

What is Parkinson's Disease?

Parkinson's is caused by the death of neurons (or nerve cells) in the substantia nigra, an important part of the brain that is responsible for producing a neurotransmitter called dopamine. The underlying reason for the death of these neurons is still an active area of research.

It is estimated that over 100,000 Canadians have Parkinson's. The average age of onset is 60 years and the incidence of Parkinson's increases with age.

It is estimated that over 10,000 people with Parkinson's live in Southwestern Ontario.

Parkinson's was once thought to be a disease exclusive to the elderly; but more people are now being diagnosed at a younger age.

Your support matters!

Parkinson Society Southwestern Ontario is supported by donations from individuals, members, businesses, foundations and the efforts of our dedicated volunteers. Your monthly donation will enhance PSSO's ability to create the very best community for everyone living with Parkinson's in Southwestern Ontario.

For more information, visit pssso.ca or call 1.888.851.7376.

parkinson SOCIETY
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ONTARIO

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Our team of supportive, kind and knowledgeable staff are dedicated to the community and to providing the resources that are needed and valued by all of the amazing people we aim to help. We are committed to providing the utmost care and support to all of those whose lives are touched by Parkinson's disease.

**Hope is close
to Home.
We are here
to help.**

For Information & Referral call
1.888.851.7376 or email
info@pssso.ca

123-4096 Meadowbrook Dr
London, ON N6L 1G4
pssso.ca



**HOPE
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We are Here to Help

When you or someone you love is diagnosed with Parkinson's, the first question often asked is "Where do I go?" Our answer is simple: Home.

Parkinson Society Southwestern Ontario (PSSO) is that home.

Home for all those living with Parkinson's disease in Southwestern Ontario.

*Parkinson's is the fastest growing neurological disorder, surpassing the growth of Alzheimer's. It is expected that the number of people with Parkinson's worldwide will double from 6.9 million in 2015 to 14.2 million in 2040.**

*Journal of the American Medical Association by Drs. Dorsey and Bloem titled *The Parkinson Pandemic – A Call to Action*



Symptoms of Parkinson's Disease

The symptoms of Parkinson's disease can be divided into Motor (affecting movement) and Non-Motor (not affecting movement) symptoms.

Motor Symptoms can include:

- Tremor (shaking)
- Rigidity (muscle stiffness)
- Akinesia/Bradykinesia (slow movement)
- Postural Instability (balance problems)

Non-Motor Symptoms can include:

- Sleep problems
- Problems with bodily functions
- Changes in mind, mood and memory
- Soft speech
- Pain
- Fatigue

Parkinson's is a complicated disease and it affects everyone differently. Medication can help with managing symptoms, but does not slow down the progression of the disease.

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You Are Never Far from Home With Parkinson Society Southwestern Ontario

Home for support

- Access to the toll-free information and referral line, 1.888.851.7376
- Provide customized information packages
- Link to Parkinson's-specific exercise programs
- Access to local community experts

Home for education

- Resources in print and online at pssso.ca
- Educational conferences, workshops and webinars
- In-services and presentations for health professionals
- Parkinson Education Program (PEP) for Community Caregivers online training at peponline.ca

Home for advocacy

- Ensuring the voices of people living with Parkinson's are heard on issues important to their well-being through the PSSO Advocacy Committee
- Guidance and support for the implementation of local initiatives

Home for research

- Funding of local research initiatives including the Graduate Student Scholarship Program and the Brain Bank for Parkinson's
- Current information about Parkinson's research
- An important link to researchers and research opportunities in our community