



NEA ΕFA PARKINSON'S YAREΣ HO A ΕΣΕ ΣΕ WOTE ASEΣ

Nea Εβεμα woahu nnianim nsəm no mu

Parkinson's Africa ne IPDGC-Africa na εγες

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Asodie a yεremfa nnto yεn ho so

Yεanyε saa nhomawa yi sε yede emu nsεm bεsa yareε anaa yede bεkyεrε aduro a wunya yareε no bi a,εsε sε wonom ne nea εnsε sε wonom,na mmom sε εbεboa ma yεasua yareε no ho ade nkooaa. Sε worepe aduro a wobεnom ne ayaresa pεtεe a εbεboa wo ho nsεm dea a, wone wo dεkota nka ho asεm mmom. Mmfa nsεm a εwɔ nhomawa yi mu sε εyε nsεm a efiri dεkota bi a ɔrekyεrε wo aduro a εsε sε wonom ne nea εnsε sε wonom ne nea εkeka ho. Sε wokenkan biribi wɔ nhomawa yi mu,na wammfa anni dwuma yie a,εho asodie no nna yεne yεn aboafoa wɔasɔ yεn asene no so.

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Parkinson's yareε wɔ Africa ha

Wiase nyinaa, sε wuyi Alzheimer yareε (adwenem yareε a εka wo a, wo were firi bibiara) firi hɔ a,Parkinson's yareε na εtɔ so mmienu. Eno nso paa na nipa dodoɔ no ara renya bi. Wɔ Africa ha yi,mfe kakra a edi yεn anim no,nnipa wobenya bi no bεdɔɔso paa. Wei nti εho abehia paa sε yεbɔ ho dawuru na nkurofo ani ba wɔn ho so,yeyi adwene a εnyε papa a nkurfoɔ nim fa yare no ho na afei ateetee a wɔn woanya bi fa mu no,egyae koraa.

Parkinson's Africa ne IPDGC-Africa aye saa nhomawa yi-sε εbεma nnipa dodoɔ no ara anya Parkinson's yareε no ho nsem a ehia pii. Wei yε anamɔn akεsεε a yεrε sε yetu de bo **S.E.E Parkinson's** ho dawuru wɔ Africa ha no mu baako.Wubetumi akɔ yεn intanεt dwumadibea www.parkinsonsafrica.org anaa www.ipdgc-africa.com,na wubenya nsem pii.

Sε woanya yareε yi bi anaa wopε sε wosua ho nsem pii a,εha yi ara ne wo dabere. Sε yεka kyεrε wo sε woanya yareε yi bi a,w'abam betumi abu na woasuro mpo,nanso yenim sε wohu senea wone no bεtena a,εno ara ne asem no. Saa nhomawa yi ka nneεma a yεaboaboa ano na ama woanya yareε no ho nsem pii. Wubetumi akɔ yεn intanεt dwumadibea www.parkinsonsafrica.org na aboa wo wɔ ho.

Parkinson's yε yareε bən?

Afe 1817mu no, Dokota bi a ne din de James Parkinson a na ɔwɔ London kyerεε yareε yi ase sε: Ɛyε adwenem yareε a enni sabea (koankorɔ) na ɛrekyε wɔ wo nyinaa na ɛregye nsam.



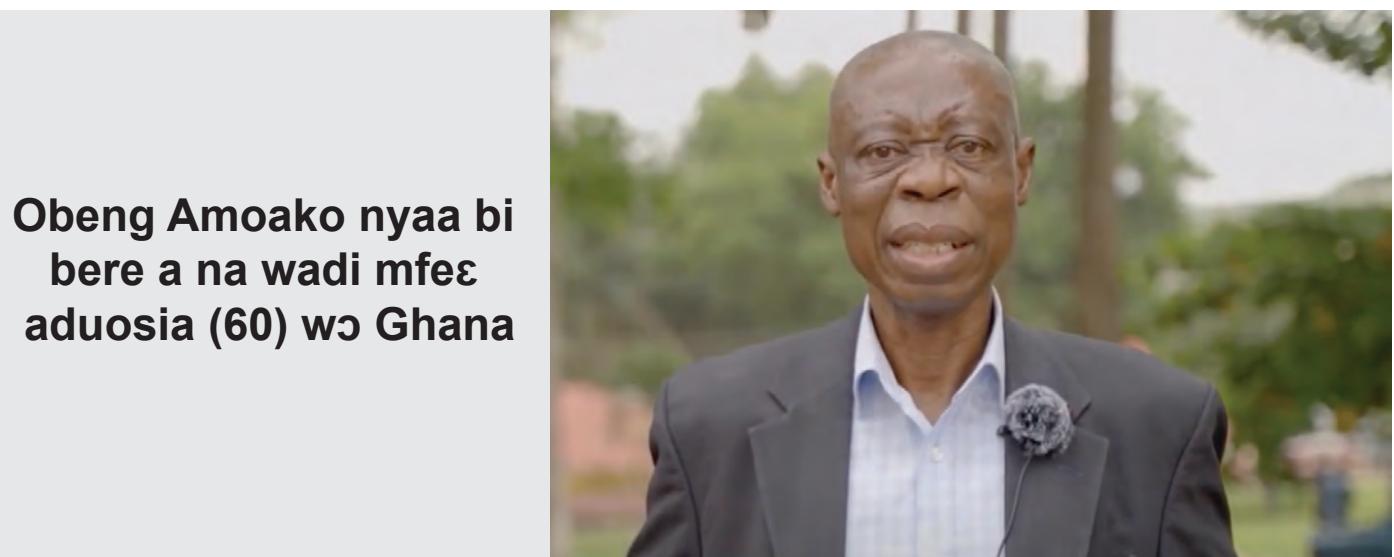
Saa yareε yi ka adwene no fa a εma wokeka wo ho no. Se wobesua ade, wobeda, wobεte yaw, wobεkae adeε ne sεnea wo suban te gyina saa adwene no fa yi ara so. Parkinson's yareε yi tumi sɔ wo yafunu, wo nnompe ne w'ani nso.



