

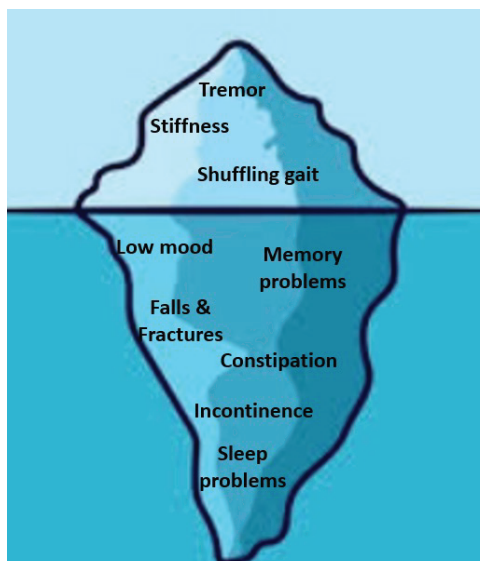
## Parkinson's Disease

### What is Parkinson's Disease?

Parkinson's Disease is one of the top four neurological conditions affecting Singaporeans. It is a chronic neurodegenerative condition that involves slow and gradual deterioration in parts of the brain that affect muscle control, movement and balance. Symptoms are caused by the loss of a chemical messenger called dopamine in specialized nerve cells of the brain. In the elderly it often coexists with many other medical conditions and frailty which when combined with the wide spectrum of Parkinsonism can affect overall well-being and quality of life.

### How common is it in Singapore?

Parkinson's Disease affects three in every 1,000 Singaporeans aged 50 and above and is the second most common neurodegenerative disease in Singapore. It is estimated that there are around 6,000 – 8,000 patients with Parkinson's Disease in Singapore. Prevalence increases exponentially with age, peaking in those aged 80 and beyond.

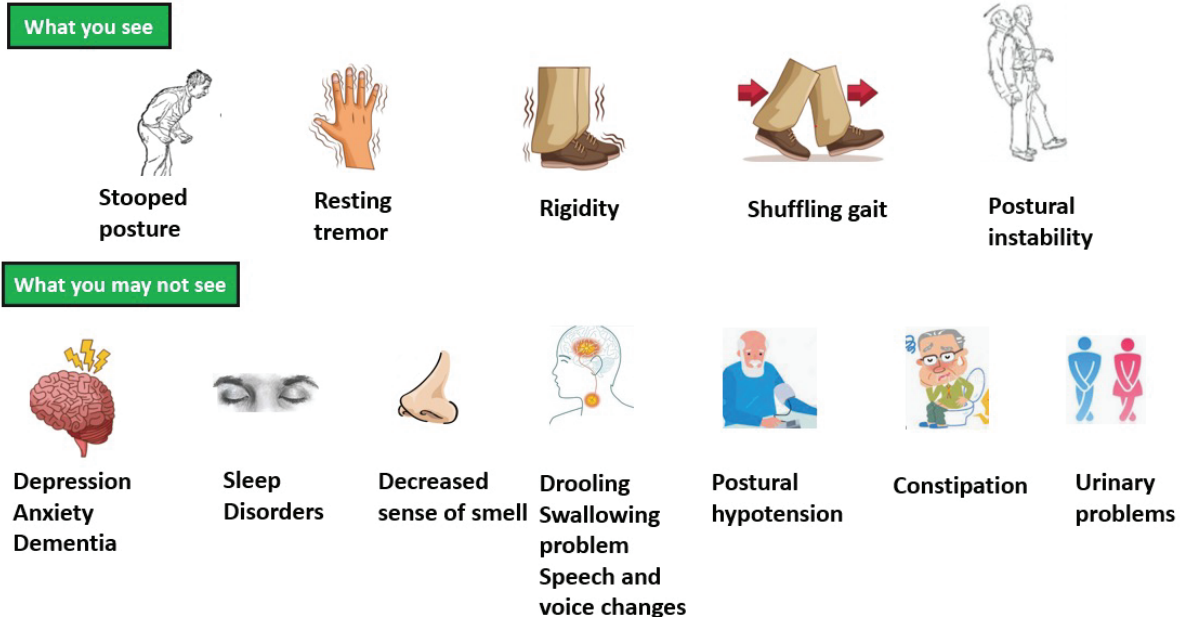


### The Parkinson Syndrome- motor symptoms are the tip of the iceberg!

Parkinsonism is a broad term that encompasses tremors, rigidity, slowing down and postural instability. The underlying cause of these symptoms may be Idiopathic Parkinson's Disease, Vascular Parkinsonism or even Atypical Parkinsonism.

