

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?
- **Stiff ness:** Do your arms or legs feel stiff and don't swing when you walk?

Talk with a healthcare 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.