

10 Early Signs of Parkinson's Disease

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6. Constipation

Do you have trouble moving your bowels without straining every day? Straining to move your bowels can be an early sign of Parkinson's disease and you should talk to your doctor.

What is normal?

If you do not have enough water or fiber in your diet, it can cause problems in the bathroom. Also, some medicines, especially those used for pain, will cause constipation. If there is no other reason such as diet or medicine that would cause you to have trouble moving your bowels, you should speak with your doctor.

7. A Soft or Low Voice

Have other people told you that your voice is very soft or that you sound hoarse? If there has been a change in your voice you should see your doctor about whether it could be Parkinson's disease. Sometimes you might think other people are losing their hearing, when really you are speaking more softly.

What is normal?

A chest cold or other virus can cause your voice to sound different, but you should go back to sounding the same when you get over your cough or cold.

8. Masked Face

Have you been told that you have a serious, depressed or mad look on your face, even when you are not in a bad mood? This is often called facial masking. If so, you should ask your doctor about Parkinson's disease.

What is normal?

Some medicines can cause you to have the same type of serious or staring look, but you would go back to the way you were after you stopped the medication.

9. Dizziness or Fainting

Do you notice that you often feel dizzy when you stand up out of a chair? Feeling dizzy or fainting can be a sign of low blood pressure and can be linked to Parkinson's disease (PD).

What is normal?

Everyone has had a time when they stood up and felt dizzy, but if it happens on a regular basis you should see your doctor.

10. Stooping or Hunching Over

Are you not standing up as straight as you used to? If you or your family or friends notice that you seem to be stooping, leaning or slouching when you stand, it could be a sign of Parkinson's disease (PD).

What is normal?

If you have pain from an injury or if you are sick, it might cause you to stand crookedly. Also, a problem with your bones can make you hunch over.

What can you do?

- Work with your doctor to create a plan to stay healthy. This might include the following:
 - » A referral to a neurologist, a doctor who specializes in the brain
 - » Care from an occupational therapist, physical therapist or speech therapist
 - » Meeting with a medical social worker to talk about how Parkinson's will affect your life
- Start a regular exercise program to delay further symptoms.
- Talk with family and friends who can provide you with the support you need.



Greenville Area
Parkinson Society

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Our mission is to maximize the quality of life for families affected by Parkinson's Disease.

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