**Parkinson's Si Buko yε
Parkinson's ayarehwεbea ketewa bi a εwɔ Uganda**

Dən na əma obi nya Parkinson's yareε no bi?

Nipadua no wɔ nkwalimmoaa əma adwene no nya aduannuru pɔtee bi a yefre no dopamine ne afoforo nso. Sε nkwalimmoaa yi gyae senea esi yε n'adwuma yie na nkakrankakra ɛwu kodwoo tɔ a,εno na ɛde yareε yi ba. Nhwehwemufoc ntumi nkyerε ade pɔtee a əma nkwalimmoaa no gyae adwuma yε nanso wohu no sε ebetumi afiri awosu a ɛsεe,onyini anaa nnuru bi a ɛnyε mma nipadua no a ebi tumi kɔ obi mu,ka ho bi paa.

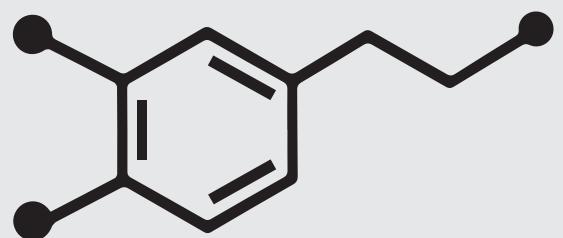


**Obeng Amoako nyaa bi
bere a na wadi mfeε
aduosia (60) wɔ Ghana**

Mεyε dən ahunu sε mewɔ Parkinson's?

Obi a wanyaa yareε yi bi no,ne nsa woso woso,εye titiritii anaa bawee,ɔnte panpan yie,ne yam tim,ne nna sεe,ontumi ntwerε yie ne nea ɛkeka ho.Sε yareε no hyε ase a, ebia saa nipadua mu nsakrae yi renna adi koraa mma wonhu.

Sε wowɔ adanse a ɛkyerε sε wo anaa obi a wodɔ no betuimi anya yareε yi bi a,wone wo dɔkota a ɔtaa hwε wo no mmɔ ho nkɔmmɔ na mompe aduru a εbεboa ntɛm.



Dopamine

Nipadua mu nsakrae a Parkinson's ma wunya

Nipadua mu nsakrae a Parkinson's ma wunya no bi ne sən?

Nea əma yehu Parkinson's yare no yə ntini a əma wokeka wo ho a əho tə kyima ne nsusuansoo afotoro a ənka ntini no.

Nsakrae a əba ntini a əma yəkeka yən ho no ho

Ntini atitiriw a əma yəkeka yən ho a obi nya yaree yi bi a əho ba asem no, nneema titiriw mmiensa a yede hu nie, əma nipa no ho popo, əma ɔyə nneema nyàà nyàà, ənna əma ɔyə n'ade ahoden so. Nanso nnyə obara na obehu saa nipadua mu nsakrae yi.



Ahoporoɔ



Nneema a wɔyə
no nyàà nyàà



Wo ho a εyε den
anaa bawee

Ahoporoɔ:

Wo nipadua no afa ahodoɔ te sə wo nsa, wano, wapantan ne wo nan firi ase woso nkakrankakra. Etaa hye ase wɔ nipadua no fa pɔtee bi, titiriw bere a wote faako a wonye hwee.

Nneema a wɔyə no nyàà nyàà:

Nneema te sə nantee ne mpaboa mpo a wobehye tumi yə asem.

