

New Mexico Parkinson's Coalition



factsheet

nmparkinson.org

Parkinson's Disease

is a neurological disorder resulting from the gradual loss of brain cells that produce dopamine, a chemical messenger necessary for controlled, coordinated movement.

SYMPTOMS



- Loss of facial expression
- Loss of smell
- Vision problems



- Soft voice
- Drooling
- Difficulty swallowing



- Tremor or shaking
- Small handwriting
- Loss of fine hand movements



- Trouble sleeping
- Anxiety
- Depression



- Muscle stiffness
- Shuffling steps
- Stooped posture
- Slow movements



The cause is unknown but research suggests genetics and environment can play a role.



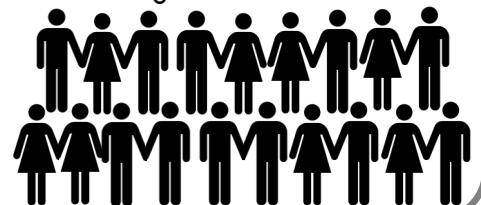
Without an objective test or biomarker, Parkinson's can be easily misdiagnosed.

Numbers in New Mexico

Three Movement Disorder Specialists with advanced training in Parkinson's



9,000 living with Parkinson's



Exercise is the new medicine for Parkinson's. It allows the brain to use dopamine more efficiently. Any exercise is beneficial, but greater intensity means greater benefit.

NEW MEXICO PARKINSON'S COALITION

is a 501(c)(3) nonprofit organization committed to optimal wellbeing in the Parkinson's community. The Coalition relies on fundraising and donations for its operations. Your financial support is needed and appreciated. To learn more, donate or volunteer

VISIT—NMParkinson.org

EMAIL—coalition@nmparkinson.org

PHONE—505.219.5065

MAIL—PO Box 35091

ABQ, NM 87176