

PARKINSON'S DISEASE

KNOW THE SIGNS



Cardinal Motor Symptoms: **T.R.A.P**



Tremor in hand, leg or jaw. Similar to a pill-rolling movement.



Rigidity causes muscles to become tight, stiff and can cause pain. You may notice loss of natural arm-swing, smaller handwriting or decreased facial expressions.



Akinesia/bradykinesia is the loss or slowing down of natural movements. Actions take significantly longer to finish.



Postural instability, loss of balance, stooping posture and increased risk of falls.



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EARLY SYMPTOMS

Early diagnosis and treatment of Parkinson's can help you live a healthier life. If you experience **more than one** of these symptoms, you should see your doctor.

**CHANGES IN MOOD
-DEPRESSION
OR ANXIETY**



CONSTIPATION

LOSS OF SMELL



**SLEEP DIFFICULTIES INCLUDING
THRASHING, KICKING AND
PUNCHING IN YOUR SLEEP**



For more information, contact
the Parkinson Outreach Center
at 407-303-5295.


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