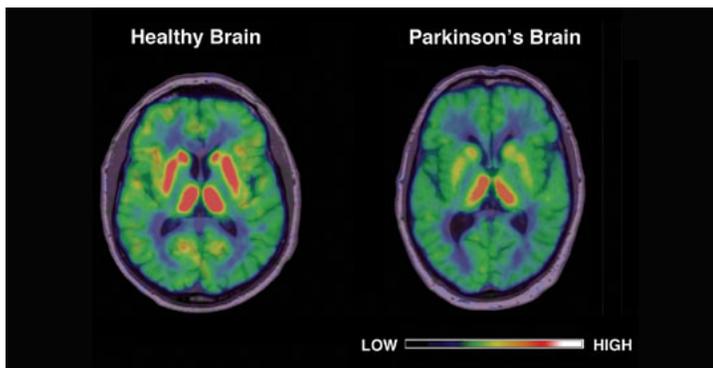




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## Parkinson's Disease



Parkinson's disease is a chronic and progressive disorder of the nervous system that affects the mobility. It is a gradually developing disease starting with small tremors and progressing to more severe tremors and muscle stiffness and slow movements.

In Parkinson's, cells that produce dopamine begin to degenerate, resulting in neurotransmitter imbalance affecting the mobility.

Currently there is no cure for Parkinson's diseases.

### Symptoms:

Parkinson's major symptoms are

- **Motor symptoms** - tremor, rigidity, slowness of movement, and postural instability
- **Non-Motor symptoms** - Neuropsychiatric issues like, disorders of speech, cognition, behavior, loss of sense of smell, constipation, REM behavior disorder (a sleep disorder), mood disorders, low blood pressure when standing up, vision and dental problems, depression, fatigue and loss of energy. Cognitive issues, such as memory difficulties, slowed thinking, confusion and in some cases, dementia.

### Treatment:

There is no cure but medication's can help manage the symptoms. Physiotherapy and exercise along with the medication can significantly improve symptom management.

Current medicines that are used to treat Parkinson's are **Levodopa, Dopamine agonists, Anticholinergics,**

In some severe cases surgical procedures like, **pallidotomy** and **thalamotomy** are used.

Deep brain stimulation (or DBS) involves implanting electrodes in the brain to manage the disabling tremors.

### Facts you should know about Parkinson's

- Dr. James Parkinson (1755-1824) first identified the condition and hence it is called Parkinson's disease
- Cause of Parkinson's is not yet known
- Parkinson's affects approximately 4 million people worldwide
- Incidence of Parkinson's increases with age, but an estimated four percent of people with PD are diagnosed before the age of 50
- Incidence of Parkinson's is more in men than women
- Some famous people affected by Parkinson's are Muhammad Ali, Michael J. Fox, former Attorney General Janet Reno
- Some research has shown that caffeine may help in preventing development of Parkinson's
- Alternative medicines like, yoga, acupuncture, tai-chi can help in symptom management
- Cost for treatment of patients in US is approximately \$25 billion/year
- It can affect your sense of smell

Please turnover for more information →

**SERVICE WITH PERSEVERANCE & COMPASSION**

## About 24 Hours Care

24 HOURS CARE recognizes the importance of offering quality care services to the elderly and those who have special needs.

We provide professional home health care and are committed to holistic approach in responding to the needs of senior citizens and physically challenged individuals.

We are thankful for their contributions and believe that it is our turn to respectfully offer the care and compassionate services they richly deserve.

*- Collins & Laura*

## About Laura Emerhi

Laura is a registered Nurse in Massachusetts, CPR, Telemetry Certification, Certified Nursing Assistant and Physical Therapist in Lithuania. She has been working for over 10 years with never ending passion to make a difference in clients life, see client change and grow in a positive manner. She says "I love working at 24 Hours Care and Xpress Healthcare Staffing delivering compassionate quality care. I am amazed by the power of personal relationships between me and the clients. Sometimes it comes easy but sometimes it requires persistent hard work. Perseverance with Compassion... everything is possible. I speak Lithuanian & Russian."



**Advisor - Dr. Chieke Udom**, MD knows everything about your condition. We encourage our patients to ask questions to their healthcare provider. Feel free to let us know what concerns you.

### Hospital medicine - Contact

Melrose-Wakefield hospital, Melrose MA, 02176  
**781.979.3861**  
Lawrence Memorial Hospital, Medford, MA 02155  
**781.306.6081**

### Important links about Parkinson's:

- <http://www.pdf.org/>
- <http://www.parkinsonsaction.org/>
- <http://www.parkinson.org/>
- <https://www.michaeljfox.org/>
- <http://www.apdaparkinson.org/>
- <http://www.webmd.com/parkinsons-disease/guide/parkinsons-support-resources>

## How do we help patients with Parkinson's?

- Needs Assessment
- Plan for care - Establish a plan of care that includes important medical as well as non-medical information about the patient
- Trained nursing care at home
- Following the treatment procedures recommended by the physician
- Consultation with the patient and family members

We create a strategy for long term care for the patient depending on the stage of the disease.

## Our Specialized services for Parkinson's include:

- Vital signs management,
- Exercise regimen to maintain the physical activity focusing on aerobic exercise
- Nutrition management - We make sure patient receives proper nutrition and hydration
- Medicine delivery management.
- Manage depression and other issues arising because of the chronic and progressive disease.
- Pain management
- Massage therapy - Massage benefits patients on all levels to restore the body and refresh the mind.
- Stress management
- Providing 24 hours care to ensure well being of the patient

## 24 Hours Care Difference:

Compassionate professionals work with patients on a day-to-day basis to help keep their home environment clean, safe and embracing an emerging model of care that allows many elderly or patients with chronic illnesses remain in their homes and still receive the medical and social services available in institutions.

We provide

- therapeutic activities programs
- assistance with activities of daily living (ADLs)
- specialized activities for the cognitively impaired
- coordinated hospice care
- certified and experienced staff member will follow up with the patient and family to ensure satisfaction.
- competent, compassionate care to provide comfort for patients.

"Long-Term Care Insurance Accepted"