



TO SABI PARKINSON DISEASE

**Na Parkinson's Africa & IPDGC-Africa
put dis information togeda for you.**

**If you wan get copies of dis our book,
make una contact:**

Parkinson's Africa

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IPDGC – Africa

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Abeg, read dis part well well

We gada dis book to tek inform and teach pipu mek dem sabi only. No go carry am sey na test, tritment or any oda type of advice on top health care. Pesin wey dey read am suppose luk for dia own doctor or beta professional pesin wey sabi for health mata wey go advice you, mek you no just folo di tins wey dey for inside dis book, sey e beta pass wetin di doctors and big pipu for health mata dey advice you. Di pipu wey do, distribute and sponsor dis book no go dey liable and you no go fit hold dem accountable for how you tek use di information wey dey for here.

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Parkinson disease for Africa

Parkinson disease na di second most common disorda wey dey touch brain (afta Alzheimer's) for dis world, and di rate wey im carry dey grow nau dey too fast — dem dey predict sey di cases for Africa go rise wel wel for di comin years. Wit di way wey im tek dey rise, na so im dey important to tackul di way wey pipu no too sabi am, tins wey pipu dey tink sey im be wey no be true, fear fear and bad mouth wey folo Parkinson for Africa.

To produce dis book na part of di many tins wey – di **S.E.E. Parkinson's** campaign, wey Parkinson's Africa and IPDGC-Africa put togeda to help tackul di lack of education and material wey contain information about Parkinson for Africa. To sabi more about dis, or to get oda translations of dis book, abeg visit **www.parkinsonsafrica.org** or **www.ipdgc-africa.com**.

If you get Parkinson or you wan sabi more about di disease, dem put dis book togeda for you. We sabi sey to go test kon see sey you get Parkinson fit be big tin wey dey touch mind, and e fit be somtin wey dey bring fear for bodi, but we believe sey to get beta information na di best way to fight back. Dis book na one of many tins we don put togeda to help you fight back. For more Parkinson information and materials, abeg visit **www.parkinsonsafrica.org**.

Wetin be Parkinson disease?

Na Dr. James Parkinson from London for 1817 na im call am Parkinson disease. E kon explain sey na lifelong disease wey dey touch di brain and wey dey progress small small wit time.



Parkinson dey touch di part of di brain wey dey control movement. Dis area for di brain dey also do oda important work like to learn, sleep, behave, tink or rememba somtin. Parkinson fit also affect oda parts of di bodi like bele, bones and di eyes.



Parkinson's Si Buko
Na Parkinson hospital wey dey for Uganda

Wetin dey cause Parkinson?

Parkinson dey happen wen di cells wey dey produce di brain kemikal, wey dem dey call dopamine, get problem and stat to dey die early. No be only dis cells dey get problem; cells wey dey make oda kemikals in di brain fit get problem, too. Researchers neva sure wetin dey cause am, but dem dey suspect sey som tin wey we fit inherit from our papa or mama, plus bad kemikals wey fit dey for air, plus old age, fit cause am.

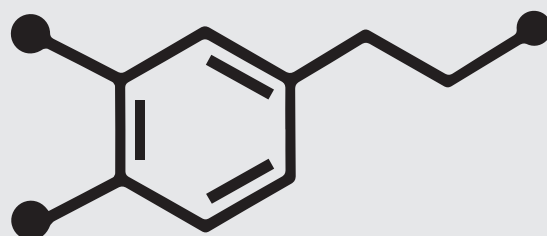
Obeng Amoako (Ghana)

Doctor test kon sabi sey
im get Parkinson wen e
dey 60 years



How I go fit know sey I get Parkinson?

Pesin wey get Parkinson fit experience som of dis signs – bodi wey dey shake, bodi wey stif, nose wey no fit smell, belle wey don block, to sleep dey hard and handwriting wey small – but more signs fit dey. For di early stages of di disease, many of dis signs go just dey show small small or fit no show sef. If you dey worry sey you or pesin wey you love fit get Parkinson, e dey important mek you talk wit your doctor or pesin wey sabi about health to get beta test.



