

Parkinson's Disease

Parkinson's disease affects the part of the brain that controls muscle movement. The exact cause of this disease is not known, but there is a decrease in a chemical called dopamine in the brains of people with Parkinson's. There is no cure for Parkinson's, but it often progresses slowly and the signs can be managed.

Signs

The 4 most common signs of Parkinson's are:

- Tremors or shaking when at rest
- Muscle stiffness
- Slowed movement or problems starting movement
- Problems with balance and movement

As these signs worsen, you may also have trouble walking, talking, swallowing or doing simple tasks such as bathing or dressing. As the disease progresses, other signs such as pain, bowel or bladder problems and sleep problems may occur.

Your Care

When you start to show signs of this disease, your doctor may order medicines or physical therapy to help manage your signs. The physical therapist can help you learn exercises that can help you with movements.

You may need to work with your doctor to make adjustments in your medicines to keep your signs controlled. Over time, many people have side effects from the medicines used to treat Parkinson's disease.

You may also need occupational therapy or speech therapy to deal with signs as the disease progresses. As your signs get worse, surgery may be an option to reduce tremors.

帕金森氏症

帕金森氏症影响大脑中控制肌肉运动的部分。该病的准确病因目前还不清楚，但是帕金森氏症患者的大脑中有一种名为多巴胺的化学物质含量会减少。帕金森氏症不可治愈，但此病通常进展缓慢，并且症状可以得到控制。

症状

帕金森氏症的4个最普通的症状是：

- 休息时身体会震颤或发抖
- 肌肉僵硬
- 动作缓慢或难以启动
- 平衡和动作有困难

这些症状恶化时，您可能连走路、说话或做如洗澡或穿衣服之类的简单事情也有困难。随着疾病的发展，可能会出现疼痛、大便或小便问题和睡眠问题等症状。

医疗护理

开始出现此病的症状时，您的医生可能会开药或让您做理疗以帮助控制症状。理疗师可帮助您学习一些对动作有帮助的练习方法。

您可能需要配合医生来调整所服的药物，以控制症状。随着时间的推移，许多患者会出现服用帕金森氏症治疗药物所带来的副作用。

随着疾病的发展，可能还需要进行职业治疗或语言治疗，以缓解症状。症状进一步恶化时，做手术可能是减少震颤的一项选择。

Things You Can Do to Manage Your Signs

When walking

- Walk slowly with a straight posture and with your legs further apart. Think about taking big steps to help keep your steps more normal.
- Use a 4-prong cane or a walker if needed.
- If you become stuck or freeze in one place, rock gently from side to side or pretend to step over an object on the floor.
- Place tape strips on the floor to guide you through your house. Remove area rugs and furniture from your walking path.
- Stand up from a chair or bed slowly to avoid feeling dizzy or lightheaded.

When using the bathroom

- Install grab bars on the walls beside toilets and inside showers and bathtubs to help you stand up.
- Use a shower chair inside the shower.
- Install an elevated toilet seat to make standing up easier after using the toilet.
- Shave with an electric razor.

When dressing

- Wear loafers or shoes with Velcro.
- Wear simple dresses or pants with elastic waistbands such as sweatpants.

为控制症状您可做什么

走路时

- 以直挺的姿势慢慢地走路，将双腿分开走。走路时想象自己是迈大步，这有助于保持正常的步伐。
- 如需要请用一根 4 叉棍杖或用助行器。
- 如在一个地方变得不能动弹或僵住，请轻轻地左右晃动身体或假装从地板上跨过一样东西。
- 在地上贴上胶带引导您在家中行走。将地毯和家具从您的走路通道移开。
- 从椅子中站起或起床时请慢慢来以免眩晕或头昏。

使用卫生间时

- 在马桶旁边、淋浴间和澡盆旁边安装墙上扶手，以协助起身站立。
- 淋浴时坐在淋浴椅上。
- 在马桶座上装一个垫高的座位以便如厕之后站起来容易一些。
- 用电剃刀剃毛发。

穿衣时

- 请穿懒汉鞋或用维可牢尼龙搭扣的鞋子。
- 请穿简单衣服或有弹性腰带的裤子，如宽松长运动裤。

When eating or drinking

- Use a cup with a large handle to make it easier to hold.
- Use a bowl instead of a plate to limit spills and make it easier to scoop up food.

Work closely with your health care team to manage your signs of Parkinson's. **Talk to your doctor or nurse if you have any questions or concerns.**

吃东西或喝水时

- 使用把手大的杯子，以便持握。
- 用饭碗吃饭，不要用碟子，以防洒漏，并且方便舀取食物。

与您的医疗团队密切合作以控制您的帕金森氏症症状。有任何疑问或关注事宜，请告知您的医生或护士。

2007 – 11/2011 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Parkinson's Disease. Simplified Chinese.