

Editorial on Parkinson's Disease and Causes

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Editorial

Parkinson's disease (PD), sometimes known as Parkinson's, is a long-term central nervous system degenerative condition that primarily affects the motor system. The symptoms normally appear gradually and non-motor symptoms become more prevalent as the disease progresses. Tremor, stiffness, slowness of movement and trouble walking are the most noticeable early signs. Many persons with PD experience despair, anxiety and apathy, which can lead to cognitive and behavioural issues. Parkinson's disease dementia becomes more frequent as the condition progresses. Parkinson's patients may also have issues with their sleep and sensory systems. The disease's motor symptoms are caused by the loss of cells in the substantia nigra, an area of the midbrain that produces dopamine. The origin of this cell death is unknown, however it appears to be related to the accumulation of misfolded proteins in Lewy bodies in neurons. The predominant motor symptoms are together referred to as parkinsonism or a parkinsonian condition.

The aetiology of Parkinson's disease is unknown, however genetic and environmental factors are thought to have a role. Those who have a family member who has the condition are at a higher risk of contracting it, since some genes are known to be inheritable risk factors. Those who have been exposed to specific pesticides or who have had past head traumas are also at danger. Tobacco smokers, coffee drinkers and tea drinkers are all at a lower risk.

Parkinson's disease affects both males and women. Men are 1.5 times more likely than women to have it. It's also more prevalent among the elderly. Only around four out of every hundred instances occur in adults under the age of 50. Approximately 60,000 people in the United States are diagnosed with Parkinson's disease each year. This illness affects around one million people in the United States and ten million people worldwide.

The signs and side effects of Parkinson's infection shift from one individual to another. Early admonition markers may be unpretentious and go missed. In any event, when side effects begin to affect the two sides of your body, side effects typically start on one side of your body and deteriorate on that side. The signs and side effects of Parkinson's sickness, as well as the rate at which it advances, vary incredibly from one individual to another. Coming up next are the most pervasive signs and side effects:

- **Tremor:** Shaking begins with the hands and arms. It can likewise influence your jaw or your foot. Just a single side of your body or one leg is by and large beset in the beginning phases of the sickness. Quake might turn out to be more broad as the condition progresses. It turns out to be more awful when you're anxious. The quake generally disappears when you rest or move your arm or leg.
- **Slowness of movement (Bradykinesia):** This is caused by your

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brain's delay in communicating the essential instructions to the relevant areas of your body. This side effect is erratically serious and can before long become debilitating. You could be able to move about freely one minute and then require assistance getting dressed, bathing, or getting out of a chair the next. Conceivable you'll even dawdle as you walk.

- **Rigid muscles/stiff limbs:** The inability of your muscles to relax naturally is known as rigidity. This stiffness is produced by uncontrollable muscular tenseness, which prevents you from moving about easily. A throbbing painfulness in the beset muscles might happen and your scope of movement might be limited.
- **Unsteady walk and balance and coordination problems:** When you're bumped, you could acquire a forward lean that makes you more prone to tumble. You could take short, shuffling steps, have trouble beginning and stopping and not swing your arms naturally when walking. When you try to take a step, you may feel as if your feet are glued to the floor [1-5].

Parkinson's illness is a drawn out neurological disease that influences the whole body. Experts are unsure why Parkinson's disease develops, although genetic and environmental factors may be involved. Experts have discovered clear correlations between previous traumatic brain damage and toxic exposure. Although exercise, a balanced diet and avoiding pollutants may all assist to prevent Parkinson's disease, there is currently little data to back up this theory.

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Conflict of Interest

The authors declare that there is no conflict of interest associated with this manuscript.

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