Dopamine

Wetin be di signs wey dey show Parkinson?

Parkinson signs fit be **moto signs** (wey dey affect movement) and **non-moto signs** (wey no dey affect movement).

Moto signs

Di three main moto signs wey Parkinson dey show na bodi wey dey shake, movement wey slow and bodi wey stif. Dis signs dey very common, but e good mek you know sey no be evri bodi wey get Parkinson dey get dis signs.



Bodi wey dey shake



Movement wey slow



Bodi wey stif

Bodi wey dey shake:

Di shaking dey affect any part of di bodi like hands, jaw, mouth or legs. E dey stat from one side of di bodi and e dey happen wen dat side of di bodi dey rest.

Movement wey slow:

We also sabi dis sign as "bradykinesia". E dey com wit very slow movements, wey no go allow you to do tins like to waka wel and tie your shoe.

Bodi wey stif:

You go see your bodi becom strong and e no go allow you waka wel or do oda tins like use your hands or turn for bed.

Oda moto signs wey Parkinson dey show

Oda moto signs wey Parkinson dey show be sey pesin face go be like sey im dey vex, muscles go dey pain you, bodi go dey bend go one side, you no go fit dey waka wel or you go dey drag leg, you no get balance for ground and handwriting go dey small small.

Non-moto signs

Parkinson get plenty oda non-moto signs. Researchers don discova sey som of dis signs, like wen pesin no fit dey hear smell and belle wey just block dey stat many years before di moto signs go stat. Som oda common non-moto signs be:

Wen e dey hard to undastand somtin

Dis ones be sey you no go fit focus, pay attention, plan, do many tins di same time, organise or even remember tins.

Problems wit how you dey feel

To no dey get interest for tins, to dey feel worried and dey fear, to dey feel bad and to dey tink and no dey happy.

Problems wit sleep

Dis signs fit include wen pesin no fit sleep well, or insomnia (when pesin no fit fall asleep), or wen pesin dey dream, com dey do wetin im dey dream, or when pesin dey sleep too much.

Oda non-moto signs wey Parkinson dey show

Oda non-moto signs be pain, to dey feel tayad, belle wey block, blood pressure wey dey drop wen you dey stand, to no dey fit hear smell, wahala to dey piss, to no dey fit see tins well, or even sef, to dey see tins wey no dey dia (dis sign dey happen wen Parkinson don tey for your bodi and you don dey tek som Parkinson medicine for long time). For som pipu, di medicine fit cos dem to no get contol ova dem sef (dis fit mek dem to dey buy buy tins, dey gamble and always wan sex).

If you dey get any of dis signs, e good mek you go see doctor.



Common signs wey Parkinson dey get

Na who fit get Parkinson?

As pesin dey increase for age, na im be di biggest risk wey fit allow Parkinson develop, and many pipu wey get di disease dey around 60 years or pass, but Parkinson no dey respect age, and young pipu fit get am sef.

Parkinson, e dey run for families?

Many pipu get wetin dem dey call "idiopathic" Parkinson, wey mean sey nobodi sabi wetin cause am. E possible (but e no dey too happen) for pipu wey get Parkinson to pass am to dia children. Scientists neva discova test wey fit show sey Parkinson dey run for family, so nobodi fit sey for sure weda di connection dey.

Parkinson dey spread?

No, Parkinson no dey spread. You no fit get am becos sey you near pesin wey get am.

How Parkinson disease dey tek progress?

E go dey difrent wit evri pesin, Parkinson dey progress small small, di signs dey slowly get worse as time dey go. For di beginning of di disease, many pipu fit dey do wetin dem dey do before as dem dey do am.

Parkinson dey kill?

Parkinson no be sickness wey dey kill pesin, and how long many pipu go live no go change becos of dis disease (if dem get beta care and tritment). But som oda big signs fit mek pesin bodi no too strong and di health go spoil.

How dem dey test Parkinson?



