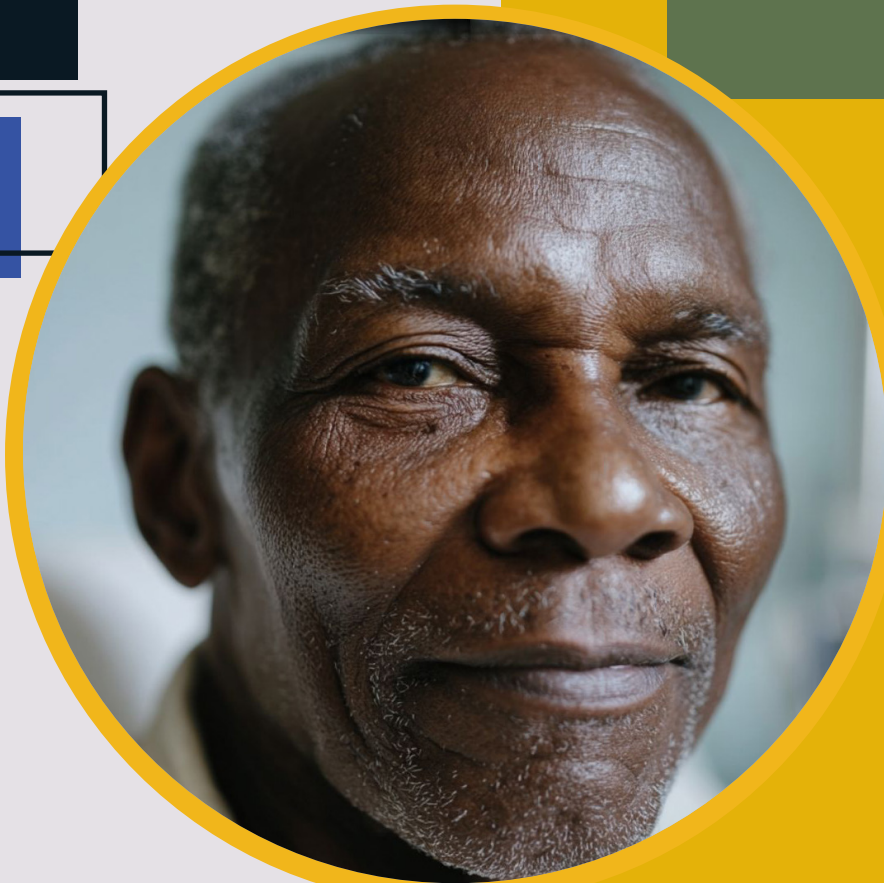


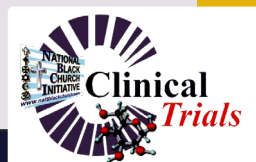
BRAIN HEALTH, BLACK PEOPLE AND PARKINSON'S DISEASE



AFRICAN AMERICAN PARKINSON'S
PATIENT'S ADVOCACY ORGANIZATION
AAPPAO
GIVING HOPE TO PARKINSON'S PATIENTS



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COGNITIVE CHANGES

Parkinson's can cause attention, memory, language and problem-solving difficulties, sometimes appearing at diagnosis and progressing slowly.

Dopamine loss, depression, anxiety, sleep issues and fatigue can worsen cognitive performance and daily functioning.

Strategies to support cognition include cognitive remediation therapy, behavioral management, structured routines and medications like levodopa to improve quality of life.

Parkinson's disease (PD) affects brain health by causing the progressive loss of dopamine-producing neurons, primarily impacting motor control, cognition, and mood. It involves brain damage from oxidative stress and mitochondrial dysfunction

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In Honor of the late
Reverend Jessie Jackson Jr



