

the Telehealth Times

APRIL IS
PARKINSON'S
DISEASE
AWARENESS MONTH



Happy Easter!





Hey there! I hope you are doing well and enjoying this beautiful and warmer weather. April is Parkinson's Disease Awareness Month. Although there is not a cure for Parkinson's, there is treatment for the symptoms and many people can still maintain a healthy and normal lifestyle.

If you believe you may be experiencing symptoms of Parkinson's, consult your primary care provider for a screening or a referral to neurology. For those who may have been already diagnosed and living with Parkinson's, there are many resources available for support.

Parkinson's Foundation Carolinas
Charleston, SC
[770] 450-0792



Yours Truly,
Kamryn

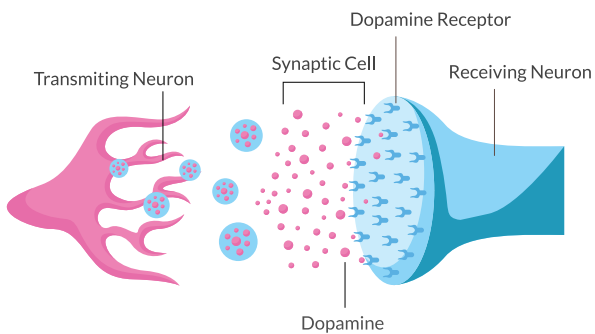
Kamryn Williams, LPN
Telehealth Coordinator
Palmetto Care Connections

Parkinson's Disease

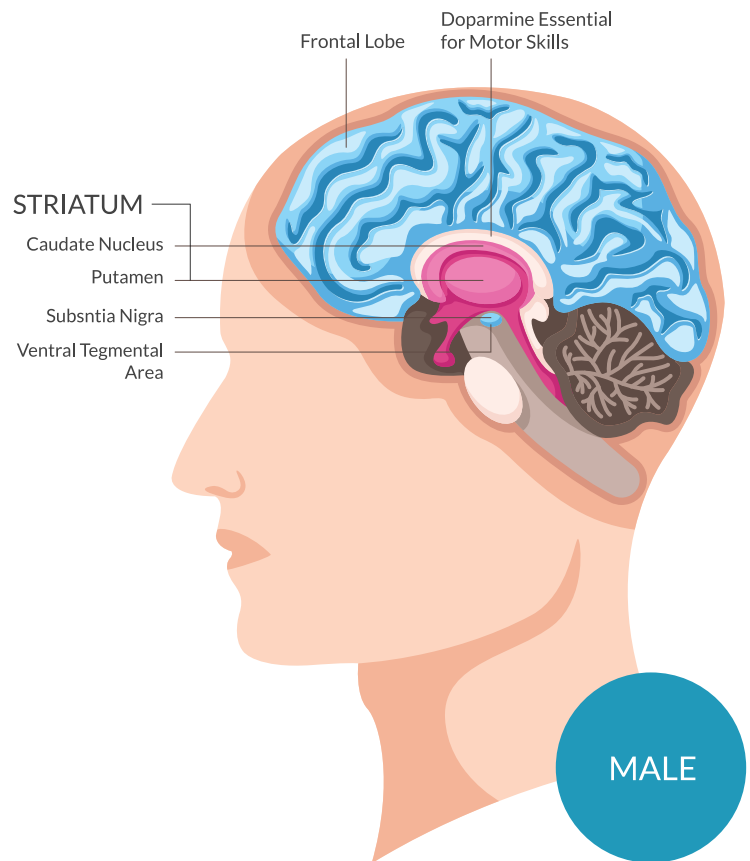
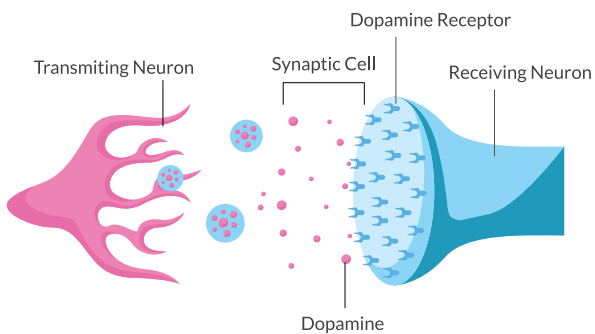
Parkinson's is a neurodegenerative disorder that affects the neurons in a specific area of the brain called substantia nigra. This disorder predominately affects the dopamine-producing or dopaminergic neurons. There are 5 stages and multiple types of Parkinson's Disease.

