



PARKINSON'S DISEASE (PD)

A progressive disease that affects the central nervous system and body movement

With age, cells in parts of the brain disintegrate. These cells normally produce *dopamine*, which is a receptor that helps relay messages that control body movement. However, with PD, the cell disintegration rate is faster than normal. Researchers are still uncertain what causes this, although genetics, toxins, environmental factors and medications seem to play a role.

Symptoms:

- Slight tremor of a finger, the hand, an arm or a leg which stops with deliberate motion
- One hand that does not swing as much as the other when walking
- Soft, mumbled or slurred speech
- Worsening or shrinking handwriting
- A resting tremor on one side of the body
- *Bradykinesia* or a slowing of movements
- Stiffness or rigidity of the limbs
- Trouble maintaining balance, walking and running
- Depression, anxiety, dizziness, memory loss
- Constipation
- Increased sweating
- Difficulty in sleeping
- Cramps, tingling, muscle pain, numbness
- Difficulty in regulating body temperature
- Sexual dysfunction
- Trouble with chewing or swallowing

DO:

- Seek help from a neurologist.
- Formulate a treatment plan and follow it.
- Eat plenty of fiber to prevent constipation.
- Take small bites to accommodate any trouble with chewing or swallowing.
- Exercise regularly and visit a physical therapist.
- Reach out to loved ones or join a support group.

DON'T:

- Don't ignore the body's signs.

PEPTIC ULCER OR GASTRITIS

Peptic ulcer - an open sore or wound in the lining of the stomach or duodenum

Gastritis - an inflammation of the stomach lining

The digestive system utilizes potent enzymes such as *pepsin* to break down food. To protect the stomach and the intestine from these enzymes, they are lined with mucous, produced by the stomach membranes. These membranes may become damaged and the acids and enzymes eat away at the raw, exposed tissue of the stomach. The damage may be caused by bacterial infection, commonly by *Helicobacter pylori* or *H. pylori*. Also, long-term non-steroidal anti-inflammatory (NSAID) drugs such as aspirin, ibuprofen, and naproxen sodium may be factors, as well as cortisone or steroid medications that can break the stomach lining. Smoking can also cause this condition.

Symptoms:

- Dull aching pain that may be relieved by eating certain food and aggravated by starving
- A gnawing pain three hours after eating a meal or in the middle of the night
- Pain that reaches the back
- Indigestion
- Heartburn
- Nausea
- Weight loss
- Internal bleeding
- Black stool
- Vomiting bloody, "coffee ground-like" material
- Bleeding and extreme pain

DO:

- Take antacids.
- Eat a balanced diet.
- Seek the help of a physician.

DON'T:

- Don't smoke. Otherwise, quit.
- Don't drink too much alcohol.
- Don't use aspirin or NSAID.
- Don't drink coffee, tea, cola or eat chocolate.