

Know The 10 Signs of Early Detection of Parkinson's Disease

Weekly Observation Chart Checklist

www.parkinsons.org NSW

Sign	Symptoms	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1. tremor or Shaking	Have you noticed a slight shaking or tremor in your finger, thumb, hand, chin or lip? Does your leg shake when you sit down or relax? Twitching or shaking of limbs is a common early sign of Parkinson's disease.							
2. small Handwriting	Has your handwriting suddenly gotten much smaller than in it was in the past? You may notice the way you write words on a page has changed, such as letter sizes are smaller and the words are crowded together.							
3. Loss of smell /taste	Have you noticed you no longer smell or taste certain foods very well? Are still able to smell perfumes, banana's and liquorice?							
4. trouble sleeping	Do you thrash around in bed or kick and punch while you are deeply asleep? Do you have restless legs or sleep problems?							
5. trouble moving or walking	Do you feel stiff in your body, arms or legs? Sometimes stiffness goes away as you move. Do your legs feel heavy to lift or you don't swing your arms as before?							
6. constipation/ Urinary Urge or Frequency	Do you have trouble moving your bowels without straining every day? Do you have the urge to urinate frequently or have no control of your bladder?							
7. soft or low voice	Have other people told you that your voice is very soft when you speak in a normal tone, or that you sound hoarse? If there has been a change in your voice you should see your doctor.							
8. Masked face	Have you or other people noticed that you have a blank stare or do not blink your eyes very often, or you face appears to droop and look sad?							
9. Dizzy, fainting or lightheaded	Do you notice that you often feel dizzy when you stand up out of a chair? Feeling dizzy or fainting can be signs of low blood pressure and can be linked to Parkinson's							
10.	Are you not standing up as straight as you used to? Have your family or friends noticed that you seem to be							