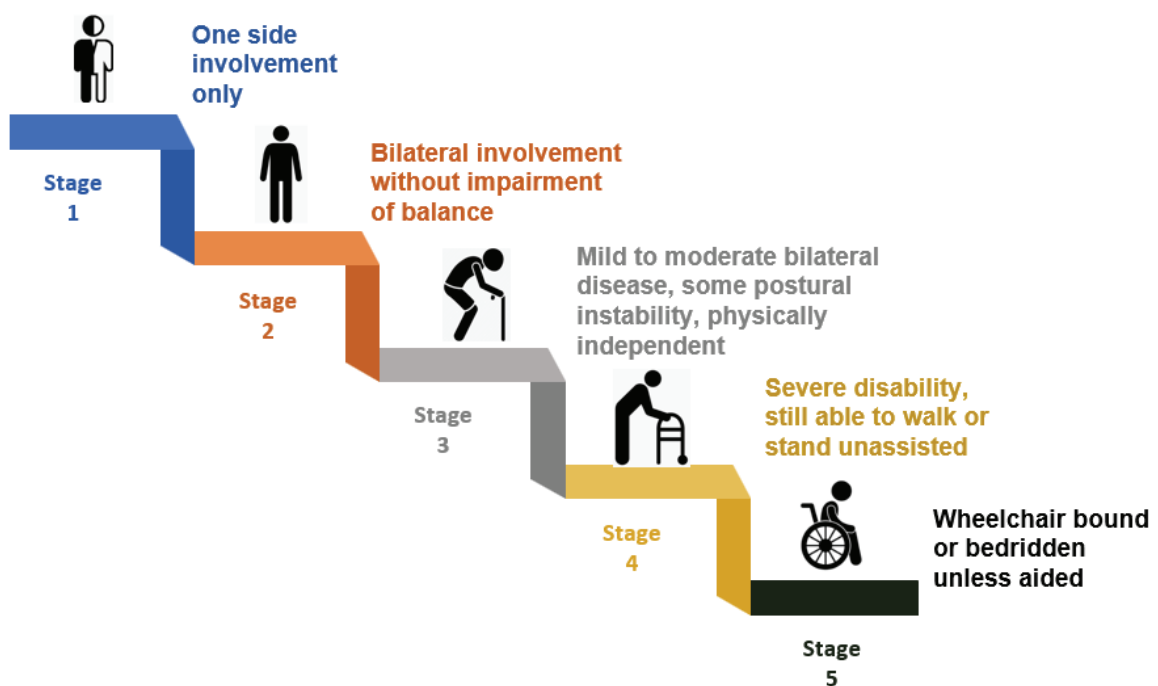
## What Symptoms Will You Experience?

Parkinsonism is a broad term that encompasses tremors, rigidity, slowing down and postural instability. The underlying cause of these symptoms may be Idiopathic Parkinson's Disease, Vascular Parkinsonism or even Atypical Parkinsonism.



## Stages of Parkinson's Disease (Hoehn and Yahr):

The usual trajectory for Idiopathic Parkinson's Disease is a gradual progression through the 5 stages over 18-20 years with 3-4 years between each stage. Other forms of Parkinsonism may differ in terms of duration and rate of progression.



## Are there any medications to treat Parkinson's Disease?

There is no known cure for Parkinson's Disease at this stage. However, there are many different medications available which can help reduce the symptoms of Parkinson's so you are better able to carry out your daily activities. Physiotherapy and speech therapy are useful in conjunction with medications.

