

11 April is World Parkinson's Day

11 April is World Parkinson's Day – part of the global Parkinson's Awareness Month.

Parkinson's is a progressive, degenerative condition of the central nervous system that causes problems with movement, mental health, sleep, pain, and other health issues. Its causes are unknown and there is no cure.

Parkinson's disease is the fastest growing neurological disorder. By 2040, the number of people living with Parkinson's in Australia is expected to double.

Facts about Parkinson's disease:

- 70,000 people in NSW are living with Parkinson's.
- Parkinson's is more prevalent than most common cancers such as breast, prostate, and lung cancer. Yet it receives far less Government funding than these other diseases.
- With more than 50 symptoms, Parkinson's is complex, misunderstood, and in some cases misdiagnosed.
- Common Parkinson's symptoms include shaking and tremor, rigid and stiff muscles, slowness of movement and a frozen facial expression.
- Non-motor symptoms include anxiety, fatigue, pain, sleep problems, depression, eating and swallowing and more.
- Parkinson's affects people of all ages. The reality is that 5 Australians under 40 are diagnosed every day.
- 38 people are diagnosed with Parkinson's each day in Australia.

Parkinson's Awareness Month is also the lead-in to the major May community fundraising event of Parkinson's NSW – [Step Up for Parkinson's](#).

For more information

T: (02) 8051 1900

www.parkinsonsnsw.org.au/