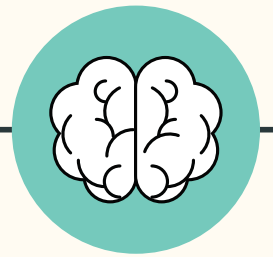


ANXIETY AND PARKINSON'S DISEASE



Feeling worried is an understandable reaction to a Parkinson's diagnosis. These feelings of constant worry or being nervous can result in anxiety, which can be more serious. Anxiety is a common non-motor symptom of Parkinson's disease – it is caused by changes in the brain. Up to 40% of people with Parkinson's disease experience a form of anxiety.



TYPES OF ANXIETY

- **Generalised Anxiety Disorder:** being nervous and often feeling worried or fearful – you might experience nausea, trouble breathing, your heart rate could increase and your tremors might get worse
- **Anxiety attacks/panic attacks:** start suddenly with a sense of severe physical and emotional distress and last a few minutes, occur particularly during periods where your medication wears off
- **Social avoidance:** avoiding everyday social situations, like going outside, because of fear of embarrassment caused by your symptoms, such as tremor, or trouble walking in public
- **Obsessive-Compulsive Disorder (OCD):** persistent, unwelcome thoughts or obsessions and an urgent need to do something, control or rid these thoughts

WHAT CAUSES ANXIETY?

- Fears and worries about Parkinson's disease
- Worries about not being able to do something or your medication wearing off
- Changes in chemicals in the brain



MANAGING ANXIETY



- Talk with a therapist about your worries
- Acupuncture
- Meditation
- Relaxation techniques
- Keeping a diary of your mood and symptoms
- Attend a support group and talk to others with Parkinson's disease
- Tell your family how you are feeling
- Educate yourself about PD and its symptoms

Join a local support group to learn more and meet other people with Parkinson's disease:

Nairobi: 0722722090

Mombasa: 0707564733

Kisumu: 0710884431

For more information about Parkinson's disease visit:

www.parkinsonkenya.wixsite.com/website

OR

www.parkinsonsafrica.com



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