

Early warning signs of Parkinson's disease

A survey conducted by the National Parkinson Foundation revealed that most Americans would wait to see their doctors if they were experiencing tremors (shaking), even though tremors are an early sign of the disease.

Parkinson's affects nerves and muscles and can affect movement and coordination, especially with walking. The disease is a result of changes in the brain that researchers now know can be associated with both genetics and environmental toxins.

Parkinson's develops slowly, with only subtle symptoms early on, including these:

- Tremors and shaking
- Trouble moving or walking
- Loss of facial expression
- Dizziness and fainting
- Stooping or hunched over
- Trouble sleeping
- Soft or low voice
- Small handwriting
- Loss of smell
- Constipation

