

National Parkinson's Disease Awareness Month

The month of April is globally recognized as **Parkinson's Disease Awareness Month** to raise awareness and educate the masses about Parkinson disease.

It aims to provide the ones affected with adequate support, encouraging research for better treatments and a possible cure.

The month is dedicated to fostering the public with basic knowledge such as symptoms, and challenges faced by the affected and their families.

What is Parkinson's Disease

Parkinson's Disease is a degenerative neurological disorder that affects balance, movement, and coordination.

It is defined by dying neurons or nerve cells in the brain that secrete a chemical called dopamine that is crucial for controlling movement.

Symptoms

- Sudden tremors like trembling of arms, hands, jaw, or legs.
- Rigid and stiff muscles with sudden loss of flexibility.
- Bradykinesia or slow movements and reduced mobility.
- Difficulty maintaining balance or coordinating movements.
- Sudden memory loss, confusion and difficult with solving problems.
- Severe mood swings.
- Insomnia, extreme fatigue and vivid dreams.
- Urinary incontinence, constipation, low blood pressure upon standing.

April 2nd – Lynn Enoch
April 16th --- Betty Stephens
April 20th --- Richard Adcock
April 29th --- Roger Blackmon

**HAPPY
BIRTHDAY**



The Red Tulip

The red tulip with a white fringe is the official symbol of Parkinson's disease. It was introduced as the international symbol on April 11, 2005, during the 9th World Parkinson's Disease Day Conference in Luxembourg. Chosen as a symbol of hope for those with Parkinson's, the tulip was developed by Dutch horticulturist J.W.S. Van der Wereld, who had Parkinson's himself. He named it the 'Dr. James Parkinson' tulip to honor the English surgeon who first described the disease in 1812.

Stages of Parkinson's Disease

1. Preclinical stage where no noticeable symptoms are shown, but the changes in brain are in process.
2. Mild symptoms such as tremors and inflexibility shown in the early stage.
3. In the moderate stage, symptoms take a devastating turn and starts affecting daily life.
4. The advanced stage causes significant disability causing them to depend on caregivers.

On **April 14, 1865**, Abraham Lincoln, the 16th President of the United States, was assassinated at his theatre box in Ford's Theatre in Washington D.C., while watching a production of *Our American Cousin*. His attacker was a Confederate sympathizer and famous actor, John Wilkes Booth. President Abraham Lincoln passed away the next day, only six days after the end of the American Civil War, which saw the Confederate Army surrendering. Lincoln was the first American president to be assassinated while in office, and what followed was a period of intense national mourning.