

## Parkinson's Disease: What Are The Signs and Symptoms? Where Can You Find Help?

Parkinson's disease is the second most common neurodegenerative disease. It affects more than 1.5 million Americans, with 50,000 new cases annually and 135 new cases each day. It was first described by the English physician, Dr. James Parkinson, in 1817 as a "Shaking Palsy."

Here is an overview of the disease's signs and symptoms:



John Burkholder

- It occurs when there is an 80 percent loss of the neurotransmitter dopamine, which is important for starting a circuit of messages that coordinate normal movement.

- It can strike people of all ages, gender, race and nationality, with higher incidences in those age 60 years and over.

- Its primary symptoms may include tremors, muscle rigidity or stiffness, slowness of movement and postural changes affecting balance.

- It affects the ability to perform normal movement and coordination leading to difficulties with gait and balance, activities of daily living, speech and swallowing

- Treatment options may include medication management, physical, occupational and speech therapy, routine exercise, stress management and in some cases, deep brain stimulation surgery (DBS). This state-of-the-art procedure is available at North Broward Medical Center for candidates who meet specific criteria after having gone through extensive screening evaluations.

If you or a family member have demonstrated symptoms of this condition, many resources are available in the community. North Broward Medical Center, through its Neurological Institute, provides support services and treatment options to those suffering from Parkinson's disease, as well as their family members.

If you know someone with Parkinson's disease who needs information, resources or assistance, or for more information about joining the APDA Parkinson's Community Partnership referral network, contact Gigi Smith Gilcrease, RN, MBA at 954-786-2305 or 1-800-825-2732 (APDA). Information about support groups or educational programs also is available.

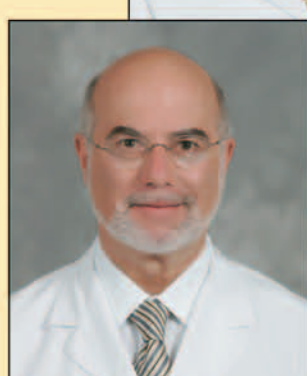
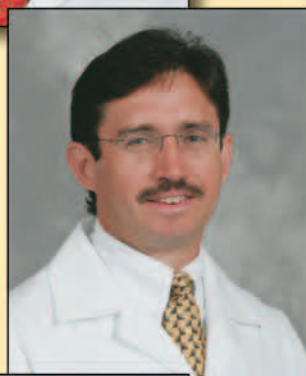
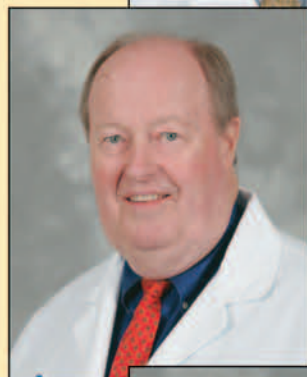
*John Burkholder is Regional Manager of the Neurological Institute at North Broward Medical Center, located on Sample and I-95 in Deerfield Beach.*

*North Broward Medical Center offers a full array of services including the Neurological Institute, Comprehensive Cancer Center, Orthopedics, Inpatient and Outpatient Rehabilitation, CT/MRI Imaging Center and much more. For more information, please call our Health Line at 954-759-7400.*

**FOLLOW our heart  
without asking whether  
it's OKAY to do so.**

## Connect With Your Cancer Care Team

# CONQUERING CANCER... TOGETHER



**Few things are more frightening than being told that you or someone you love has cancer.**

Our Cancer Care Team is here to help you through it all. The newly renovated Comprehensive Cancer Center at North Broward Medical Center is accredited by the American College of Surgeons and offers a full array of services including inpatient and outpatient care, chemotherapy / infusion, radiation therapy, pain management, genetic testing, social services and clinical research trials.

We are affiliated with the H. Lee Moffitt Cancer Center and Research Institute, a National Cancer Institute Comprehensive Cancer Center. This affiliation provides our patients with access to Moffitt's internationally renowned physicians, resources, expertise and clinical research as well as provides a system for patients to receive second opinions.

Access to high quality cancer care is available right here at the Comprehensive Cancer Center at North Broward Medical Center.

*Photos from top: Mayda Arias, M.D., David Noel Bimston, M.D., Douglas Eric Faig, M.D., Kenneth J. Monson, M.D., F.A.C.P., Jorge G. Castillo-Perez, M.D., Theodore Zaravinos, M.D.*



**Comprehensive  
Cancer Center**  
NORTH BROWARD MEDICAL CENTER

*A facility of the North Broward Hospital District*

201 East Sample Road, Deerfield Beach, FL 33064

[www.NorthBrowardMedicalCenter.org](http://www.NorthBrowardMedicalCenter.org)

**For more information please contact us at  
954-786-6460**