Wo ho a εyε den anaa bawee:

Wo ntini mu sisi ma wontumi ntoto wo nsa anaa wontumi nnane wo ho wɔ mpa so.

Nsakrae a εba ntini a εma yεkeka yεn ho (wei yε foforo)

Sε yareε yi ma ntini a εma yεkeka yεn ho no ho tō kyima a,sε wo sere anaa wo bo fuw a,yenhu wō wanim,afei wo wedεε mu tumi yε wo ya ma wogye wo ho a εnyε yie,wo nam a na woretwe wo nan ase,wonam a na wakyea,na wo ntwerεyε nso yε nketenkete nketenkete.

Nipadua mu nsakrae a εnnka ntini no

Sε wuyi ntini a yareε no tumi sō mu ma sεnea εyε n'adwuma no ho tō kyima no to nkyεn a, nhwehwεmu kyerε sε Parkinson's yareε no tumi ma wo yam tim,wonntε ade hua yie. Wei hyε ase mfeε bebree ansa na abεssō wo ntini mu.

W'adwene a wontumi mmfa nsi adeε so

Yareε no ka wo a wontumi mfa w'adwene nsi ade so yie, wokeka nneεma bebree bom yε no bere koro mu, wontumi nnyε nneεma pεrεεpε, wontumi nkae adeε nso.

Adwene mu haw ahodoɔ

Nneεma bi ho anigye a wowɔ te kɔ,awerɛho,ehu ne yaw hyε wo so, afei nso sesei ara na w'abam abu.

Wontumi nna yie

W'ani nka nwu so koraa na w'ada anadwo,woda nso a kakraa bi na w'ani ate,wososo dae na eduru awie nso a na w'ani kum ma wogye ho a εnnye.

Parkinson's ho nsuuanso a enka adwene no

Ebi yε yaw ne brε nka a wote ,ayamtim,wugyina hɔ a na mogya a ɛredi wo mu aforosiane no rekɔ fam,wonnte ade pampan yie,dwonsɔ ho haw,wunnhu ade yie,woda a ase wohu nneεma wɔ w'ani so (wei de sε yareε no kye paa a na wotaa nya saa atenka no esiane nnuru a wonom no). Saa ara na nnuro no betumi ama woanya akɔnno a emu yε den sε wone ɔbarima anaa ɔbaa bεda,wobεtɔtɔ nneεma a wonhyε da nnhia, anaa wobεto kyakya.

Sε wonya nipadua mu nsenkyerε ahodoɔ yi ne afoforo a,bɔ mmɔden hunu oduruyεfɔɔ na ɔnhwε sε εyε Parkinson's yareε na worennya anaa yareε foforo bi a.



Nnipadua mu nsakrae a Parkinson's taa de ba

Whan na obetumi anya Parkinson's yareε no bi?

Onyini ne ade a edi kan a εεε mmerew se εεεma obi anya areε no bi, efiri mfeε aduosia (60) rekø. Nanso wosua mpo a ,wubetumi anya bi efiri se yareε wei deε onnyi ɔtwee nnyi adowa.

Ebetumi ayε abusua yareε anaa?

Ebinom wɔ hɔ a, nea εma wonya yareε no yennim. Ebia wonya firii wɔn awofo hɔ nanso yenni adansee paa a εkyere se wei taa si anaa εεε nokware mpo.

Parkinson's yε nsanyareε?

Dabi. εnyε nsanyare. Wowɔ bi na obi so wo mu,a onnya bi.

Εyε dεn na Parkinson's trε wɔ nipadu no mu?

