

In Neurology

World Parkinson's Day- April 11

2022 Theme- Integrated Healthcare

Dr. Jayakrishnan MP, MD, DM (Neuro), Assistant Professor in Neurology,

Government Medical College & ESI Hospital, Coimbatore.

- Parkinson disease is the second most common neurodegenerative disorder next to Alzheimer disease.
- April 11th marks the birthday of the English physician Dr. James Parkinson, who described a neurological syndrome in his monograph “The Shaking Palsy” in 1817 based on observation of cases in the streets of London and he called it as Paralysis agitans. Later French neurologist Prof. Jean-Martin Charcot, the founder of modern neurology renamed as Parkinson disease.
- It is an age-related disease and its prevalence increases after 50 years. A hereditary form of Parkinson disease contributes to 5 to 10% and is present at a younger age.
- Parkinson disease’s etiology is multifactorial which includes genetic and environmental factors. It is characterized by the loss of dopaminergic neurons in Nigrostriatal pathway and deposition of Lewy bodies in neurons.
- The clinical features are characterized by both motor and non-motor symptoms.
- Cardinal clinical features- mnemonic- SMART-P
 - ✓ S- Short shuffling gait, slow monotonous speech
 - ✓ M- Mask like face
 - ✓ A -Akinesia, bradykinesia
 - ✓ R- Rigidity (Cogwheel, Lead pipe)
 - ✓ T- Tremor (Distal pill-rolling Resting tremor)
 - ✓ P- Postural instability
- Non-motor symptoms are grouped under neuropsychiatric (depression, anxiety, apathy, psychosis, panic attacks), cognitive (dementia, memory loss, executive dysfunction), autonomic (constipation, orthostatic hypotension), sleep disturbance (REM sleep behavior disorder, restless leg syndrome) and sensory disturbance (anosmia, paraesthesia, pain).



*The Medical **Bulletin***

- Parkinson disease is a clinical diagnosis and the UK Parkinson's Disease Society Brain Bank Diagnostic Criteria is used to differentiate it from other parkinsonism (Progressive Supranuclear Palsy, Corticobasal Syndrome, Multiple System Atrophy).
- Treatment of Parkinson disease depends on disease severity and stage. Drugs used in Parkinson disease are Levodopa, Dopamine agonists, COMT inhibitors, MOA-B inhibitors, and Amantadine.
- Deep Brain Stimulation of Subthalamic nucleus and Globus pallidus interna is a surgical therapeutic option for advanced Parkinson disease.

***Dr. M. Gowri Sankar**
MD, Assistant Professor in Medicine*