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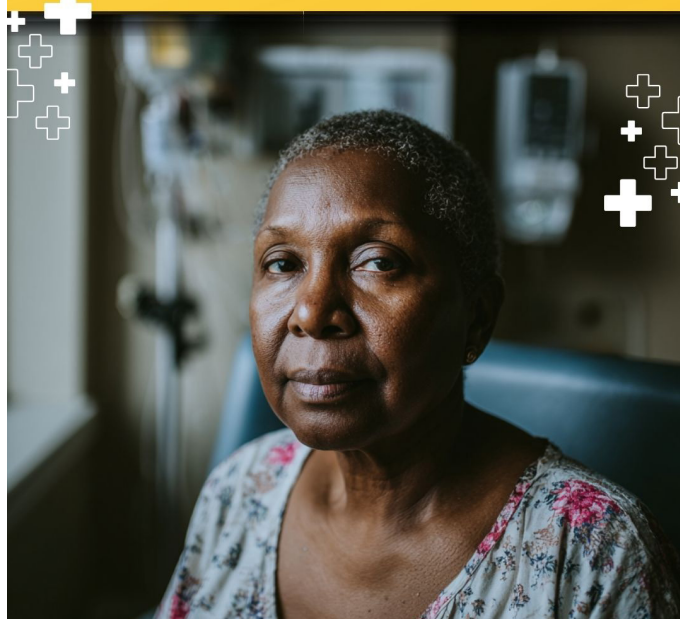
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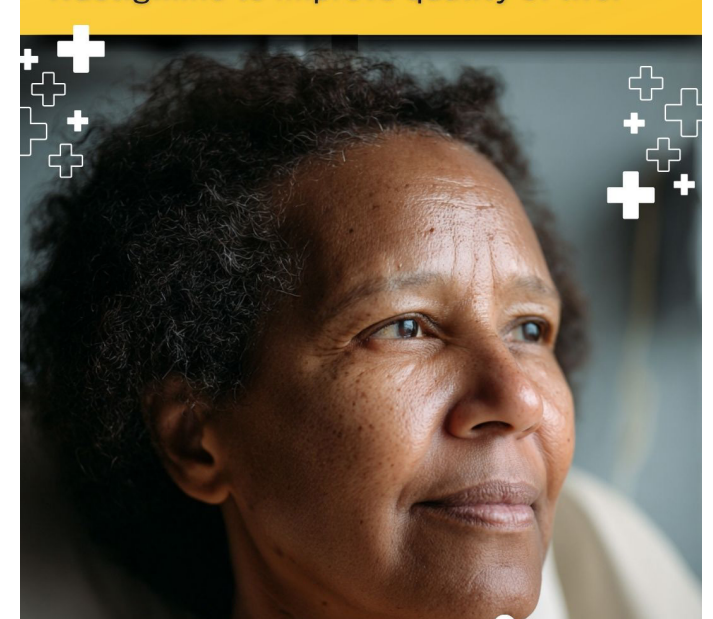
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Cognitive Changes

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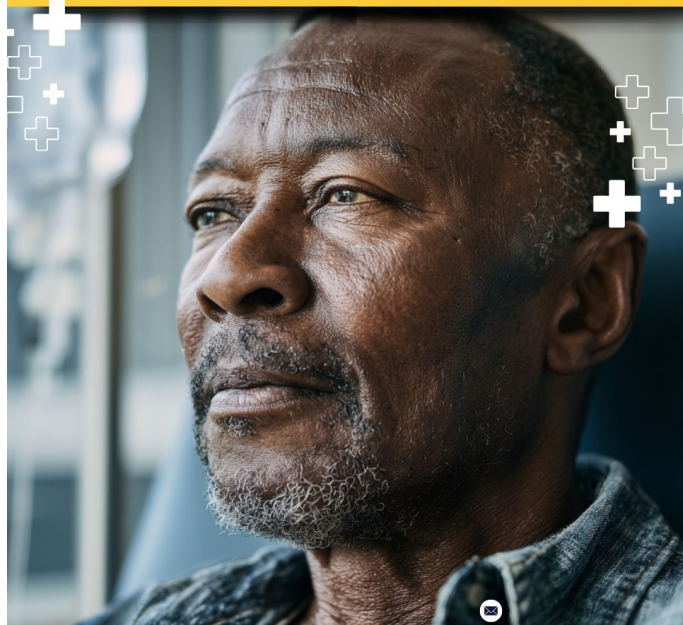
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Cognitive Changes

Key neurological effects include motor symptoms (tremors, rigidity) and non-motor symptoms like depression, anxiety, sleep issues, and, in later stages, cognitive decline or dementia.



