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**Parkinson’s Fact Sheet**

**About Parkinson’s disease**

* Parkinson’s is a chronic degenerative neurological disease caused by a loss of dopamine producing cells in the brain. Currently there is no cure for Parkinson’s disease.
* Most common symptoms are: tremor (shaking); slowness in movements, muscle stiffness and problems with balance.
* Other symptoms may also occur such as fatigue, difficulties with speech, writing, sleep disorders, loss of sense of smell, depression and cognitive changes.
* Parkinson’s will worsen over time; each person with Parkinson’s is unique and may experience different symptoms.
* Most people manage their symptoms through medication and lifestyle changes.
* Other interventions such as exercise programs and speech therapy can also help.
* A single cause for Parkinson’s has not been identified. Researchers are studying many theories such as the role of genetics and environmental exposure.

**About Parkinson’s disease in Canada**

* More than 100,000 Canadians have Parkinson’s disease.
* More than 25 people each day are diagnosed with Parkinson’s disease.
* Those diagnosed with Parkinson’s under the age of 40 are referred to as “Young Onset.”
* The average age of diagnosis is 60 years.
* The majority of those diagnosed are over the age of 65.
* Direct costs for Parkinson’s disease (hospital and physician care and drugs) total $86.8 million.

**Parkinson Canada**

* Parkinson Canada is the voice of Canadians living with Parkinson’s, since 1965.
* We guide the way for people affected by Parkinson’s in three key areas: research, advocacy and support services, including education.
* Parkinson Canada provides a toll-free Information and Referral line in both English and French. Representatives have the knowledge, specialization and discretion to address each person’s unique circumstances and concerns in a confidential manner.
* Individuals who contact us gain a better understanding to help them live well with this complex, chronic brain disease.

Call **1-800-565-3000** or visit [**www.parkinson.ca**](http://www.parkinson.ca)to donate, learn and connect to services near you.

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