



When a Parkinson's Disease Diagnosis is Made

How Parkinson's disease is diagnosed and how to cope with your diagnosis.

Diagnosing Parkinson's Disease

Unlike other common diseases, **Parkinson's disease** is not diagnosed through lab tests.

Instead, doctors take a patient's medical history and use the Unified Parkinson's Disease Rating Scale (UPDRS) to evaluate four primary motor symptoms — tremor, rigidity, slow movement (bradykinesia) and balance problems (postural instability).

If You Are Diagnosed With Parkinson's

Parkinson's disease is not a life ending diagnosis — but it is life altering. It's totally normal to experience a range of emotions while you adjust to your or your loved one's diagnosis.

Keep these tips in mind if you have received a Parkinson's diagnosis:

- Take time to experience your feelings and adjust to this life altering diagnosis.
- Educate yourself on Parkinson's disease, connect with your doctor for as much educational information as you can get.
- Utilize resources available such as support groups and online forums to connect with other people with Parkinson's.
- Remember, each person's experience is unique, and Parkinson's disease is not the same for everyone.
- Take an active role in your health and care by optimizing your medications and participating in recommended physical activities to improve your symptoms.
- Stress can make your symptoms worse. Consult a counselor to help you work through this journey to help you with your overall emotions.

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