

## MYTH 8: PARKINSON'S DISEASE CAUSES SEVERE COGNITIVE IMPAIRMENT IN ALL PATIENTS

**Truth:** While cognitive changes can occur in some individuals with PD, they are not inevitable for all patients. Cognitive symptoms, if they appear, can vary widely in severity and progression.

## MYTH 9: LIFESTYLE CHANGES DON'T IMPACT PARKINSON'S DISEASE

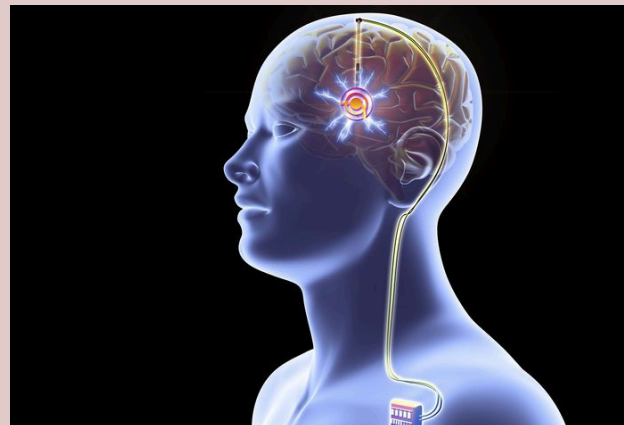
**Truth:** Lifestyle changes can significantly impact the quality of life for people with PD. Regular exercise, a healthy diet, physical therapy, and staying socially active can help manage symptoms and improve overall well-being.

## MYTH 10: PEOPLE WITH PARKINSON'S DISEASE CANNOT LIVE INDEPENDENTLY

**Truth:** Many people with PD live independently for many years after their diagnosis. With appropriate treatment and support, individuals with PD can maintain a good quality of life and continue to engage in everyday activities.

## MYTH 11: PEOPLE WITH PARKINSON'S DISEASE REMAIN THE SAME THROUGHOUT THE DAY

**Truth:** As the disease progresses, many individuals with PD experience fluctuations in their symptoms throughout the day, especially while on medication. These variations in movement-related symptoms, referred to as motor fluctuations, occur due to the medication's shorter duration of effect and its eventual wearing off.



## MYTH 12: DEEP BRAIN STIMULATION IS A CURATIVE PROCEDURE FOR PARKINSON'S DISEASE.

**Truth:** PD cannot be cured by DBS, but the symptoms can be significantly improved by the procedure, leading to improvement in quality of life.



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# MYTHS ABOUT PARKINSON'S DISEASE



## MYTH 1: PARKINSON'S DISEASE ONLY AFFECTS THE ELDERLY

**Truth:** While Parkinson's Disease (PD) is more common in older adults, it can affect younger individuals as well. Early-onset Parkinson's can occur in people under 50, and in rare PD cases, it can be diagnosed in individuals as young as 20.

## MYTH 2: TREMORS ARE THE ONLY SYMPTOM

**Truth:** Tremors are a well-known symptom of PD, but they are not the only one. PD also causes bradykinesia (slowness of movement), muscle stiffness, balance problems, and a range of non-motor symptoms such as constipation, sleep disturbances, depression, and cognitive changes.

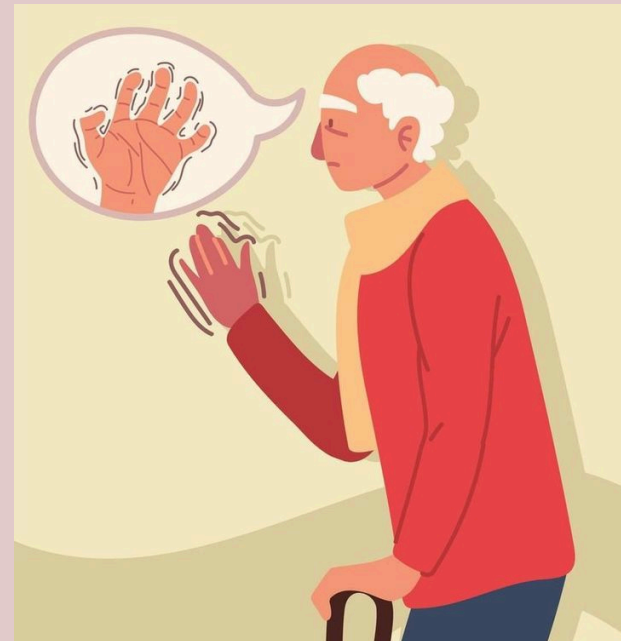
## MYTH 3: PARKINSON'S DISEASE ONLY AFFECTS MOVEMENTS

**Truth:** PD is a complex condition that affects both motor (movement-related) and non-motor functions. Non-motor symptoms, such as mood disorders, sleep problems, gastrointestinal and autonomic dysfunction, are common and can significantly impact a person's life. Some non-motor symptoms can appear several years before the motor symptoms.



## MYTH 4: PARKINSON'S DISEASE IS FATAL

**Truth:** PD itself is not fatal. However, complications from the disease, such as falls, pneumonia, and infections, can be life-threatening. With proper management and treatment, many people with PD can live long, productive lives.



## MYTH 5: PARKINSON'S DISEASE IS EASILY DIAGNOSED BY ROUTINE LABORATORY TESTS

**Truth:** There is no single test for diagnosing PD. Diagnosis is typically based on medical history, symptoms, and neurological examinations. Sometimes, imaging tests and other diagnostic tools are used to rule out other conditions.

## MYTH 6: PARKINSON'S DISEASE IS ALWAYS HEREDITARY

**Truth:** Most cases of PD are sporadic, meaning they occur randomly and are not directly inherited. However, genetic factors can play a role, especially in early-onset cases. A small percentage of people with PD have a family history of the disease.

## MYTH 7: THERE IS NO EFFECTIVE TREATMENT FOR PARKINSON'S DISEASE

**Truth:** While there is currently no cure for PD, effective treatments are available to help manage symptoms. Medications, such as levodopa and dopamine agonists, can improve motor symptoms. Additionally, surgical options like deep brain stimulation (DBS) can be beneficial for some patients.