

Navigating parkinson's disease: Understanding symptoms, treatment and support.

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Abstract

Parkinson's disease is a progressive disorder that affects the nervous system, specifically the brain's ability to control movement. The condition is characterized by tremors, stiffness, and difficulty with balance and coordination. It can also cause a range of non-motor symptoms such as depression, anxiety, and sleep disorders. Symptoms of Parkinson's disease can vary from person to person, but typically develop gradually and include: Tremors: a shaking or trembling in the hands, arms, legs, jaw, and face, Stiffness: difficulty moving or a feeling of stiffness in the limbs and trunk, Bradykinesia: Slowness of movement and difficulty initiating movement, Postural instability: difficulty maintaining balance and an increased risk of falls, Non-motor symptoms: depression, anxiety, sleep disorders, and cognitive decline.

Keywords: Parkinson's disease, Depression, Dopamine, Pharmacotherapy.

Introduction

Diagnosis of Parkinson's disease typically involves the following steps: Medical history review- The doctor will ask about the symptoms, their progression, and related medical history, Neurological examination: The doctor will examine muscle strength, coordination, balance, and other related movements, Imaging tests- MRI or CT scans may be used to rule out other conditions and visualize the brain, Movement and posture assessments- A tremor or rigidity assessment may be performed to help diagnose Parkinson's disease, Dopamine transporter imaging- DaT scans can help confirm the diagnosis by measuring dopamine levels in the brain, Blood and genetic tests- To rule out other conditions and check for genetic mutations associated with Parkinson's disease, It's important to note that a definitive diagnosis of Parkinson's disease can be challenging and requires a thorough evaluation by a neurologist. In some cases, a second opinion may be necessary [1,2].

Pharmacotherapy is a common treatment option for Parkinson's disease that involves taking medications to manage symptoms. Some of the most commonly used medications for Parkinson's disease include Dopamine agonists- These drugs mimic the effects of dopamine and can help relieve symptoms such as tremors, stiffness, and difficulty with movement, Monoamine oxidase type B (MAO-B) inhibitors- These drugs block the breakdown of dopamine, increasing its levels in the brain, Anticholinergics- These drugs help control tremors and other symptoms by blocking the action of the neurotransmitter acetylcholine, Catechol-O-methyltransferase (COMT) inhibitors- These drugs prevent the breakdown of dopamine,

increasing its levels in the brain, Levodopa- This is the most commonly used medication for Parkinson's disease. It is converted to dopamine in the brain and can help relieve symptoms [3,4].

It's important to work with a doctor to determine the best medications and dosages for individual cases, as Parkinson's disease affects each person differently and medications may have different effects. Medications may need to be adjusted over time as the disease progresses. There is no cure for Parkinson's disease, but treatment can help manage symptoms and improve quality of life. Medications such as levodopa and dopamine agonists can help improve movement symptoms, while other medications can be used to manage non-motor symptoms. Surgery, such as deep brain stimulation, can also be an option for some people. Physical therapy, speech therapy, and occupational therapy can also be beneficial in helping people with Parkinson's disease to maintain their independence, manage their symptoms, and improve their quality of life. Exercise, especially activities that focus on balance, flexibility, and strength, can also be helpful in managing Parkinson's disease symptoms. Support groups and counseling can also play a critical role in helping individuals and their families cope with the emotional and practical challenges of living with Parkinson's disease [5].

Conclusion

The ailment known as parkinson's disease is a motor system disorder and is a degenerative disorder of the central nervous system. It progresses and is chronic. The loss of brain cells

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that produce dopamine is what causes the illnesses. Many of the symptoms of the disease can also be found in other illnesses, therefore not everyone who has one or more of them have Parkinson's disease. People over 60 are typically affected by the condition. The diagnosis can be challenging since there are currently no blood or laboratory testing available. Typically, it affects adults over 60 and more men than women. Although there is currently no cure, medicines and surgery can significantly improve the motor systems. Parkinson's disease is a progressive disorder that affects movement and can also cause non-motor symptoms. While there is no cure for the disease, treatment can help manage symptoms and improve quality of life. Support groups and counseling, physical therapy, and exercise can also play a critical role in helping individuals and families navigate the challenges of living with Parkinson's disease.

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