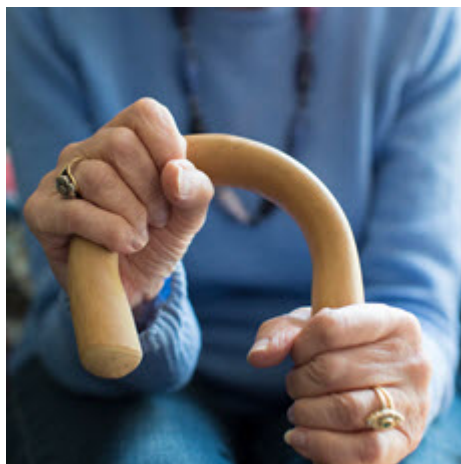
- National Institute of Neurological Disorders and Stroke [<https://www.ninds.nih.gov/>] 

Children

- Parkinson's Disease [<https://kidshealth.org/en/kids/parkinson.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/kids/parkinson.html>]

Patient Handouts

- Deep brain stimulation [<https://medlineplus.gov/ency/article/007453.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007453.htm>]
- Parkinson disease [<https://medlineplus.gov/ency/article/000755.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000755.htm>]
- Secondary parkinsonism [<https://medlineplus.gov/ency/article/000759.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000759.htm>]
- Swallowing problems [<https://medlineplus.gov/ency/patientinstructions/000065.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000065.htm>]



MEDICAL ENCYCLOPEDIA

Brain PET scan [<https://medlineplus.gov/ency/article/007341.htm>]

Brain surgery [<https://medlineplus.gov/ency/article/003018.htm>]

Brain surgery - discharge [<https://medlineplus.gov/ency/patientinstructions/000124.htm>]

Deep brain stimulation [<https://medlineplus.gov/ency/article/007453.htm>]

Parkinson disease [<https://medlineplus.gov/ency/anatomyvideos/000095.htm>]

Parkinson disease [<https://medlineplus.gov/ency/article/000755.htm>]

Secondary parkinsonism [<https://medlineplus.gov/ency/article/000759.htm>]

Swallowing problems [<https://medlineplus.gov/ency/patientinstructions/000065.htm>]

Related Health Topics

Movement Disorders [<https://medlineplus.gov/movementdisorders.html>]

National Institutes of Health

The primary NIH organization for research on *Parkinson's Disease* is the National Institute of Neurological Disorders and Stroke [<http://www.ninds.nih.gov/>]

NIH MedlinePlus Magazine

4 Discoveries Beyond the Brain [<https://magazine.medlineplus.gov/article/4-discoveries-beyond-the-brain>]

Parkinson's Disease Explained [<https://magazine.medlineplus.gov/article/parkinsons-disease-explained>]

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