

## April is Parkinson's Awareness Month

Parkinson's disease is a progressive disorder of the Nervous System, which affects your movement. Every day in Canada, 10 people are diagnosed with Parkinson's disease. Over the next 16 years, the number of Canadians diagnosed with Parkinson's is expected to double to more than 163,700.

Some Risk Factors include:

- **Age:** Individuals usually develop Parkinson's around the age of 60 or older
- **Heredity:** Having a close relative with Parkinson's increases your risk of developing Parkinson's
- **Sex:** men are most likely to develop Parkinson's
- **Exposure to toxins**

Some Symptoms of Parkinson's include:

- Tremors
- Muscle stiffness and rigidity
- Impaired balance
- Writing changes
- Slowed Movement

Although, Parkinson's has no cure, medication can greatly improve symptoms. Book an appointment to see your Doctor, if you are experiencing any of these symptoms.