

Sunday Morning Health Corner

Parkinson's Disease

Parkinson's disease is a progressive disorder of the nervous system marked by muscle tremors, rigidity, decreased mobility, stooping, slow movements, and a mask-like facial expression.

Unfortunately, Black people tend to be diagnosed at a later stage of the disease. Early diagnosis is important to control symptoms and live as well as possible with the disease.

Know the early signs:

- Tremor or slight shaking in the fingers, hand, or chin.
- Handwriting becomes smaller or words are crowded together.
- Loss of smell.
- Sudden movements during sleep.
- Stiffness and trouble moving or walking.

Consult a healthcare provider if any of these signs are present. Learn about other symptoms and read more about Parkinson's in Black communities at the [Parkinson's in Black communities at the Parkinson's Foundation.](https://www.parkinsons.org)



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