## What is your role in managing Parkinson's Disease?



## Why is regular exercise important?

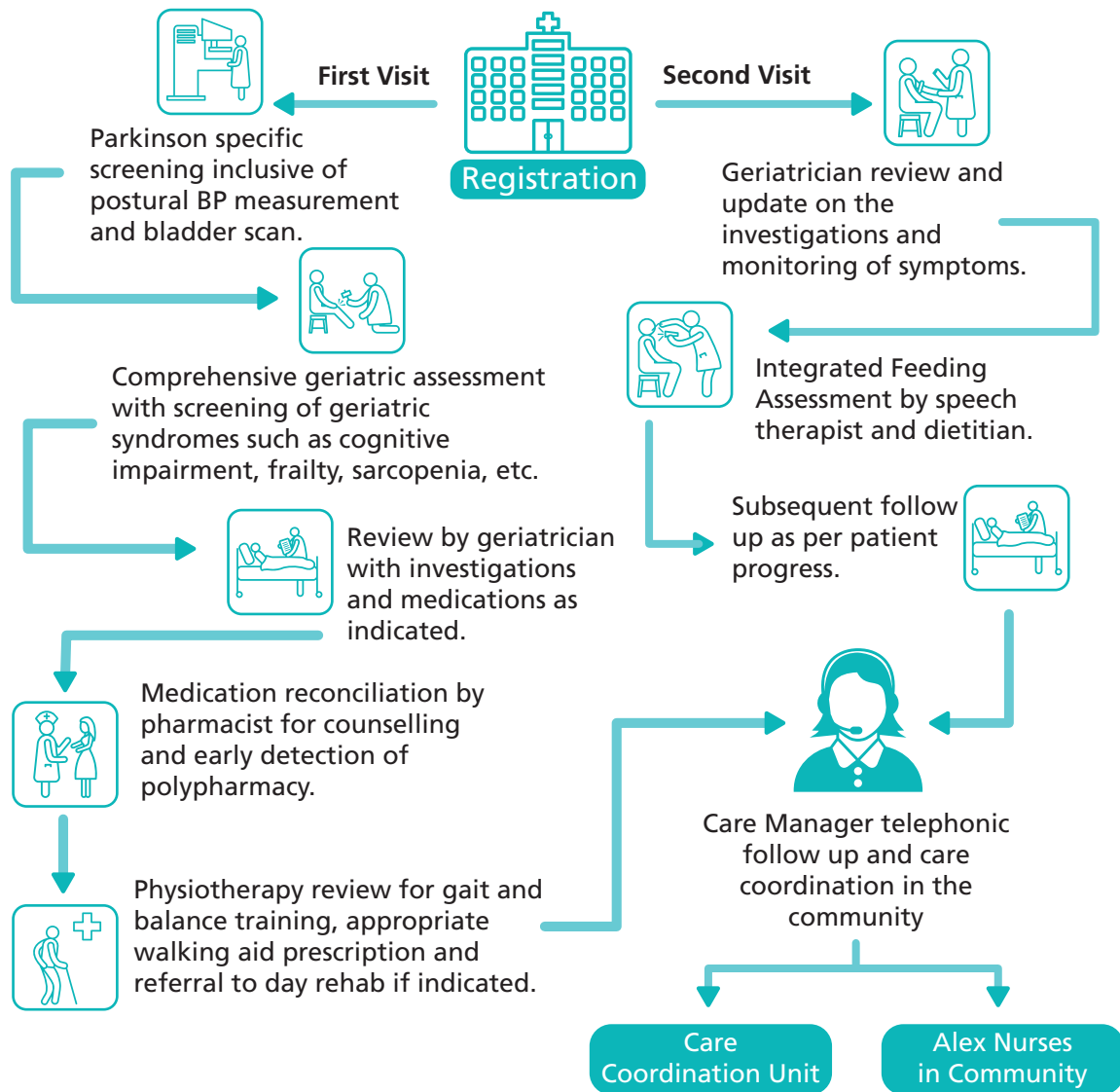
Exercise is considered an integral part of management of Parkinson's and will help you improve its symptoms more effectively and provide the following benefits:

Scan for exercises recommended by HPB:



## Your journey at the Integrated Parkinson's Hub@AH

At Alexandra Hospital, a multidisciplinary team comprising of a geriatrician, neurologist, geriatric resource nurse, pharmacist, physiotherapist, occupational therapist, speech therapist, dietitian and care manager will be directly involved in your care which will further be extended beyond the clinic visit to supporting you in the community.