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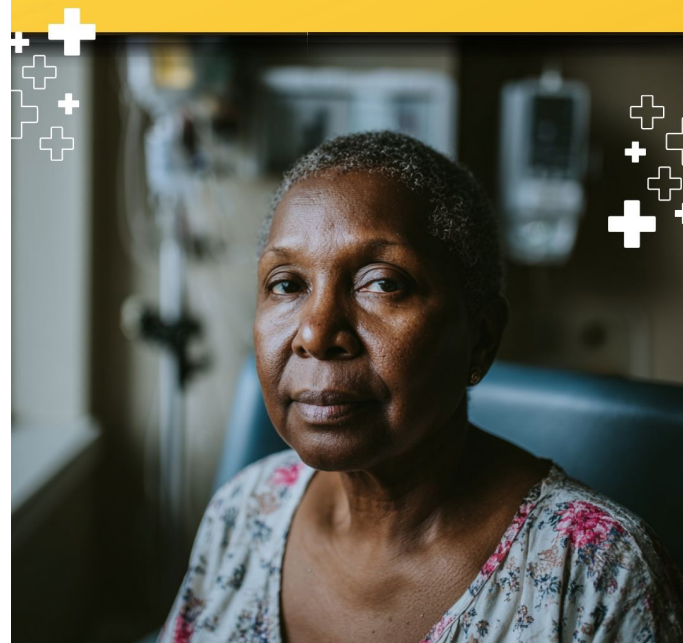
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Cognitive Changes

Parkinson's can cause attention, memory, language and problem-solving difficulties, sometime appearing at diagnosis and progressing slowly.



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NEUROLOGICAL IMPACT

PD is a neurodegenerative disorder that impacts the brain, particularly the substantia nigra, leading to a shortage of dopamine, a neurotransmitter critical for smooth coordinated muscle movement.

Recent research identifies that PD affects a brain network known as the somato-cognitive action network (SCAN), which links movement and thinking.

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Neurological Impact

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Key neurological effects include motor symptoms (tremors, rigidity) and non-motor symptoms like depression, anxiety, sleep issues and in later stages, cognitive decline or dementia.

Some people with Parkinson's disease (PD) experience mild cognitive impairment. Feelings of distraction or disorganization can accompany cognitive impairment, along with finding it difficult to play and accomplish tasks.

COGNITIVE AND MENTAL CHANGES

Beyond movement, PD affects cognitive functions such as attention, memory and executive function (planning and problem-solving)

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Cognitive and Mental Changes

Beyond movement, PD affects cognitive functions such as attention, memory, and executive function (planning and problem-solving).

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Cognitive and Mental Changes

PD can lead to dementia in advanced stages, with symptoms like hallucinations. Other common neurological effects include depression, anxiety, and fatigue.

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Brain Damage and Causes

The disease involves damage to brain cells due to oxidative stress and mitochondrial dysfunction. It is characterized by the accumulation of misfolded proteins (alpha-synuclein) in the brain.



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Protecting Brain Health in PD

While no cure exists, certain strategies can support brain health and manage symptoms:

- o Exercise: Regular aerobic exercise (cycling, boxing, dancing) is highly recommended for neuroprotection and managing symptoms.



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PROTECTING BRAIN HEALTH

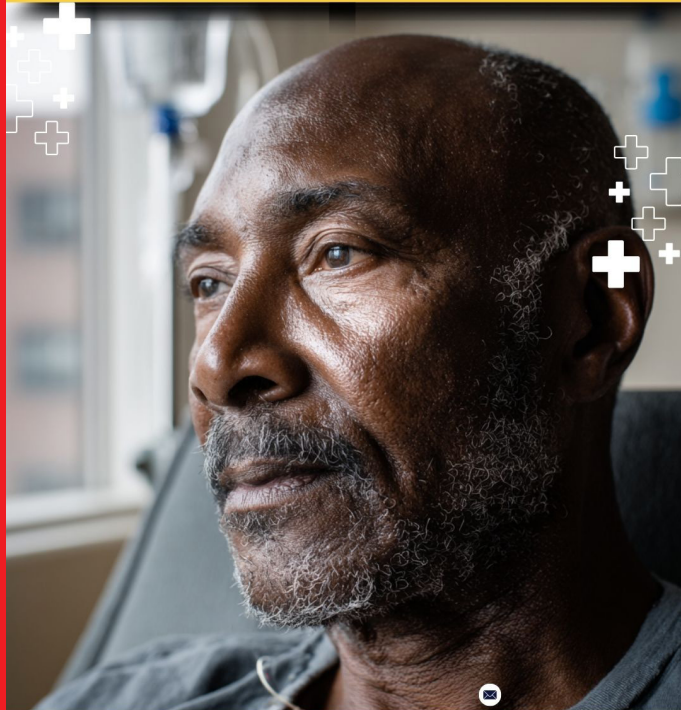
BRAIN HEALTH, BLACK PEOPLE, AND PARKINSON'S DISEASE



Protecting Brain Health in PD

While no cure exists, certain strategies can support brain health and manage symptoms:

- o Diet: A Mediterranean or MIND diet, rich in vegetables, fruits, whole grains, and healthy fats, is linked to better cognitive health in PD patients.



