



A collaborative approach to personal and community health through education, prevention, and healthcare services

APRIL IS PARKINSON'S AWARENESS MONTH

National Parkinson's Awareness Month in April encourages us to participate in one or more events near you supporting further research bringing us closer to a cure.

Parkinson's is a neurodegenerative disorder. Over time, this slowly progressing condition causes tremors, gait and balance issues, limb stiffness or rigidity and a slow muscle movement. While each person responds differently to the disease, complications often become serious.

There is no cure, and more research is needed. Awareness, treatments, and education go a long way to supporting those affected by the disease, but they are not a cure.

HOW TO OBSERVE

Visit parkinson.org to learn more about Parkinson's and get involved. Use #Parkinson'sAwarenessMonth to share on social media.

HISTORY

Parkinson's Awareness Month has been observed since 1983.

Sincerely,

Del Norte Healthcare District Board of Directors
Kevin Caldwell, M.D.
Elizabeth Austen
Michael Young
Tonya Pearcey, R.N.
Juan Santillan

SOURCES:

<https://nationaldaycalendar.com/parkinsons-awareness-month-april/>

<https://www.nia.nih.gov/health/parkinsons-disease>

<https://www.apdaparkinson.org/>

<https://www.michaeljfox.org/>
