



Early Signs of Parkinson's Disease

Parkinson's disease presents itself differently for everyone, but here's a closer look at the most common signs and symptoms:

Tremors

Tremors often begin in a person's hand but can affect both sides of the body and may also occur in the jaw, chin, mouth or tongue.

Small Handwriting

Changes in the brain can make fine motor skills like writing more difficult, so someone with Parkinson's may notice their script is smaller and more crowded together than usual.

Loss of Smell

A reduced sense of smell, called hyposmia, is often one of the earliest signs of Parkinson's.

Trouble Sleeping

Restlessness, insomnia, vivid dreams and fragmented sleep can all be symptoms of Parkinson's.

Mobility Issues

Changes in a person's walk, postural instability, and lightheadedness are some symptoms that may affect mobility.

Constipation

Many people with Parkinson's disease notice they are no longer having consistent bowel movements.

Change in Voice

A person's speech can become lower and softer, and someone with Parkinson's may have difficulty chewing and swallowing.

Expressionless Face

You may notice a reduced or mask-like expression in someone with Parkinson's. This slowed movement may include a decreased blinking rate and other changes in expression.

Dizziness

Vertigo and dizziness are common symptoms of Parkinson's, and some patients have reported that they feel dizzy or faint especially when sitting up from a chair.

Hunching Over

Parkinson's stops signals in your brain that remind you to sit up straight, so it can cause rounded shoulders, forward lean or a hunched-over appearance.

Anxiety and Depression

Changes in mood and increased depression and anxiety are also symptoms of Parkinson's and are caused by changes in dopamine levels.

If you or someone you know is experiencing multiple symptoms from this list, consider talking to your doctor about your risk of developing Parkinson's disease.

Are you at a higher risk?

- On average, people notice symptoms and are diagnosed around the age of 60.
- Men are more at risk of developing Parkinson's disease than women.

**Need support for Parkinson's care?
Talk to your care team or visit
CorsoCare.com for more information.**