Na pesin wey be neurologist (doctor wey dey deal wit tins wey affect brain, veins and spinal cord), geriatrician (doctor wey dey luk afta old pipu) or a special doctor, na im dey check kon confam say pipu get Parkinson. As dem neva get confam way to carry test Parkinson, your doctor fit check you afta im don luk your medical history, dem go luk your signs, and check oda tins, dem fit ask you to do som tins like to tap your fingers, stand from chair, waka, write or talk.

Dr. Vida Obese
Specialist Physician
KATH, Kumasi, Ghana

One quote wey I like be sey "No be wetin hapun to you dey decide how far you go go for life; na wetin you do wit di tin wey hapun to you". Dis na wetin I always dey use to encourage my patients.

– Dr. Obese

Cure dey for Parkinson?

Cure neva dey for Parkinson but scientists dey work to get di tins wey go help and to find di cure. Till dat time, oda ways dey to tek dey trit and manage Parkinson signs.



I go dey tek medicine for Parkinson?

Yes, e get as e go reach, you go nid am. Wen doctor don confam sey you get Parkinson, dat one no mean sey you must stat to dey tek medicine quick quick. For di early stage of di disease, som pipu dey fit manage dia signs witout medicine, but no be like dat for evri bodi. Di time wey you go stat tritment, and di type of tritment wey you go nid, na you go decide am afta you don talk wit your doctor. As you begin dey tek medicine, you must continue to dey tek am as dem tell you even afta your signs don dey beta. **Mek you no stat or stop to dey tek your Parkinson medicine if you no first talk am wit your doctor.**

How I fit best manage Parkinson?

Di beta way to manage Parkinson na combo method wey be medicine, therapies and di way we dey live our life – wey go involve to dey exercise evri time, to eat beta food, to mek sure sey you dey sleep well and no dey stress yourself. E get som signs wey go beta wel if dem focus tritment on top am, like speech and language therapy (for pesin wey get wahala to talk or dem no fit swallow somtin), and physiotherapy (for pesin wey im bodi or muscle dey stif, im no fit stand well, or dey fear to fall).



OAUTHC Parkinson's Support Group, Ile-Ife, Nigeria

Di medicines get any side effects?

Like oda medicine, Parkinson medicine fit get side effects. E good mek we dey monitor som of di tins wey medicine dey do to our bodi, as dem fit affect di way we dey live our life evri day. If you dey fear about di tins wey medicine fit scata for your bodi, abeg talk to your doctor. **Mek you no just stop to dey tek your medicine becos e fit give bad sign wey no good as you just stop am.**



Di list wey dey folo so na list for side effects of som Parkinson medicines. If you sabi am well well, e go help you to mek beta decision wen you begin see am.

Side effects of Parkinson medicine

Dyskinesia:

Movement for your muscle wey go be like sey somtin dey twist, push or move your bodi. E fit affect difrent parts of your bodi like your hands and legs. Dis dey happen afta you don use levodopa (wey be one of di Parkinson medicine) for long time.

Moto fluctuations and wearing off:

Dis dey hapun wen you comot from wen you fit control as your bodi dey move (wey be "on") com enter sey you no fit control your bodi again (wey be "off"). Your bodi fit stat to dey go "off" wen di power of di medicine, levodopa, don dey finish for your bodi.

Impulse Control Disorders:

Dis dey hapun wen e dey hungry pesin to dey behave one kain one kain. Di more di pesin dey behave dis way, di more di worry and tension dem go get inside dia bodi. Instead of to stop dis behavior, di worry and tension go dey mek dem wan continue am.

Hallucinations and delusions:

Hallucinations na to dey see, hear or feel tins wey no even dey dere at all. Delusions na to dey tink, believe or worry for somtin wey no also dey. No be evri bodi dey see or feel like dat and e dey hapun more wen Parkinson don tey for pesin bodi.

Sleep disorders:

Som Parkinson medicines fit mek you dey sleep witout control. Read di labels wey folo di medicine well well.

