

# Don't wait for the shake

## EARLY CARE MATTERS

### KNOW THE SIGNS

Parkinson's Disease is a disorder of the nervous system that affects movement. It often starts slowly. If you or a loved one notice more than one of these early signs, talk to a health care provider.

### IS IT JUST AGING? OR IS IT PARKINSON'S?

- **Small Handwriting:** Has your writing gotten much smaller or crowded?
- **Loss of Smell:** Have you stopped smelling foods like bananas or pickles?
- **Tremor:** Do you notice a slight shaking or tremor in your finger, thumb, or chin while at rest?
- **Trouble Sleeping:** Do you thrash around in bed or act out dreams?
- **Stiffness:** Do your arms or legs feel stiff and don't swing when you walk?

**Talk with a health care provider if you have symptoms of Parkinson's disease or if new symptoms appear. This helps diagnose your condition and rule out other causes.**



### DAILY HABITS FOR A STRONGER BRAIN

There is no cure yet, but lifestyle changes can help manage symptoms effectively.

#### MOVE MORE



Exercises like Tai Chi, boxing, and dance can improve balance and reduce stiffness.

#### EAT SMART



A balanced diet rich in fiber helps with digestion issues common in Parkinson's.

**Preventing falls is the #1 way to stay independent.** Remove throw rugs (**they're a top tripping hazard**), install grab bars in the shower and near the toilet, and brighten hallways by installing nightlights.

[nj.gov/health/parkinsons](https://nj.gov/health/parkinsons)