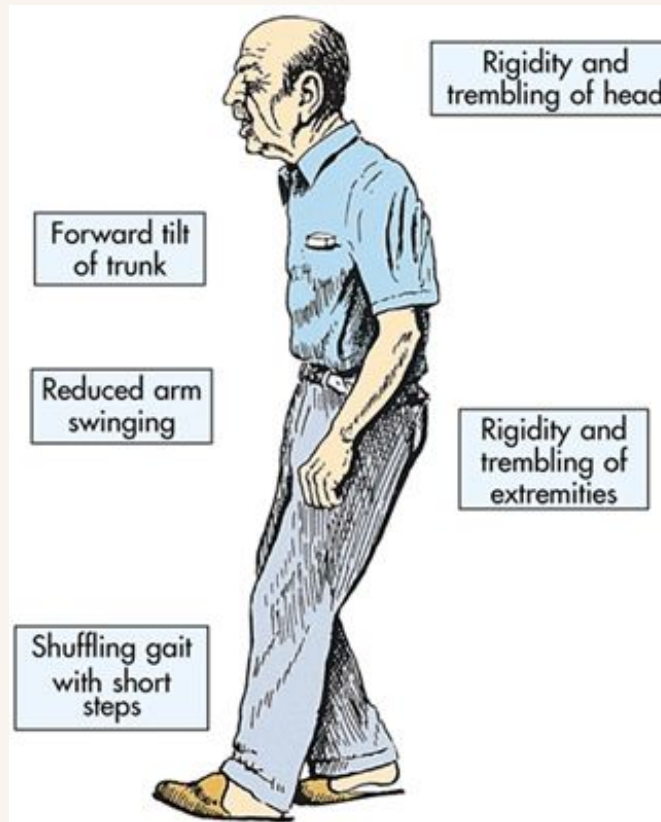


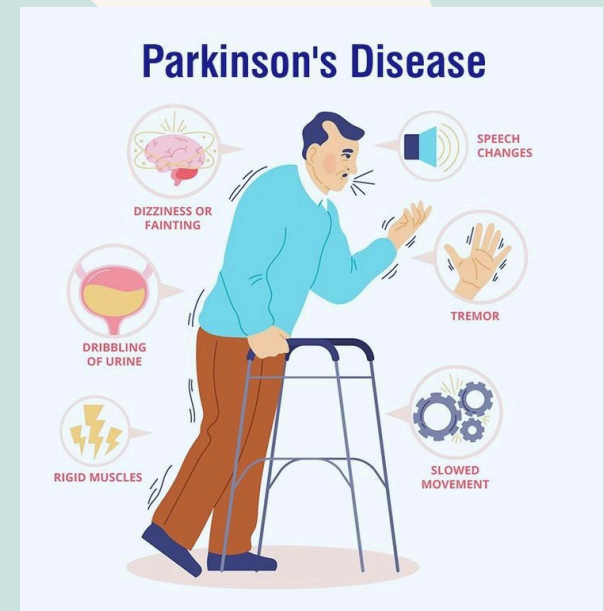
- Autonomic dysfunction such as postural hypotension (low blood pressure on standing), difficulties in heart rate regulation, issues with sweating, and challenges in controlling bladder and bowel movements (constipation, urgency, frequent urination and incontinence).
- Hyposmia (a reduced sense of smell) is one of the earliest signs of PD and can occur years before the onset of motor symptoms.
- Fatigue (physical and/or mental exhaustion; a feeling of being unable to perform routine activities).
- Pain may include musculoskeletal, joint, or nerve related pain; pain resulting from abnormal involuntary movements in ON time or OFF time.



Prepared by  
National Parkinson Network,  
Movement Disorders Society  
Of India



# WHAT ARE THE SYMPTOMS OF PARKINSON'S DISEASE?



Parkinson's disease (PD) is characterized by symptoms affecting movement, including slowness, tremors, stiffness, and balance difficulties. However, nearly all individuals with PD experience a variety of symptoms that are not related to movement, referred to as non-motor symptoms.

## MOTOR SYMPTOMS OF PARKINSON'S DISEASE

The three primary motor (related to movement) features of PD are slow movement, limb stiffness, and tremors, especially when the limbs are at rest. As the disease progresses, patients may also experience difficulties in maintaining posture and balance. Slowness of activities, known as "bradykinesia," is a primary symptom of PD and is necessary for its diagnosis. Despite having intact limb strength, individuals with PD perform daily tasks at a reduced pace. This slowness can be observed during clinical exams involving finger-tapping or movements of the hands and feet. When walking, the automatic arm swing on the affected side decreases, facial expressions slow down, the face often appears "mask-like," and the speech volume may diminish. Tremors are a prevalent symptom of PD and are more easily recognised than slowness.

Tremors occur in about three-quarters of persons with PD, typically starting on one side before spreading to the other. The tremor often manifests while the limb (hand or leg) is at rest and diminishes during movement, although it can occur during activities too. Tremors can worsen with walking, emotional stress, or intense concentration. It is essential to know that not everyone with tremors has PD; several other diseases can also result in tremors.



Individuals with PD often experience stiffness, known as "rigidity," in their limbs and a loss of flexibility. They may also encounter problems with walking, especially with balance and the feeling of their feet getting "stuck to the ground"—a phenomenon neurologists call the "freezing of gait".

These issues typically arise after a person has lived with PD for many years. In the advanced stages of PD, patients may also face postural instability and falls.

## NON MOTOR SYMPTOMS OF PARKINSON'S DISEASE

Non-motor symptoms may develop decades before motor symptoms and can significantly affect well-being and quality of life. They may also fluctuate and become severe when the medication's effect is absent (during OFF time). It is essential to identify and discuss these symptoms with your doctor.

### **Common non-motor symptoms observed in individuals with PD are:**

- Cognitive symptoms that affect thinking, attention, and memory
- Psychiatric manifestations include mood changes (depression, anxiety, apathy), hallucinations (seeing or hearing things that are not there), delusions (abnormal beliefs) and impulse control disorders (difficulty in controlling pleasurable behaviors)