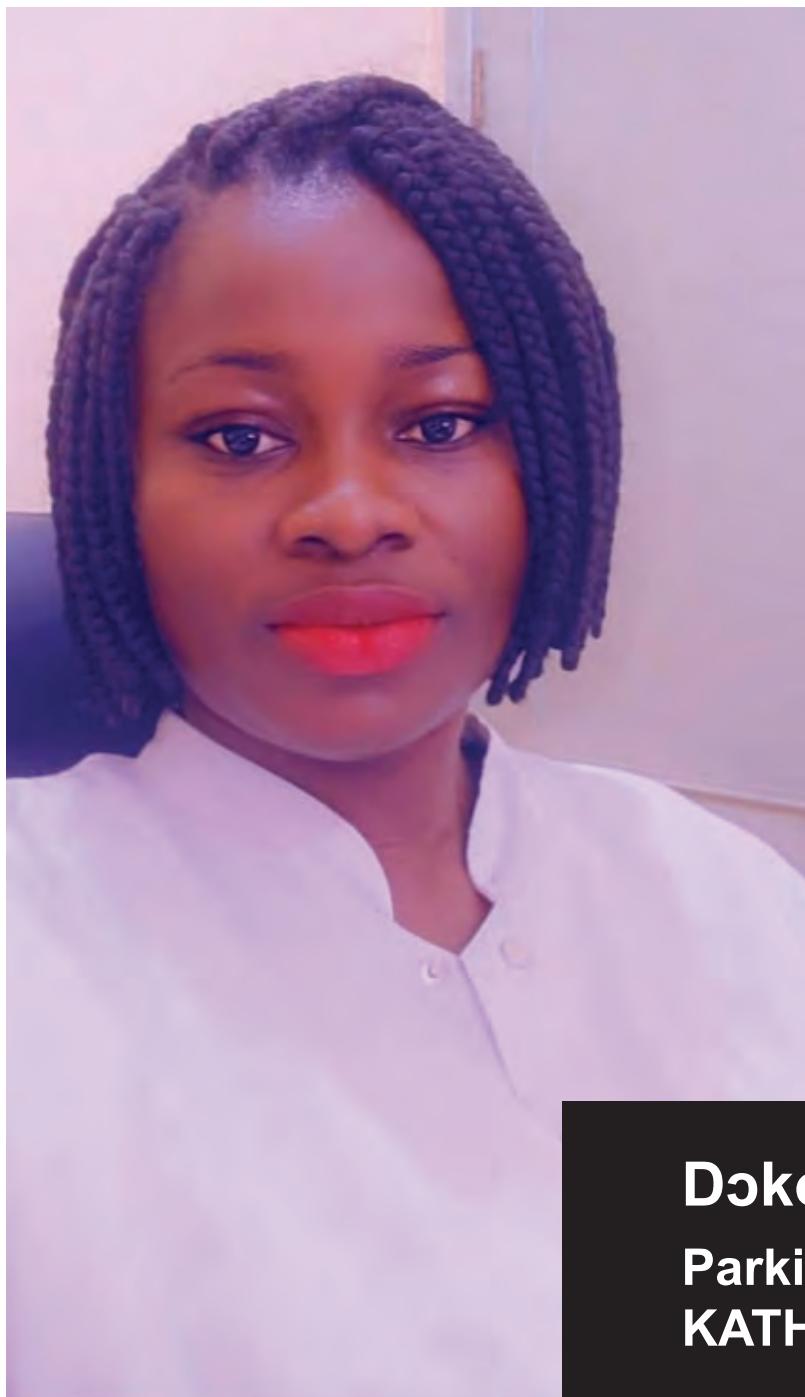
Esoso obiara,nanso nea εteε paa ne se Parkinson's trε nkakrankakra. εrekø n'anim nyinaa na εho nsunsuansoo no nso reye kεse. Se yareε no firi aseε a,mpεn pii no wotumi yε nneεma a wotaa yε no daa no a wonhia obiara mmoa.

Parkinson's yε owuyareε?

Parkinson's yareε no nnyε owuyareε,na nipa pii a wonya bi no nso nya ayaresa papa na wonya adøfø ma wɔhwε wɔn kama a,wotumi nyini kyε. Nanso se yareε no didi obi mu kεse a, etumi bubu no koraa na εma n'akwanhosan nso yε basaa.

Nea εεkyerε sε w'anya Parkinson's yareε no bi

Dεn na εkyerε sε obi anya Parkinson's yareε no bi?



Dokota a waben wɔ adwenem yareε mu ne dokota a ɔhwε wɔn a wɔn mfie akɔ anim paa na mpren pii no wobetumi ahunu sε woanya Parkinson's yareε no bi. Dokota no rentwe wo mogya nhwehwεmu mu ansa na wahu sε wowɔ yareε no bi deε,nanso ɔbεhwε wo yareε no ho nsem a woakora so afa wo ho wɔ ayaresabea hɔ na wasan ahwε nsuasuansɔ a worenya no nso.Afei obefiri wo kakra ahwε nneεma bi te sε ebia, ɔbεma w'abo wo nsa ano,w'asore afiri akongua a wote so no,obetumi nso ama w'anante kakra. Obetumi nso ama woakasa ama no atie ahwε senea kasa no ba no anaa ɔbεma wo de twerεdua atwerε biribi ama no ahwε.

**Dokota Vida Obese
Parkinson's yarehwεfɔɔ wɔ
KATH Kumasi, Ghana**

Dokota bi a ne din Obese taa de asem baako a εyε no dε paa yi hyε nkurofɔɔ nkuran: sε yareε koankorɔ bi bɔ wo na daa wodwene ho a, wonnya anigye da,nanso wammfa w'adwene annsi so na woyε wo ho te sε nea hwee nsiiεs a,wonnte nka mpo sε woyare.

Aduro anaa ayaresa bi wɔ hɔ a ebetumi atu Parkinson's ase koraa?

