



The care you need to continue living life to the fullest

As many as one million Americans have been diagnosed with Parkinson's Disease (PD), a progressive and chronic condition that affects the brain's ability to control body movements.

Conemaugh Physician Group - Neurology physicians and staff are specially trained in the diagnosis and treatment of Parkinson's Disease. Conemaugh offers comprehensive care including proven treatment options that combine time-honored complementary therapies with sophisticated medical intervention that is monitored by Conemaugh's board-certified PD medical director.

Conemaugh's on-site team includes:

- board-certified neurologist
- registered nurses
- psychologists
- physical, occupational, speech and balance therapists
- nutrition specialists

What is Parkinson's Disease?

Dopamine is a chemical produced in the brain that controls body movement and coordination. When dopamine-producing nerve cells are damaged, perhaps by age or environmental factors, the brain loses its ability to produce this essential chemical. As a result, PD patients gradually begin to lose voluntary control of their body movements.



PD cannot be diagnosed through advanced technology or bloodwork. Specialists analyze a patient's health history, past scans or MRIs, and response to other treatments. Once all other conditions are ruled out, a PD diagnosis can be made.

What are the symptoms of PD?

Parkinson's Disease tends to affect older adults, with symptoms often appearing around 60 years of age. Slightly more men than women develop the disease. Although a definite genetic link has not yet been established for PD, individuals with a family member diagnosed with PD may be at greater risk for the disease. Initial PD symptoms are often categorized as part of the natural aging process, making the disease difficult to diagnose.

Symptoms can include:

- Hallucinations or irrational behavior
- Memory loss or confusion
- Sudden hyperactivity or fatigue
- Digestion problems
- Urinary concerns
- Tremors while resting
- Joint stiffness similar to arthritis
- Changes in walking
- Balance problems or dizziness
- Difficulty with speech

See your if experiencing any of these symptoms.

Treatment plan will be developed and can include:

- Medications to restore levels of dopamine that reduce PD symptoms
- Surgery to implant a device, similar to a pacemaker, to deliver electrical stimulation to the brain for improved body control
- Coordinated care provided by balance, physical, occupational and speech therapists to help regain and strengthen body control
- Complementary therapies, such as yoga or massage



Support

Conemaugh offers a free monthly support group to help PD patients and their families understand the disease and how to manage its many facets. Call **814.269.5241** for information.



Conemaugh Memorial Medical Center

Parkinson's Disease Program

Conemaugh East Hills
1450 Scalp Avenue, Johnstown, PA

Learn more at conemaugh.org.

