

Parkinson's Disease and Anxiety

There are two main causes of Anxiety in Parkinson's Disease

1. **Biological:** there are many brain pathways and chemicals that are affected by Parkinson's Disease. People with Parkinson's have a low level of a chemical called GABA which is commonly linked to high rates of anxiety and depression. Anxiety may also be higher during a person's "off time" due to fluctuations in the brain's chemistry.
2. **Psychological:** common fears and worries that come along with a chronic disease diagnosis

Common Anxiety Symptoms:

- Excessive fear and worry
- Uncontrollable thoughts
- Sudden waves of terror
- Nightmares
- Difficulty sleeping
- Pounding heart
- Shortness of breath
- Dizziness
- Nausea



40%

of Parkinson's patients experience some form of an anxiety disorder or panic attacks.