Sesei ara dee, ebi nni hɔ nanso nyansahunufoɔ gu so rehwehwɛ aduro a ebetu no ase korakora. Enkosi saa bere no, akwan ahodoɔ bi wɔ hɔ a wubetumi afa so ahwɛ wo ho so yie bere a woanya bi.



Minya Parkinson's yareɛ no bi a ɛsɛ sɛ menom nnuro?

Aane, ebeduru baabi no ebebia sɛ wonom nnuro. ɛno nso nnkyere sɛ wonyaa bi ara pɛ na worebɛnom nnuro. Ebinom nya yareɛ no a, wotumi hwɛ wɔn ho so kama mfiase no a wonhia nnuro. Wone wo dɔkota a ɔhwɛ wo no mmɔ nnuro no ne bere a ɛyɛ paa sɛ wofiri ase nom no ho nkɔmmɔ, esiane sɛ, ɛyɛ wo ara wo gyinaesi bere a wone no asusuw ho awie no. Wofiri aseɛ nom nnuro no a, nntoto mu, na wohu sɛ wo ho yɛ paa mpo a, nnyae nom da. **Hwɛ na wammfa wo pɛ annom anaa annyae nnuro no nom da bere a wo dɔkota no nnim ho hwee.**

Minya Parkinson's yareε no bi a, mεyε dεn ahwε m'akwanhosan yie?

Wubetumi ahwε w'akwanhosan so yie bere a woanya yareε no bi a, gye sε wonom εho nnuro, wonya ayarehwε na woyε nneεma ahodoɔ bi te sε - apɔwmuteεtεε, wobεdidi yie, wobεda kama na woate adwumaden bebree so koraa na wotaa gye w'ahome. Akwan a wɔfa so sa yareε no bi boa te εho nsunsuansoɔ no bi so kakra, sε nhwεsosoɔ no, kasa a wontumi nkasa yie ne w'ano a wontumi mfa nwesa ade papa no, εho ayaresa pɔtee no boa paa. Ebi nso deε, yεma woteεtεε w'apɔw mu na εma wo ntini a ayε bawee anaa wo nipadua afa ahodoɔ a εyε titiritii no no mu yε mmerεw kakra.



OAUTHC yε Parkinson's aboafø kuw a εwɔ, Ile-Ife, Nigeria

Wonom Parkison's nnuru no a,wubanya nsusuansoo bi?

Aduro biara a wobənom no, akyire wɔ nsusuanso. Saa ara na Parkinson's nnuro no nso teε. Nsusuanſoo no bi betumi anya w'asetena so nkəntensoo paa enti ehia sε woma w'ani ku ho. Nea εbεyε na wunni nsusuansoo no ho abooboo pii no, wone wo dɔkota nka ho asem. Hwε na wammfa wo pε annyae aduro no nom preko pε bere wo dɔkota nnim ho hwee annyε. saa a ebetummi aha wo paa.



Yeaka nsusuansoo a wonom aduro no a wubanya no bi ho asem wɔ ha. Wote aεε yie a, εbεboa wo ma w'asiesie w'adwene ansa na w'anom na annyε wo ade foforo.

Parkison's nnuru ho nsusuansoo

Parkinson's nnuro ho nsusuansoo baako ne se ema wo wedes sore sore ma wokeka wo ho a wontumi nwodwo ano. Ebetumi aso wo nipadua no baabiara. Se wonom Parkinson's aduro a yefre no levodopa a,hwe saa nsunuansoo no kwan.

Adwene mu ntini ho to kyima:

Se Parkinson's yaree no ye wo na wonom aduro levopoda a, ema nsunuansoo te se wo nsa a eye titiritii anaa bawee ne wo nipadua afa ahodoa a ewososo no ano bre ase paa. Nanso eduru baabi na aduro no nntumi nnye adwuma bio a, wo san si wo dada mu.

Nea ebeba wo mu biara na woreye a wonnwene ho:

Wei taa si bere a wonya akonno dendeeden se yi biribi. Da biara a wobeyen nea ebeba wo mu se ye no, eno ma wote nka se wo ho ato wo.

Woda a na woresoso dae huhuuhu. Nneema nworonworaan beba w'adwene mu:

Nneema eta gyinagyina w'ani so ne adwene bi a eta ba wo tirim a enye nokore no nyinaa ka yaree no ho nsunuansoo no ho. Yaree no ye wo kyek kakara a na wobehu saa nneema no nanso nnye obiara na eyen no saa.

Da a wontumi nna yie:

Nnuro a wobenom de ako wo yaree no mu bi betumi ama w'ani akum a emmo wo nkaees.

Nsakrae a eba ahoden a mogya de bo fa mogya ntini mu:

Nnuro a yede ko Parkinson's yaree no mu bi tumi ma ahoden a a mogya de bo fa mogya mu ntini no ano bre ase.

Aduane bɛn na ɛsɛ sɛ medi?