PARKINSON DISEASE

NORMAL NEURON

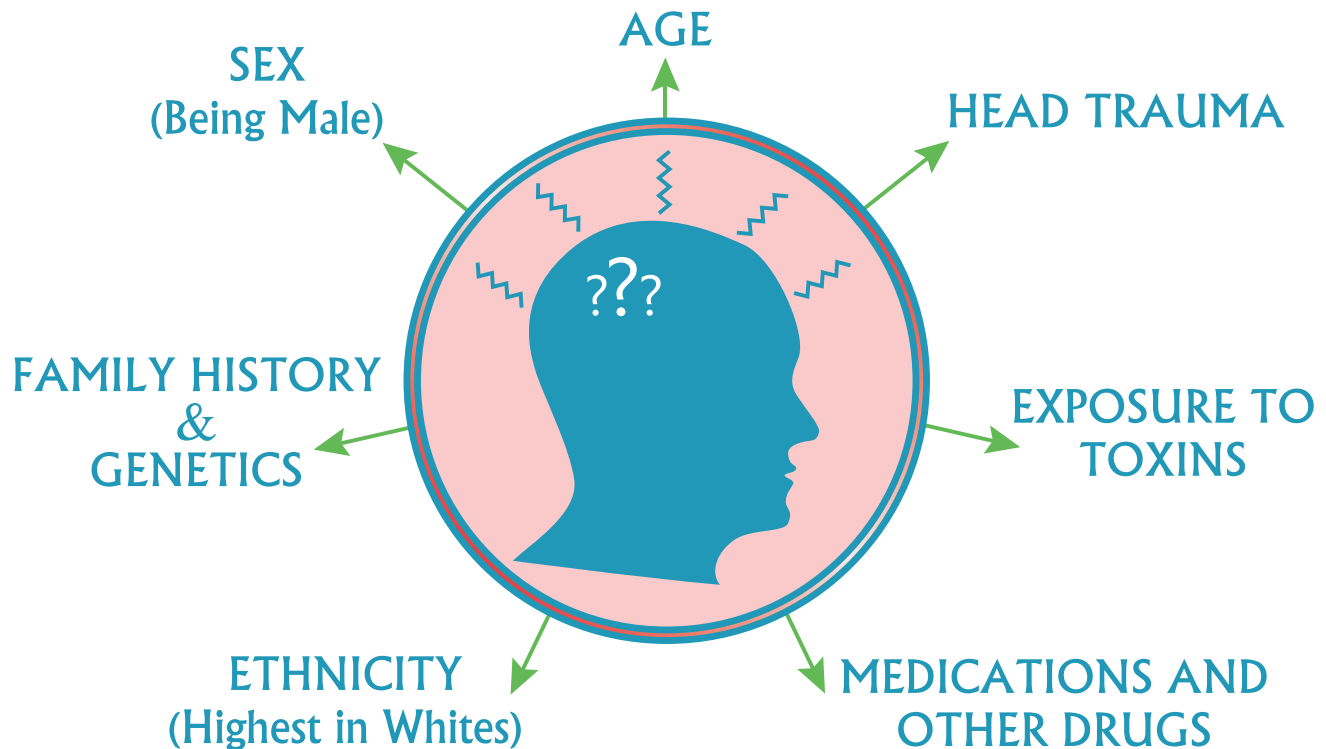


PARKINSON'S REDUCED DOPAMINE

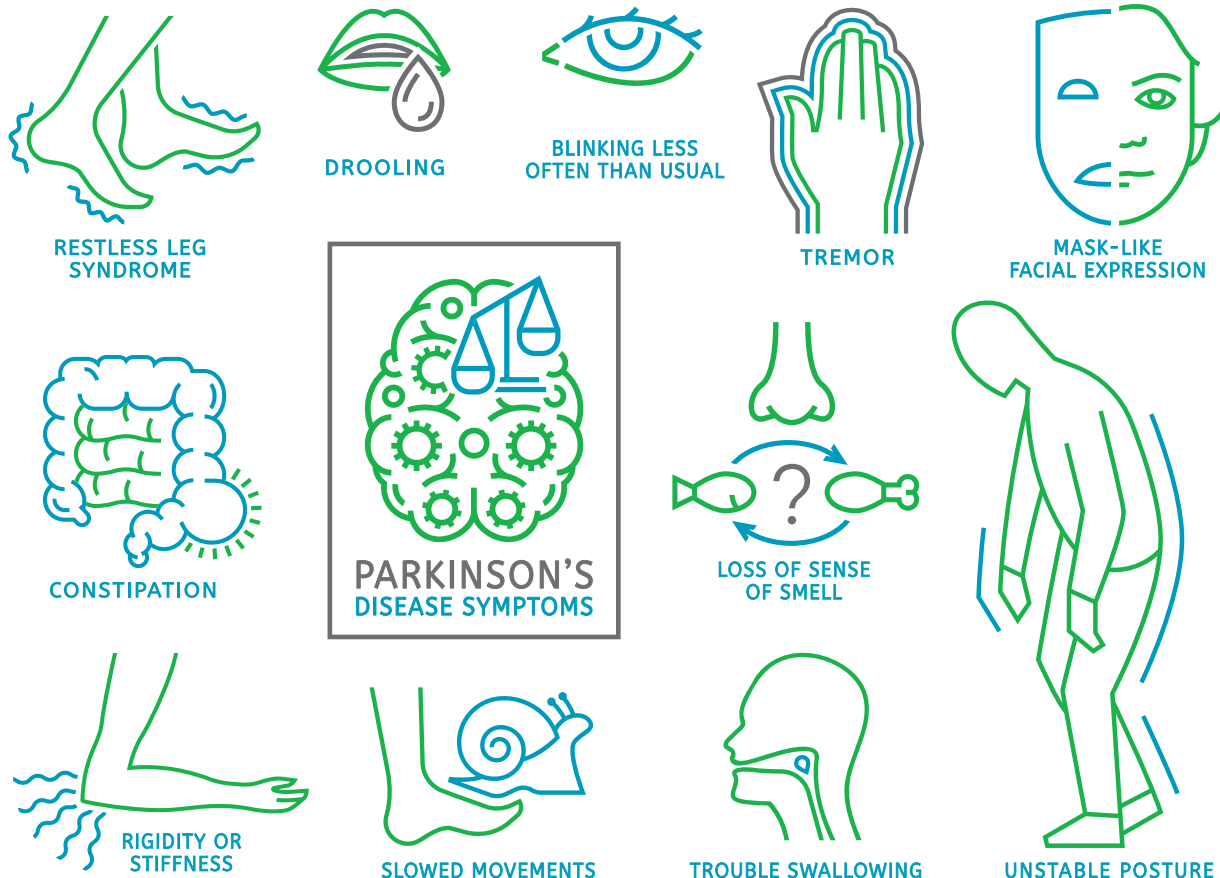


Risk Factors & Symptoms

PARKINSON'S DISEASE RISK FACTORS

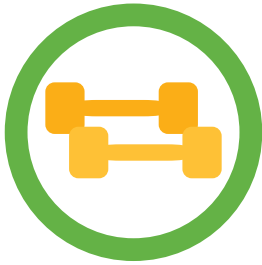


🎗️ APRIL • PARKINSON'S DISEASE AWARENESS MONTH 🎗️



Prevention & Treatment

PREVENTION



physical exercise



walks in the
open air

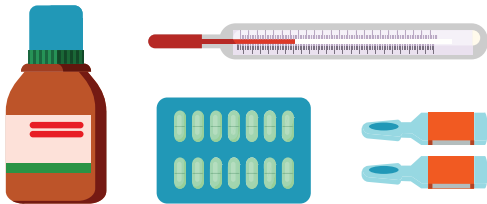


no smoking



no alcohol

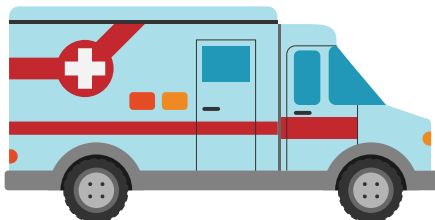
TREATMENT



DRUGS



WORKOUT



SURGERY



CONSULT A DOCTOR

Management and Lifestyle



Studies show that Parkinson's disease advancement can be slowed by making wise nutritional decisions. There is no specific diet ordered for Parkinson's disease, however, a diet that includes a variety of whole grains, fruits, vegetables and protein-rich foods can improve your health. The proper foods will optimize your prescribed medications, maintain bone strength, prevent constipation and weight loss as well as promote overall health.

Incorporate small quantities of walnuts, cashews, and other nuts to promote brain health and foods that have anti-inflammatory effects in the brain, such as tuna, salmon, and dark, leafy green vegetables.

FACTS AND STATS

The cause of Parkinson's disease is unknown and there is no cure.

Exercise helps manage Parkinson's symptoms. Small handwriting and loss of smell are early signs of Parkinson's.

Men are 1.5 times more likely to have Parkinson's Disease than women.

Nearly 1 million people in the United States are living with Parkinson's Disease. This number is expected to rise to 1.2 million by 2030.



Source: www.parkinson.org

WHAT WE ASPIRE TO BE

OUR VISION

Every South Carolinian is connected to healthcare services

WHAT WE ARE

OUR MISSION

To improve access to healthcare services in rural and underserved communities in South Carolina through telehealth, technology, broadband and education.

WHAT WE DO

OUR VALUES

- Transform healthcare delivery
- Build trusted relationships
- Empower communities
- Innovative solutions
- Keep healthcare local
- Inclusion
- Equitable access
- Advocate

WHAT WE DO

FOCUS AREAS



Technology



Telehealth



Broadband



Education

Telephone: 803.956.6221

www.palmettocareconnections.org

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