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Protecting Brain Health in PD

While no cure exists, certain strategies can support brain health and manage symptoms:

- o Treatments: Medications (e.g., levodopa) aim to replace dopamine, while deep brain stimulation (DBS) can manage motor symptoms.



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LATE STAGES OF PARKINSON'S DISEASE

In late stages, symptoms become more severe and widespread. These can include significant cognitive decline (dementia), severe swallowing difficulties, increased frequency of falls, hallucinations and severe bradykinesia (slowness of movement).

BRAIN HEALTH, BLACK PEOPLE, AND PARKINSON'S DISEASE



Protecting Brain Health in PD

While no cure exists, certain strategies can support brain health and manage symptoms:

- o Therapies: Physical, occupational, and speech therapies are used to maintain independence.



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QUICK SUMMARY: ANXIETY

Anxiety is a common, treatable non-movement symptom of Parkinson's disease.

It may be triggered by “off” medication periods, isolation, the stress of managing PD and can cause physical and emotional symptoms such as racing thoughts, panic, irritability and sleep problems.

Anxiety can appear before or after diagnosis and is linked to the same brain chemistry changes (dopamine, serotonin, GABA) that cause movement symptoms.

Treatment often combines medication adjustments, therapy, mindfulness, exercise and social support.

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Quick Summary Anxiety

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Quick Summary Anxiety

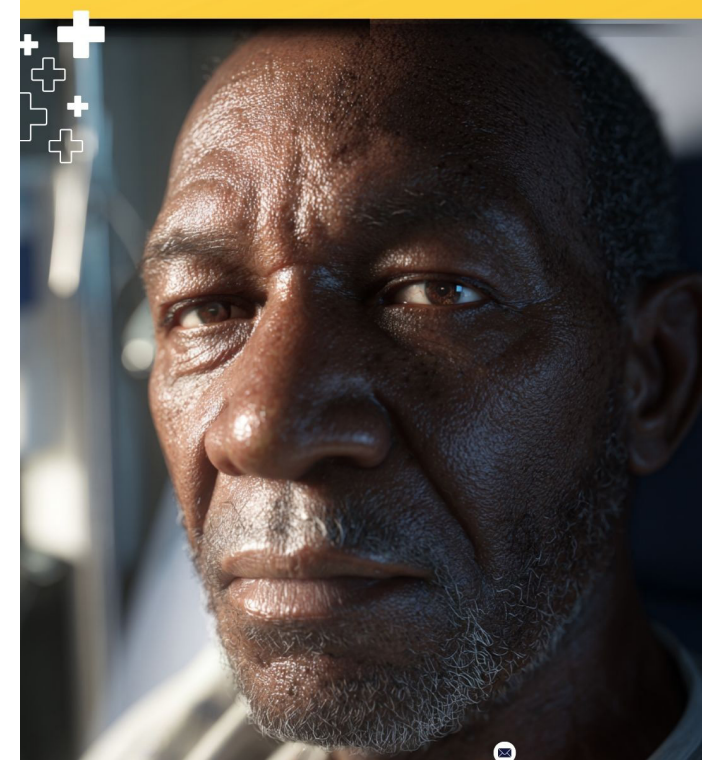
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Quick Summary Anxiety

Treatment often combines medication adjustments, therapy, mindfulness, exercise, and social support.



QUICK SUMMARY: APATHY

Anxiety is a common symptom of Parkinson's disease. It describes a lack of motivation, interest or enthusiasm.

Apathy can make it harder to exercise, follow medication schedules or engage in daily activities which can worsen PD management.

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Quick Summary Apathy

It is distinct from depression, though they can overlap. Managing apathy involves coping strategies, optimizing PD medications, addressing sleep and mood issues, and staying socially and physically active even when motivation is low.