Blood pressure changes:

Som Parkinson medicine fit mek your blood pressure fall fast fast, e go mek you dey feel tayad or like sey you wan faint. So, we dey advice mek you dey check your blood pressure evri time.

Wich kain food I fit chop?

As dem still dey study to undastand di way food tek dey affect pesin wey get Parkinson, dem neva find any right food wey evribodi agree sey na im be di beta way to chop. Wetin evribodi agree wit be sey to dey chop beta food good well well, sey e dey help pesin manage Parkinson beta.

Generally, di rules wey dey to chop beta food be sey:

- Dey chop difrent types of foods from di difrent food groups (carbohydrates, proteins, vitamins, and so on) to mek sure sey your bodi dey get di beta tins wey your bodi nid to work well.
- Mek you sabi how much you dey chop. If you dey chop plenty food, e go mek you dey fat and if you no dey chop well, e fit mek you to dey too slim; di two no good as e go mek your bodi dey get complications.
- Drink water mek water dey for your bodi.



I fit tek tins wey dey help food?

E good mek you dey get evri tin you nid from real food, no be from oda tins wey dey support food. If you wan tek oda tins wey dey support food, mek you ask your doctor for advice befor you begin tek dem. Even as many pipu dey talk sey som supplements fit help pesin wey get Parkinson to get beta, many of dis talk no get beta support from scientists or pipu wey sabi Parkinson. Mek you also sabi sey som of dis supplements fit go disturb your medicine mek e no work well.



How food tek dey affect my medicine?

For som pipu wey get Parkinson, proteins (wey we dey get for meat, fish, eggs, cheese and beans) dey disturb di way levodopa (wey be Parkinson medicine) tek dey work for dia bodi. As e be so, e for good mek you dey tek your medicine 30 - 60 minutes before you eat food, or two hours afta you don eat. Levodopa fit also mek pipu feel sick. To dey eat tins wey no get plenty protein (like biscuits) wen you dey tek your medicine fit help to reduce dis side effect.

Wetin exercise dey do for Parkinson?

As beta food be, exercise also na part of beta tin for your bodi. For Parkinson, exercise dey important well well. Somtimes, moto signs (like bodi wey stif) and non-moto signs (like to no get interest, pain, or wen you don taya) fit mek you no wan exercise; but e dey reali important sey you sabi am wen you dey manage your signs. To exercise dey important like as to tek medicine and fit help you dey sleep well, e fit reduce di time wey your belle dey block or your face dey be like you dey vex. E fit also reduce pain for your bodi and oda signs wey dey affect waka. Dem don study am talk sey to dey exercise for 2 an half hours a week go mek your signs beta and di disease no go dey progress quick. To dey exercise evri time go help you no too feel som of di side effects wey your medicine dey give you.



**Exercise class wey dem dey do for chair
Parkinson's Support, Constantia Park, South Africa**

Wich kain exercise I go dey do?

We no get one exercise wey evri bodi go dey do. Mek you luk for di tins wey you like to do and your bodi fit do. Plenty tins dey wey you fit do to kip you strong. E depend as your signs and your bodi strong reach, you fit dey do exercise wey go mek you dey waka fast fast, you fit ride bicycle, swim, run, do boxing for air, dance, waka around wit your leg, push your bodi up from ground, jump rope, or even lift heavy tins.



OAUTHC Parkinson's Support Group, Ile-Ife, Nigeria

If Parkinson don tey for your bodi, or your signs get as e be, e beta sey mek you try to dey do di tins wey don dey get difficult for you like to dey get up from chair, twist your bodi, do som garden work, stretch your bodi, waka from your heel reach your toe, and swing your hand. Dis na so dat your bodi go dey get beta small small, but mek you no do dis tins alone if you no strong reach, mek you no go wound your sef. If you no dey fit stand well or e dey hard you to stand on your own, you fit sidon dey do dis tins.