Ewom, wɔn a wɔreyɛ yareɛ yi mu nhwehwɛmu no gu so ara rehwɛ senea nnuane ahodoo bi betumi ama yareɛ no aye kɛse, ne senea ɛbɛma nnuro a wonom no nso rennyɛ adwuma yie deɛ,nanso aduane pɔtɛe biara nni hɔ a ɛno nko ara na ɛsɛ sɛ wudi daa, anaa wogyaɛ di koraa. Nea ehia paa ne sɛ wobedi aduane a ahoden wom na ɛbɛboa wo nipadua ne w'akwanhosan ma aye kama.

Aduane a yebedi ho mmara a obiara nim no bi nie:

- Nni aduane baako da biara. Sakra mu daa,atosode,nnuaba,nam,nhabanma. Biribiara bi kakra bɛboa.
- Ma wani nku wadidie ho. Nnidi mmoro so na wannye kɛse bɔne na saa nso na ɛnyɛ papa sɛ wobɛkyere wo yam kɔm aboro so na annha w'akwahosan.
- Eyaa taa nom nsuo.



Metumi anom nnuro a senea obi nya nnuanennuro?

Ne papa mu no, nnuanennuro a yenza firi aduane ankasa mu no yε sene nea yenza firi nnuro mu. Wobetumi ne adokotafoa a wɔhwε wo no aka nnuanennuro a yenza firi nnuro mu ho aseem, se wopε se wonom bi a. Nkurofоo binom taa keka nnuro a wɔnom de pe nnuanennuro yi bi ho aseem se εbeεboa wo Parkinson's yareε no deε, nanso εnyε nokware turodoo. San kae hunu se saa nnuro no bi mpo betumi aseε senea wo Parkinson's nnuro no yε adwuma no.



Aduane a midi betumi aka senea aduru a menom no yε adwuma?

Ebinom wɔ hɔ a, se wodi aduane a nnuane nnuro te se protein a yenza firi kosua, mogyanam, kyiis, apataa ne atεdua wom, na se wɔnom aduro te se levodopa a, aduro no ntumi nnyε adwuma yie. Enti εtaa yε papa se wobenom aduro no sima aduasa (30) kosi aduosia (60) ntam ansa na woadidi anaa dɔnhwere mmienu wɔ w'adidie akyi. Levodopa yi ara nso betumi ama wafeε, enti wonom wie a εyε a pe biri kakra bi te se ebia biskit bi bɔ aseε na εnte nsunsuanso no so kakra.

Wunya Parkinson's yareɛ no bi a, apɔwmuteɛtɛs bɛboa anaa?

Senea adunae pa wo hia no, saa ara na apɔwmuteɛtɛs nso ho hia ma obi a wanya Parkinson's yareɛ no bi. Ntini a ɛma wo keka wo ho a ɛho tɔ kyima ma wontumi mpagya wo nsa ne wo nan ne wo nipaðua afa ahodoo yie, ne afei ayamtum betumi ama ɔpɛ a wowɔ sɛ wobetenetene w'apɔw mu no ate akɔ: nanso ɛsɛ sɛ wote aseɛ sɛ, senea aduro ho hia bere a woreko yareɛ no, saa ara nso na apɔwmuteɛtɛs nso ho hia. Ebetumi ama w'ada yie, ɛbɛma wo yam ada hɔ na woatumi agya wo nan, na aboa ate abambuo a wunya esiane nnuro ne yaw a wote no so. Nhwehwɛmu kyere sɛ, wode dɔnhwere mmienu ne fa tenetene w'apɔw mu nnawɔtwe biara a, ɛte yareɛ no ho nsunsuansoo a wotaa nya no so. Saa ara nso na nnuro no ho nsunsuansoo no nso apɔwmuteɛtɛs tumi ma wogyina ano.



Apɔmutesɛtɛs a wɔtena akongua mu yɛ.
Parkinson's yareɛ ho aboafoo a wɔwɔ, Constantia Park, South Africa

Nnema bɛn na metumi ayɛ de atenetene m'apɔw mu?

Wɔnhyɛɛ apomuteetɛɛ ho mmara biara. Nneɛma a w'ani gye ho sɛ woyɛ ne nneɛma a wubetumi ayɛ na ɛsɛ sɛ wode w'adwene si so. Adwuma a wubetumi ayɛ de ateetɛɛ wo mpɔw mu no gu ahorow, wode wo ho hye mu a ɛbɛma wo ho ayɛ den. Dwumadie ahorow bi te sɛ nnantew a emu yɛ hye, sakre so tra, asudware, mmirikatuo, wobɛborɔ mframa, adi asa, kyini a okyini twa kwan kakra, wode wo nsa bɛma wo mu so akɔ soro asan aba fam saa ara, huruw a wobɛhuruhuruw afa ahoma so, anaa mpo wobɛpagya pagya nnadeɛ a w'ahoden betumi.



