

# Know the ABCs of PD

All you need to know about Parkinson's disease — from A to Z.



This April is Parkinson's Awareness Month and we're partnering with Mitsubishi Tanabe Pharma America to help people understand the complexity of **Parkinson's disease (PD)** and recognize its symptoms.

<b>A</b>	<a href="#"><u>Anxiety</u></a>	Parkinson's symptoms not related to movement are often more troublesome and disabling than movement symptoms. These symptoms can include anxiety, depression, vertigo and more.
<b>B</b>	<a href="#"><u>Balance</u></a>	More than half of people with Parkinson's will experience a fall in the next year. There are many tips and ways to prevent falls.
<b>C</b>	<a href="#"><u>Care Partner</u></a>	Like Parkinson's, there are several stages of the care partner journey. Explore free articles, tools and courses designed for you.
<b>D</b>	<a href="#"><u>Diagnosis</u></a>	Finding out you have Parkinson's can be a lengthy process. A diagnosis is made through a combination of in-office tests and diagnostic tools.
<b>E</b>	<a href="#"><u>Early Signs</u></a>	From small handwriting and loss of smell and trouble sleeping, know the 10 early signs of Parkinson's.
<b>F</b>	<a href="#"><u>Fitness</u></a>	People with PD who exercise for 2.5 hours per week experience a slowed decline in quality of life. Find the exercise that works for you.
<b>G</b>	<a href="#"><u>Genetics</u></a>	12.7% of participants in our study have a genetic tie to Parkinson's. PD GENERation is a global initiative that provides genetic testing and counseling to people with PD, at no cost.
<b>H</b>	<a href="#"><u>Hospital Safety</u></a>	People with Parkinson's are at a higher risk of hospitalization and longer hospital stays. Know how to prepare and advocate for yourself with our Hospital Safety Guide.
<b>I</b>	<a href="#"><u>Incidence</u></a>	Nearly 90,000 people in the U.S. will be diagnosed with Parkinson's this year.
<b>J</b>	<a href="#"><u>Job</u></a>	"How long will I be able to work with Parkinson's?" This question is especially important to people with young-onset PD.
<b>K</b>	<a href="#"><u>Knowledge</u></a>	Find the information you need now — from tools that help you work alongside your care team to resources that empower you.
<b>L</b>	<a href="#"><u>Lewy body dementia</u></a>	Robin Williams brought awareness to the life-changing, prevalent disease known as Lewy Body Dementia, a progressive brain disorder where cognitive decline is an early symptom.
<b>M</b>	<a href="#"><u>Medication</u></a>	There is no one-size-fits all treatment for Parkinson's. Treatments and medications should be tailored to symptoms.
<b>N</b>	<a href="#"><u>Neurologist</u></a>	Neurologists (and specialized neurologists called movement disorders specialists) diagnose and treat Parkinson's.
<b>O</b>	<a href="#"><u>Occupational Therapy</u></a>	Rehabilitation therapies — occupational, physical and speech therapies — can slow disease progression, address symptoms and enhance mental health.
<b>P</b>	<a href="#"><u>Parkinsonism</u></a>	Parkinsonism is the collection of signs and movement symptoms associated with several conditions — including Parkinson's disease.
<b>Q</b>	<a href="#"><u>Questions</u></a>	Our bilingual Helpline answers Parkinson's questions, provides referrals to health professionals and local resources. Call us at 1-800-4PD-INFO (1-800-473-4636) in English or Spanish.
<b>R</b>	<a href="#"><u>Research</u></a>	Parkinson's research can lead us to breakthroughs in treatment and care at any moment. Explore our currently funded research and how to join a PD study.
<b>S</b>	<a href="#"><u>Stages</u></a>	Parkinson's symptoms and progression are unique to each person. Knowing the stages of Parkinson's can help you cope with changes as they occur.
<b>T</b>	<a href="#"><u>Tremor</u></a>	70-90% of people with PD experience a tremor. While most common in the hands, tremors can also occur in the lower lip, jaw, leg or internally.
<b>U</b>	<a href="#"><u>Urinary incontinence</u></a>	People with Parkinson's may experience bladder problems. The most common is a frequent and urgent need to urinate.
<b>V</b>	<a href="#"><u>Vertigo</u></a>	Dizziness (feeling faint, weak or unsteady) and vertigo (the false sense that you or your surroundings are spinning) are common signs of Parkinson's.
<b>W</b>	<a href="#"><u>Wellness Wednesday</u></a>	Access at-home resources through weekly online events. PD Health @ Home offers events that focus on wellness, exercise and mental health.
<b>X</b>	<a href="#"><u>X</u></a>	Join our online Parkinson's community. We're on X, and all social media channels!
<b>Y</b>	<a href="#"><u>Young-Onset Parkinson's</u></a>	Young-onset Parkinson's occurs in people who are 50 years of age or younger, who often experience a different set of challenges.
<b>Z</b>	<a href="#"><u>Zen</u></a>	Stress can make PD symptoms worse. Maintaining emotional health is essential to living well with Parkinson's and can help manage symptoms.

# MY ABCs of PD



What words would you use to describe your experience with Parkinson's?

Fill out the below and tell us at [Parkinson.org/Facebook](https://www.parkinson.org) or [Parkinson.org/Instagram](https://www.parkinson.org).

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Visit [Parkinson.org/Awareness](https://www.parkinson.org/Awareness) for Parkinson's disease information and free resources.