## Useful Resources

**Parkinson Society Singapore**  
 Block 191 Bishan Street 13,  
 #01-415 Singapore 570191,  
 Call: 6353 5338  
<http://www.parkinson.org.sg/>

**NUHS Parkinson's Disease Support Group**  
[nuh\\_rehab\\_speech\\_therapy@nuhs.edu.sg](mailto:nuh_rehab_speech_therapy@nuhs.edu.sg)  
 SMS/whatsapp: 88187060

**Other Website**  
[www.parkinson.org](http://www.parkinson.org)

## Alexandra Hospital

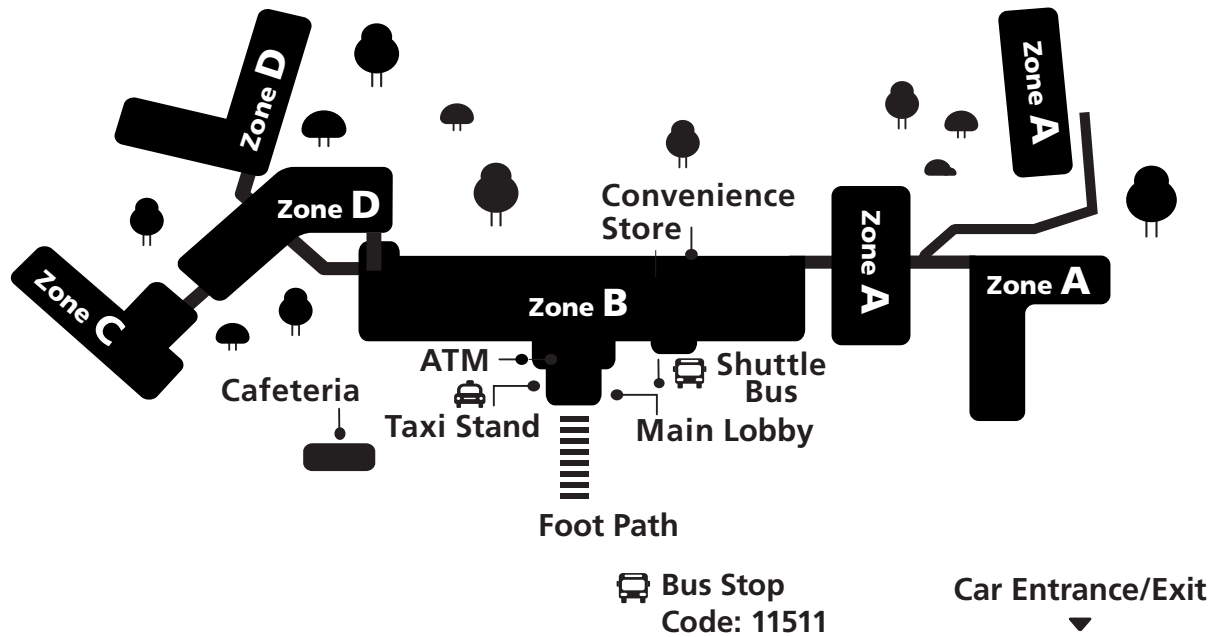
378 Alexandra Road, Singapore 159964

OneNUHS Hotline: (65) 6908 2222

OneNUHS General Enquiries: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)

OneNUHS Appointments: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

[www.ah.com.sg](http://www.ah.com.sg)



<https://for.sg/9ce2eu>

Scan the QR code to find directions and locate facilities!

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