



# PARKINSON'S INFORMATION LEAFLET

PARKINSON'S<sup>UK</sup> CHANGE ATTITUDES. FIND A CURE. JOIN US.

## Who we are and what we do



We are **Parkinson's UK**. We are here to give advice and support to people who

- Have a health condition called **Parkinson's**
- Know someone else who has this condition. This might be someone in the family or a friend



We have written this leaflet to let you know

- More about **Parkinson's** and what it does to the mind and body
- Where to go for advice and support



We want to give everyone as much information as we can about **Parkinson's**.

# What is Parkinson's?

**Parkinson's** affects your brain.

We know it is because people do not have enough of a chemical in their brain called **dopamine**. But we don't know exactly why this happens.



**Dopamine** helps your body to move properly.

Having **Parkinson's** can

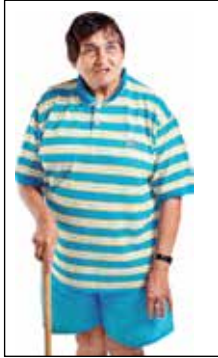
- Make your body shake
- Make you move more slowly
- Make the muscles in your body stiff and hard to move
- Be quite painful
- Make you feel low or unhappy



You cannot die from **Parkinson's** but you can get more ill from the way it affects your body and mind.



## Who gets Parkinson's?



Most people who get **Parkinson's** are over 50 years old but younger people can get it too.

We are still trying to find out why it happens to some people and not others.



We know that

- You cannot catch **Parkinson's** from another person like a disease
- **Parkinson's** can run in families but this is very rare. For example, if your mother or father has **Parkinson's** it does not mean you will get it



## How to get help

If you find out that you, a friend or someone in your family has **Parkinson's** then you can get help.

There is no cure for **Parkinson's** but getting the right support and treatment means you can live the life you want.

Your doctor or nurse who treats your **Parkinson's** will be able to give you advice and help you with

- Getting the right medicine – if you need it
- Going to hospital – you might need to have an operation
- Moving and talking – **Parkinson's** can make you slower

We want to make sure you or the person you know who has **Parkinson's**, gets the best advice and treatment.



## How to get in touch and find out more



You can get in touch with us by telephone.

You can call this number, Monday to Friday from 9am until 8pm.

**0808 800 0303**

Or you can call on Saturday from 10am until 2pm.

The number is free to call from most phones.



You can find out more information on our website **[www.parkinsons.org.uk](http://www.parkinsons.org.uk)**

## Telling us what you think

We want to know what you think about this leaflet.

This will help us make our information better.

We want to know if you found the information in the leaflet useful.

Put a tick or a mark next to the answer that suits you best.

YES I FOUND IT USEFUL



I FOUND IT A LITTLE BIT USEFUL



I DID NOT FIND IT USEFUL



You can email your answers to this address:

**[publications@parkinsons.org.uk](mailto:publications@parkinsons.org.uk)**

Or you can post your answers to us here:

**Editorial and Creative  
Parkinson's UK  
215 Vauxhall Bridge Road  
London SW1V 1EJ**

Or you can call us on this number and tell us what you think:

**0808 800 0303**

**Is there anything we could have done better with the leaflet?**

Please write your answer in this space.

This is an easy read booklet about Parkinson's and the charity Parkinson's UK.

It uses easy words and pictures to make information easier to understand.

It can be used by anyone who finds it useful.

Thank you to Easy and Clear and their volunteers who checked this booklet.

[www.easyandclear.com](http://www.easyandclear.com)

Thank you to Photosymbols for the pictures.

[www.photosymbols.com](http://www.photosymbols.com)

We checked this leaflet in February 2016 to make sure it was right. We will check it again in February 2019. B501