OAUTHC yɛ Parkinson's aboafɔ kuw a ɛwɔ, Ile-Ife, Nigeria

Sɛ wonyaa Parkinson's yareɛ no akyɛ anaa nea yareɛ no ho nsunsuansɔ no ano yɛ den anaa ɛyɛ den sɛ wubegyina wo nan so a, wubetumi ayere wo ho akɔ so ayɛ nneɛma ɛyɛ den ma wo sɛ wobɛyɛ no bi te sɛ, wobɛsɔre afi akongua mu, wobɛdanedane wo, wobɛyɛ turo anaa afuo ketewaa bi wɔ fie, wobɛtwetwe wo mu, wode wo nan taboro bɛtɔ fam anantew, wobɛnwan w 'abasa.

Senea wone Parkinson's yareε no bεtεna

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Yareε no rekɔ n'anim no, na εreyε den ma wo sε wobεyε nneεma a woyε no daa no ma enti wubehia sε obi soso wo mu. W'ahye da aye nneεma bi a εma asetena yε mmerew ma wɔn a wɔwɔ yareε bi sei na sε εkɔba sε wohia mmoa bere a wɔpε sε wɔyε biribi te sε wosi nneεma, wodware, wɔkɔ baabi, wodidi anaa wɔnom biribi (ebi te sε dadeε a wɔde agye atrapoe ho ban a wubetumi asoso mu afro atrapoe no anaa dua a wode bεnantew) a aboa ma wɔn ankasa atumi aye. Mfidie ne nneεma bebree wɔ hɔ a ebetumi ama w'ankasa asi wo nneεma, adware, afa adeε wɔ baabi a εmmen wo, adidi, anom.

Emfa ho nsenennen a nnipa bebree a wɔanya Parkinson's yareε no rehyia no wɔatumi anya wɔn yareε no ho adwempa. Enyε sε ebia biribiara nhaw wɔn na mmom wɔbɔ mmɔden te yareε no ne ho nsunsuanso ase na wɔyε nea wobetumi biara fa ho. Nneεma wɔyε no bi ne nneεma a εbεma wɔn asom adwo wɔn ná wɔn ani agye (ebi ne sε wobetumi atie nnwom, atu mpasa, adi asa, atu wɔn ho ama aboa afoforo, agye bere atena hɔ asusuw nsem ho, ne nea εkeka ho). Sε wo de w'adwen si nneεma a wubetumi aye so sen nea wunntumi nnyε so a εbεboa paa.



Wasswa Mohammed wɔ Uganda
(Ono nso anya Parkinson's yareε no bi)

Sε meyare Parkinson's a, metumi atwi kar?

Sε oduruyεfø (døkota) ka kyεrε wo sε wanya Parkinson's yareε no bi a, εno nkyεrε ankasa sε εεε sε wugyaε kar twi; nanso nea obetumi ahu aka akyεrε wo paa ne wo døkota a ɔrehwwε wo no. Hyε no nsow sε nnuru a wøde sa anaa soso Parkinson's yareε ano no betumi ama woatø nko anaa mpo wada, εtø da a aduro no nsunsuanso anaa haw no tumi yε kεse. Sε nsunsuanso anaa haw a yεaka ho asem yi mu biara yε wo a, εnse sε wotwi kar na ntøm paa εεε sε woka ho asem kyεrε wo døkota no.



Sε meyare Parkinson's a, metumi akøso ayε adwuma anaa?

Wunya Parkinson's yareε a eno nkyεrε sε εεε sε wugyaε adwuma. Aane! Sε yεde akatua to nkyεn a, woyε adwuma a ebetumi ama wɔanya wo mu aphotoso na woate nka sε wo so wø mfasøø. Esaine sε yareε no rekø n'anim a εho nsunsuansøø no bøda adi nti εye papa sε woma w'adwumawura no hu. Mmfa nsie no.

Den na esee se meye se oyarehwefoo no?

W'adwuma se oboafoo no gu ahorow te se nea worehye kyε bebree bere koro no ara mu, kyere se, se nea oyare no anaa n'busuafo pε se osi gyinae wɔ n'ayaresa ho a esee se wutumi boa wɔn ma wɔye saa, ná bere koro no ara mu no nso wohwe se ɔnom ne nnuru nyinaa, ná woma w'ani ku ne ho (wobεma ne ho atew na w'asiesie ne ho kama), afei nso se ohia awerεkyekye anaa nkuranhye a esee se wutumi de ma no. Bere rekɔ so nyinaa na adwuma no resesa. Se yareε no rekɔ n'anim a, εyε den ma nea ɔwo Parkinson's no se ɔbεye pneεma a ɔyε no daa no enti ebehia se wososo ne mu. Senea εbεye a wubetumi ayε w'adwuma yie no ehia se wote yareε Parkinson's no ase yie ne nea εfa ho biara.



