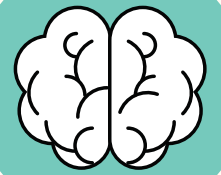


# DEPRESSION AND PARKINSON'S DISEASE



Depression is a common challenge for people living with Parkinson's disease (PD). Everyone feels sad sometimes and it is normal to experience stress when faced with a difficult disease. If sadness progresses to depression, it needs to be treated. People with depression feel that they cannot enjoy life like they used to, but some days can be better than others. There are several ways to manage depression.



## SIGNS OF DEPRESSION IN PD

1. Worrying a lot
2. Feeling sad all the time
3. Crying
4. No interest in activities or hobbies you used to enjoy
5. Feeling tired and not having energy
6. Feeling guilty
7. Not having any motivation
8. Having aches and pains
9. Feeling like you are a burden on your family
10. Thinking about disability, death or dying



# TREATING PD DEPRESSION

- Discuss your changes in mood with your doctor
- Uncontrolled "on-off" periods and freezing episodes can result in people being depressed – speak to your doctor about your medication
- Make sure you get enough sleep and you are not constipated
- Regular exercise can help treat the symptoms of depression
- Eat a healthy diet with lots of vegetables
- Stay involved in social activities and hobbies
- Try to have things to look forward to
- See a counselor to talk about how you are feeling
- If necessary, you could be prescribed an anti-depressant medication



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](http://www.parkinsonkenya.wixsite.com/website)

OR

[www.parkinsonsafrica.com](http://www.parkinsonsafrica.com)



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