As di disease dey progress, you fit begin nid more help to dey do tins. E beta mek you stat to dey tink of how you go change som tins for how you dey live your life evri day. Some pipu go nid to use tins like walking stick or tins pesin fit hold for balance to help mek dia life easy. Even though e fit dey hard to belif sey you nid dis tins, if you see sey you don dey nid dem, di best tin na for you to use dem o, so dat life no go dey too hard for you. Plenty of dis kain tins fit mek am easy to do tins like to wash, to bath, to reach somtin, to eat and to drink.

Many pipu wey dey wit Parkinson dey live dia life well well even wit all di problem wey folo am. Wen dem dey do dis, no be sey dem dey pretend sey evri tin good, but dem undastand how Parkinson tek affect dem and dem dey survive am. Part of di ways you go fit do dis na to dey do tins wey dey give you peace and joy (like to dey listen to music, to dey waka and enjoy fresh air, to dey dance, to dey do go good for oda pipu, to dey tink beta tins about life, and so on). Anoda one wey go help na to focus on di tins wey you go fit do, no dey focus too much for di ones you no fit do.



**Wasswa Mohammed, Uganda
(Person wey get Parkinson)**

I fit still dey drive as I get Parkinson?

Sey pesin get Parkinson no mean sey di pesin go stop to dey drive; your neurologist dey di position to check you, kon tell you. Abeg mek you sabi sey som Parkinson medicine fit dey mek pesin sleep quick quick. So, if you dey see any of dis signs, **mek you no drive** and mek you tell your neurologist quick quick.



I fit continue to dey work as I get Parkinson?

Yes! Just becos dem comfam sey you get Parkinson no mean sey you must stop work just like dat. Work na important way to dey mek money, e go also build your confidence and ego mek you to no dey luk down on yourself. Some pipu no wan tell di pipu for dia work sey den get Parkinson, and no bi sey dat one dey bad; but e good mek you tink about wen e dey best to talk about am becos your signs go com out one day.

If you dey care for pesin wey get Parkinson

Your work as pesin wey dey care for pesin wey get Parkinson go mean sey you go do difrent jobs as you go be pesin wey dey tek care of di pesin bodi, manage and plan im medicine, you go also help wit dia evri day care, (like to dey clean up and wear cloth), and to dey dere for di pesin wen im nid you. Dis work go dey change as time dey go on. As di disease dey progress, pipu wey get Parkinson go dey nid more help for tins wey dem go dey do evri day. If you sabi di disease and di signs, e go help you tek beta care of di pesin wey get Parkinson.



Betty and Mike Anderson, Kenya
(Husband and wife wey Parkinson affect)

Wat about wetin me I nid?

One of di major wahala wey pipu wey dey tek care of pesin wey sick dey face na to balance dia own problem wit dat of pesin dem dey care for. To commot time for yoursef, connect wit oda pipu, and to ask for help wen you nid am dey important o. Dis go fit help you to cope wit your oda work and stress. If you your sef no well, how you wan com tek care of anoda pesin?

*If you want to go fast, mek you go alone.
If you want to go far, mek una go togeda.
- African proverb*

We dey work hard to help di African Parkinson disease community, but we no go fit do am alone - we nid you! Weda you get Parkinson o, or you know pesin wey Parkinson touch dia life, or you be a health expert who dey see pipu wey get Parkinson, you dey important to dis our community o!



Parkinson Si Buko Support Group, Uganda

We wan mek we go far — far to mek pipu sabi about Parkinson for all over Africa, and to dey reduce all di bad talk wey dey folo am; far mek we increase how we tek represent our pipu for Parkinson research; and far to improve how our pipu go dey get access to Parkinson tritment options.

We sabi sey we no go fit go far by our sef na im mek we dey beg you to join us as we dey build and expand dis our community.

Abeg visit **www.parkinsonsafrica.org** for more tori on how you fit join us.



Parkinson Si Buko Support Group, Uganda

Abeg contact teamafrica@parkinsonsafrica.org if you sabi any Parkinson support group wey dey for Africa, wey we no write here.

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We don translate dis book for oda African languages. Abeg visit www.parkinsonsafrica.org or www.ipdgc-africa.com for more tori.



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