**Betty ne Mike wɔ Kenya
(Awarefɔ a wɔn baanu anya Parkinson's yareε no bi)**

Na me nso m'ahiade εε?

Nsεnennen baako a wɔn a wɔhwε ayarefɔ hyia ne se wɔbεkari pε wɔ nea wɔn ankasa hia ne nea oyarefɔ no nso hia ho. Se onya bere ma n'ankasa ne ho, nya bere ne ne nnamfo ne n'abusuafo bɔ na ɔhwehwε mmoa bere a ohia bi a, εbεma adwuma no ayε mmerew ama no paa na εremma ayarehwε no ho dadwen nhye no so.

*Baakofoɔ nante a, otumi kɔ ntentɛm,
nanso nnipa dodoɔ bom nante a, wotumi nante kɔ akyiri paa.*

- Afrikafoɔ bɛ

Yɛn botae ne sɛ Parkinson's yareɛ ho adawurubɔfɔc a wɔwɔ Africa man mu no begyina, nanso yɛn nko ara ntumi nnyɛ - yehia wo! Sé dokota aka akyerɛ wo sɛ wanya Parkinson's yareɛ no bi oo anaa wunim obi a (ebetumi aye w'adamfo, w'adwuma muni, wo fipamfo, wo busuani) Parkinson's yareɛ no ama n'asetena aye bisibasaa, anaa sɛ woyɛ obi a ɔhwɛ obi a ɔwɔ Parkinson's yareɛ no, yɛhia wo sɛ woba bɛka yɛn ho.



**Nanteɛ a wɔnante fa kurom de ma nnipa hu sɛ
yareɛ Parkinson's no wɔ hɔ ankasa
Parkinson's Si Buko Support Group, Uganda**

Yεrε sε obiara te yεn nka – kyεrε sε, yεma Africa man mu no nyinaa hu sε Parkinson's yareε no wɔ hɔ ankasa na yεte ateetee a wɔn a wonya bi no fa mu no so; yεma nnipa dodow a wɔde wɔn ho bεhyε Parkinson's yareε no mu nhwehwεmu no mu no dɔoso; na sε obi repε Parkinson's ayarehwεbea a ɔmmrε ho koraa.

Sε yεka sε yεn nko ara bεyε a, yεnkɔ y'anim da enti yεresrε wo sε bεka yεn ho na yεntε abusua yi mu. Yεsrε wo kɔ yεn intanεt dwumadibea wɔ www.parkinsonsafrica.org na wubehu sεnea wubetumi abεboa.



**Nanteε a wɔnante fa kurom de ma nnipa hu sε
yareε Parkinson's no wɔ hɔ ankasa
Parkinson's Si Buko Support Group, Uganda**

Baabi a wubenya Parkinson's aboafoc

Yesre wo, se wunim baabi foforo a won a wobo a won a woyare Parkinson's no bi wo wo Africa na enni nea edidi sooo yi mu a ma yen nhu wo teamafrica@parkinsonsafrica.org.

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Parkinson's Africa ne IPGC – Africa na wɔkaboom yεε nhomawa yi. Yεre se yεde aseda ma:

- ★ UCL Grand Challenges ne UCL Global Engagement Office, se wɔtaa yεn akyi faa ho ka;
 - ★ Parkinson's UK, se wɔmaa yεn nneεma a yehia na yεde ayε nhomawa yi; ne
 - ★ Wɔn a Wanya Parkinson's (abusuafoɔ ne wɔn a wɔhwε wɔn nyinaa ka ho) ne nhomanimfoɔ a wɔbɔ mmɔden wɔ ayarehwε mu na ɔboa maa yεhwehwεε nhomawa yi mu no.
- K Ray Chaudhuri ne Kings Parkinson's Centre of Excellence
 - Dr. Natasha Fothergill-Misbah
 - Dr. Michael Temguoa
 - Dr. Abiola Ogundele
 - Dr. Mohamed Salama
 - Dr. Olaitan Okunoye
 - Dr. Yared Zenebe
 - Mr. Bode Olomolaiye
 - Mrs. Betty Oloo Anderson
 - Ms. Oluwabunmi Salami
 - Ms. Ngozi V. Agwunwite
 - Ms. Daniella Kemigisha
 - Mr. Obeng Amoako

Wubetumi anya nhomawa yi wɔ kasa afoforo a wɔka wɔ Afrika mantam ha. Yεsre wo kɔ yεn intanεt dwumadibea www.parkinsonsafrica.org anaa www.ipdgc-africa.com na wubenya yεn ho nsem pii.



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