

What is Dopamine?

Dopamine is a *neurotransmitter* that is made in the brain. It acts as a chemical messenger that communicates between brain and the rest of the body. Dopamine is also involved in the bodies “fight or flight” response system.

Neurotransmitter: chemical messengers of the body. They send communication between the brain and the rest of the body.

What role does dopamine play In the body?

Dopamine is directly involved in:

- movement
- memory
- motivation and initiation of tasks
- behavior and cognition
- attention
- sleep
- mood
- learning

The right amount of dopamine In the brain will leave someone feeling:

- happy
- motivated
- alert and focused
- in control

Someone who has low levels of dopamine may experience the following:

- changes in movement such as slowness or smaller movements
- tremors
- memory loss or forgetfulness
- mood changes such as feeling sad or withdrawn
- difficulty concentrating
- difficulty falling asleep or staying asleep
- hallucinations and/or delusions
- difficulty swallowing or frequent choking
- increased constipation
- difficulties controlling bladder function
- difficulty completing routine daily tasks
- low motivation and decreased task initiation