



Parkinson's disease

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Prezentacja egzaminacyjna z przedmiotu: Język angielski specjalistyczny

3 Rok Fizjoterapia JMS, rok akademicki 2025/2026

Parkinson's disease



is a condition that affects the nervous system and causes problems with movement.



In the early stages, a person's face may show fewer expressions, and their arms might not move naturally while walking.



Although there is no cure for Parkinson's disease, medications can help reduce the symptoms.

Etiology

Caused by the **loss of dopamine**

Leads to **low dopamine levels**

Exact cause unknown
– likely a mix of **genetic and environmental factors.**

Genetic mutations

Environmental triggers

Other forms of **parkinsonism** can result from **drugs, brain disorders, or strokes.**

Risk factors

- Age
- Genetics
- Male sex
- Exposure to toxins

Parkinson's Disease Risk Factors



Parkinson's disease usually begins in middle-aged to old people. It hardly affects young adults.



Men are at higher risk of developing Parkinson's disease than women.



If a close relative is affected with Parkinson's disease then the chances of developing Parkinson's disease increases for you.



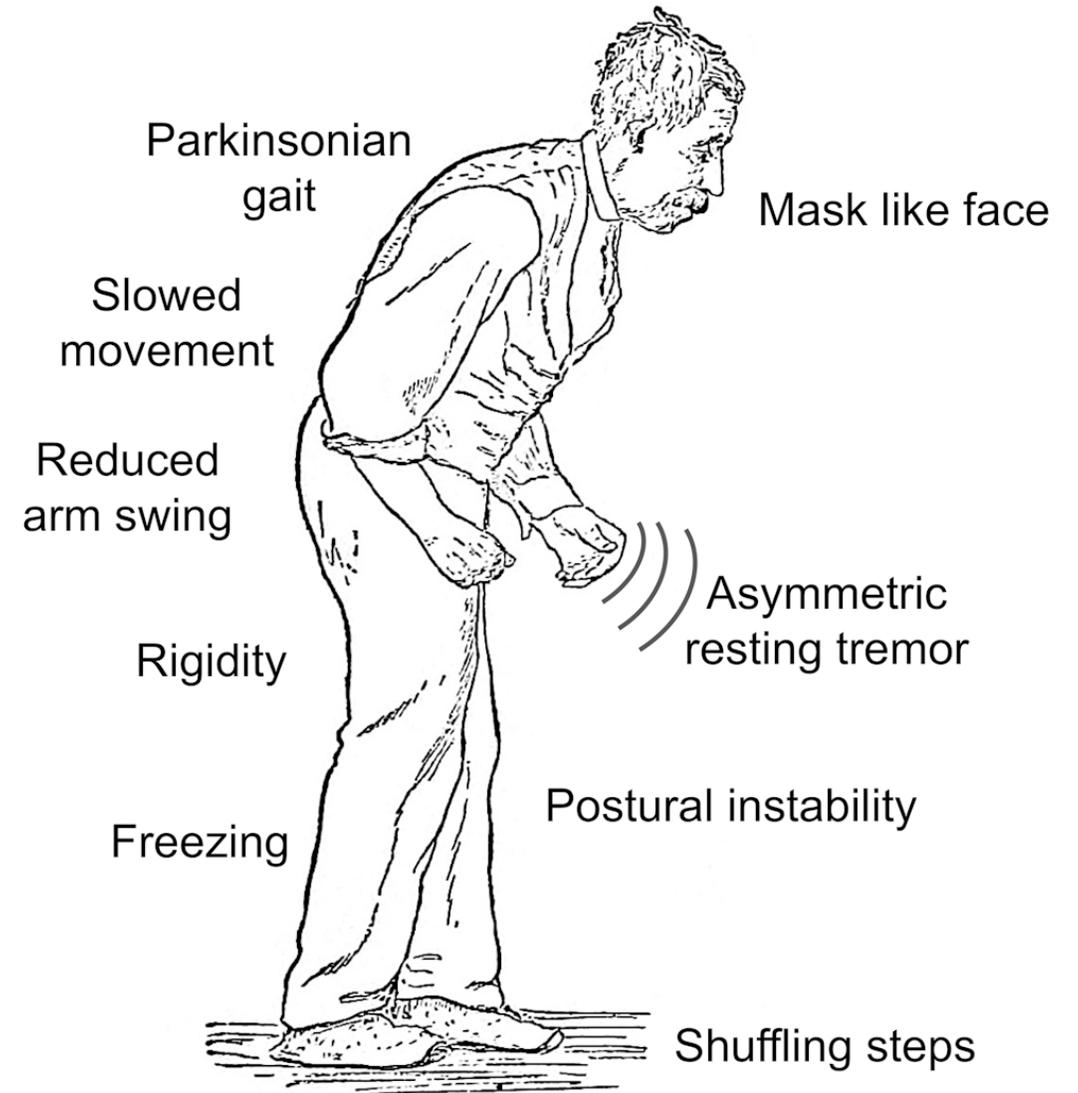
Exposure to toxins such as herbicides and pesticides increases the risk of developing Parkinson's disease.



#becauseyourhealthmatters

Symptoms

- Tremor
- Slowed movement, bradykinesia
- Rigid muscles
- Poor posture and balance
- Loss of automatic movements
- Speech changes
- Writing changes
- Nonmotor symptoms



„Źródło: W. Gowers, *Diseases of the Nervous System*”.

Diagnosis

- Parkinson's disease (PD) is a “clinical” diagnosis. This means that an individual's history, symptoms, and physical exam are used to make the diagnosis. There is not a specific lab or imaging test that can diagnose PD.

treatment



Exercise



Medications



Surgical Treatment
Options

Physiotherapy

- Improving Balance and Coordination
- Increasing Mobility and Flexibility
- Strength and Endurance
- Gait Re-training
- Cueing Strategies and Functional Training



<https://park.org.pl/wp-content/uploads/2022/11/image-1.png>

Exercises

- Aerobic and range-of-motion exercises
- Strength and endurance exercises
- Balance, coordination, and flexibility exercises
- Stretching exercises
- Special methods, e.g., PNF (Proprioceptive Neuromuscular Facilitation).



<https://www.bardomed.pl/blog/wp-content/uploads/2023/09/rehabilitacja-choroba-parkinsona.jpeg>

Yoga



- The benefits of yoga for PD are countless. Yoga can help maintain balance, flexibility, mobility, and more. Yoga begins with the breath. Breathing will guide you through various poses, or asanas, as you move through your yoga practice.

Vocabulary

Bradykinesia – spowolnienie ruchowe

Nonmotor symptoms – objawy niemotoryczne

Endurance exercises – ćwiczenia wytrzymałościowe

Muscle stiffness / rigidity – sztywność mięśni

Bibliography

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Thank you
for
listening!



<https://i.pinimg.com/736x/d2/8f/ae/d28fae66aa7684395cb8dd776090891.jpg>