Student's Name

Instructor's name

Course

Date

Parkinson Disease

Parkinson's disease that is also at times referred to as idiopathic, hypokinetic rigid syndrome or paralysis agitans can be explained as a degenerative disorder of the central nervous system and chiefly influence the motor system. On another perspective, Parkinson's disease as expounded on by Parkinson Disease Foundation (1) can be described as a chronic and a progressive movement disorder hence the reason the symptoms persist and worsen over a long period of time. The disease has now become common with a reported 103,000 deaths globally been caused by the disease in the year 2013 while that number was approximated to be about 40,000 in the year 1990. Muhammad Ali is one of the victims of the disease (Sulma ett al. 193, GBD, 118).

The condition involves the breakdown and death of vital never cells in the brains that are known as the neurons. In particular, it can be pointed out that Parkinson mainly affects neurons in a section of the brain referred to as the substantia nigra. A section of the dying neurons generate dopamine which then sends messages to the part of the brain that manages movement as well as coordination. Thus, as time goes by and the Parkinson's intensifies, the amount of the dopamine that is generated by the brain reduces with time resulting to the person been unable to control normal movement (Parkinson Disease Foundation, 3).

As far as the symptoms of Parkinson's disease are concerned, it can be explained that there are four main symptoms that comprises of shaking, inflexibility, slowness of movement

and postural instability. Shaking is mainly the most common and widely recognizable symptom even though a small percentage of those suffering from the condition might not initially exhibit tremor during the initial stage of the condition. In addition to the four main symptoms that have already been discussed, it can be pointed out that drowsiness and insomnia can also be signs of the condition (Parkinson Disease Foundation, 3).

As far as the causes of Parkinson's disease is concerned, it is important to point out that in most cases, the condition has no known specific cause. Nevertheless, a small percentage of the people who suffer from the condition have had the condition linked to genetic conditions. Indeed, even though other factors such as environmental factors have been reported to be linked to the risk of development of the diseases, substantial causal relationships are yet to be established.

In order to prevent the disease, caffeine consumption has been found to be an effective way of avoiding the disease since as it helps reduce the risks of the disease. In addition to that, various antioxidants for instance vitamins C and D, have been said to offer protection against the disease even though results of studies that have been conducted in the past have proved otherwise as there has been no positive effect that has been proven (Sulma ett al. 193).

As far as treatment of the condition is concerned, it can be explained that there exists no known cure for the condition even through there are various medications and interventions that can be administered in order to offer relief from the symptoms. Mainly, levodopa class of families is used to treat the motor symptoms once they have been diagnosed. Other drugs that are used entail amantadine and anticholinergics. In addition to that, those who have the condition can also undergo rehabilitation specifically in cases of individuals who have problems with speech as well as mobility problems. Apart from that, frequent physical exercises can also be of

great help as they help an individual to maintain and enhance mobility, flexibility, strength and the quality of life among others (Parkinson Disease Foundation, 8).

Works Cited

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