

2019/Q2 EDUCATIONAL CAMPAIGN

WHAT **YOU** NEED  
TO KNOW

## MANAGING PARKINSON'S DISEASE IN SENIORS

**MediSystem™**  
Pharmacy  
A SHOPPERS DRUG MART COMPANY



## WHAT IS PARKINSON'S DISEASE?

Parkinson's Disease is the most common movement disorder, affecting 1% - 2% of people over the age of 65. It is a slowly progressive, neuro-degenerative disease that occurs when the cells that produce a chemical called dopamine (which carries signals between the nerves in our brain) die.

## WHAT ARE COMMON SYMPTOMS OF PARKINSON'S DISEASE?

Common symptoms of Parkinson's Disease may include:

- *Resting tremor*
- *Slowness and stiffness*
- *Impaired balance*
- *Rigidity of the muscles*

## HOW IS PARKINSON'S DISEASE TREATED?

Parkinson's Disease is treated with medications, which can lessen the symptoms. Physical and occupational therapy and exercise are also beneficial and can improve flexibility and reduce muscle stiffness.

You can live with Parkinson's Disease for years. It is important to take charge of your health – find the right treatment balance, exercise and do stretching exercises recommended by your doctor, eat properly and continue to do the things that you love!

Parkinson Canada is a great resource to keep up to date and to get reliable information.

### REFERENCES:

<https://www.merckmanuals.com/en-ca/professional>  
<https://www.parkinson.ca/>

[medisystempharmacy.com](https://medisystempharmacy.com)