
- **Tremor** in hand, leg or jaw. Similar to a pill-rolling movement.

- **Rigidity** causes muscles to become tight, stiff and can cause pain. You may notice loss of natural arm-swing, smaller handwriting or decreased facial expressions.

- **Akinesia/bradykinesia** is the loss or slowing down of natural movements. Actions take significantly longer to finish.

- **Postural instability**, loss of balance, stooping posture and increased risk of falls.

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EARLY SYMPTOMS

Early diagnosis and treatment of Parkinson’s can help you live a healthier life. If you experience more than one of these symptoms, you should see your doctor.

CHANGES IN MOOD - DEPRESSION OR ANXIETY

CONSTIPATION

LOSS OF SMELL

SLEEP DIFFICULTIES INCLUDING THRASHING, KICKING AND PUNCHING IN YOUR SLEEP

For more information, contact the Parkinson Outreach Center at 407-303-5295.

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