

MEDICAL



Q: My hands shake. Am I developing Parkinson's disease?

A: This is a common concern of people who develop tremors (trembling or shaking) of a limb. Although tremor is most often the first symptom of Parkinson's disease, not all tremors

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are due to this disease. In fact, there are many different causes of tremors, the most common being essential or benign tremor.

Parkinson's disease is diagnosed on the basis of careful history and neurologic examination. There is no blood or lab test that can clearly identify the disease. Sometimes diagnosis is established after clinical observation over a period of time. Other common symptoms of this progressive neurologic disorder include slowness of movement, rigid or stiff limbs, difficulty with walking, loss of balance and coordination.

The incidence of Parkinson's increases with age and approximately four percent of people with this disease are diagnosed before the age of 50.

There are many treatment options available today for Parkinson's disease or other conditions that cause tremors. But early identification may be helpful in optimal management of these movement disorders.

Please visit www.kalamazoonervecenter.com for more information about tremors and Parkinson's disease or to make an appointment, please contact:

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April is Parkinson's awareness month.