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Quick Summary Apathy

Apathy can make it harder to exercise, follow medication schedules or engage in daily activities, which can worsen PD management.



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QUICK SUMMARY: BLADDER ISSUES AND INCONTINENCE

Bladder problems are common in Parkinson's disease due to changes in brain signaling that affect bladder control often leading to urgency, frequency, nocturia or difficulty emptying.

Diagnosis and treatment involve ruling out other causes and may include support from urologists, gynecologists, pelvic floor therapists or dietitians to strengthen muscles, optimize hydration and adjust PD or bladder medications.

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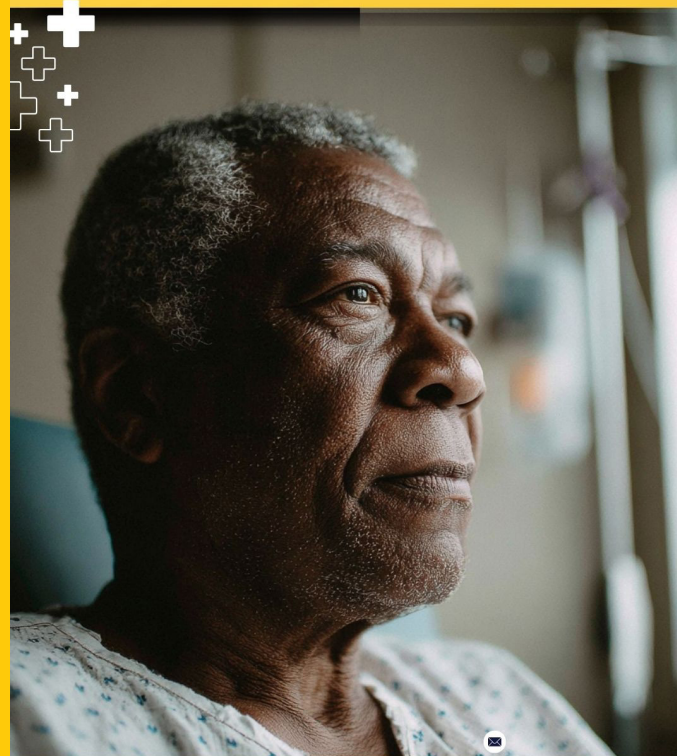
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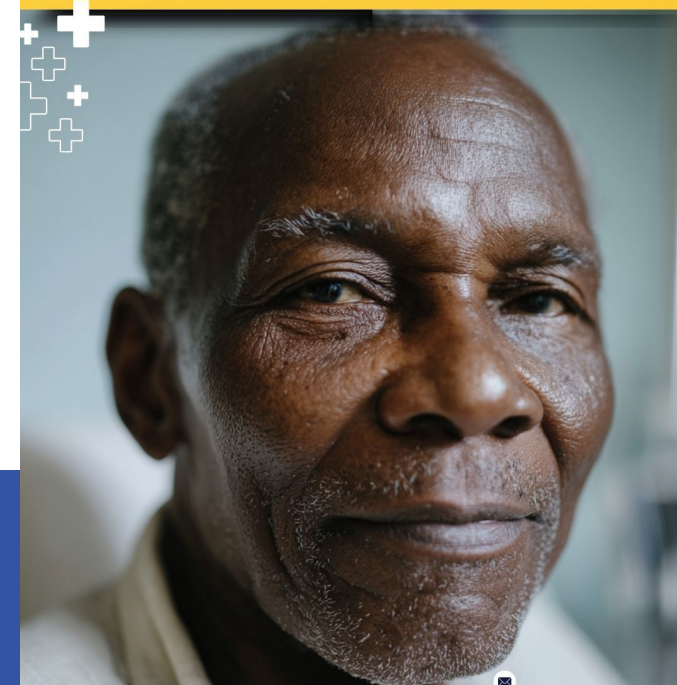
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Quick Summary Bladder Issues and Incontinence

- Bladder problems are common in Parkinson's disease due to changes in brain signaling that affect bladder control, often leading to urgency, frequency, nocturia or difficulty emptying.
- Diagnosis and treatment involve ruling out other causes and may include support from urologists, urogynecologists, pelvic floor therapists, or dietitians to strengthen muscles, optimize hydration and adjust PD or bladder medications.
- Bowel and urinary incontinence can also occur in PD.
- Can be managed through lifestyle adjustments, medications, and professional care.



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