A Journey Through Parkinson’s

Did you know...

According to the National Institute for Health, Parkinson’s Disease (PD) is a chronic, progressive movement disorder in which about 50,000 people are newly diagnosed each year in the U.S.

Growing older is the greatest risk factor for acquiring Parkinson’s disease and many people live with symptoms for several years before being diagnosed. Often people in early stages of Parkinson’s disease assume their symptoms are part of normal aging or are due to other health problems they may have, such as arthritis. However, early Parkinson’s disease symptoms may not be that apparent and may even come and go. Frequently it is the spouse or other relatives who first notice slight problems with a loved one’s movements.

A Journey Through Parkinson’s Disease is an educational program from Iowa State University Extension and Outreach focused on Parkinson’s disease, its effects, and possible treatments. The series consists of three, 45-minute sessions which include interactive lessons, discussions, and activities and there is no fee for the program.

Participants will learn about:

- Signs of Parkinson’s disease and how to seek medical care
- The cause of the disease and how specific treatments work
- Alternative therapies and in-home activities that can delay the progression of Parkinson’s disease

Be looking for it in your county offerings.

Please remember to continue to promote the Iowa Concern Hotline in your counties. Specialists are available for our family, friends and neighbors 24 hours a day 7 days a week.

IOWA STATE UNIVERSITY
Extension and Outreach
As a Family Life Specialist, **Dawn Dunnegan** works with programs that *strengthen families*. Some of the topics of interest to families include: quality childcare, parenting, relationship education, communication skills, wellness, and adult caregiving.

Families, schools, foodservices, and worksites all benefit from *nutrition education*. As Nutrition and Wellness Specialist, **Rachel Wall**, provide leadership, delivery, and support for integrated content areas which includes: family nutrition and health, food safety, food preservation, wellness, and obesity.

*Financial education* empowers individuals and families to manage resources effectively, make informed decisions, and increase assets. As a Human Sciences Specialist, Family Finance, **Mary M. Weinand** provides learning opportunities to help individuals acquire knowledge and skills to build financial security.