



Parkinsons Disease Early Recognition and Multidisciplinary Care

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Description

Parkinson's disease is a progressive neurological condition that affects movement, coordination and several non motor functions. It develops gradually and often begins with subtle symptoms that may go unnoticed in the early stages. Although Parkinson's disease is commonly associated with older adults, it can affect individuals at different ages, including younger populations in rare cases. The disease occurs due to the loss of dopamine producing cells in a specific area of the brain. Dopamine plays a crucial role in controlling movement and its reduction leads to symptoms such as tremors, stiffness, slowed movements and balance difficulties. Over time, these motor symptoms can interfere with daily activities such as walking, writing, eating and speaking. However, Parkinson's disease is more than a movement disorder. Many individuals also experience non motor symptoms including sleep disturbances, fatigue, mood changes, cognitive difficulties and changes in speech and swallowing. Initial symptoms are often mild and may be mistaken for normal aging or stress related changes. As a result, diagnosis may be delayed, preventing timely intervention and support. From a commentary perspective, increasing public and professional awareness about early signs is essential. Early recognition allows individuals to plan their care, adopt supportive therapies, and maintain a better

quality of life.

Loss of independence often affects self esteem and mental well being. Anxiety and depression are common among people with Parkinson's disease, yet these aspects are sometimes overlooked in favor of physical symptoms. Addressing mental health should be considered a core component of Parkinson's care rather than an optional addition. Families and caregivers play a vital role in supporting individuals with Parkinson's disease. Caregiving responsibilities may increase over time, leading to emotional stress, physical fatigue and financial strain. Caregivers often balance their own personal and professional lives while managing medical appointments, daily care and emotional support. Providing education, counseling and respite care for caregivers is essential to ensure their well being and sustainability of care. Treatment for Parkinson's disease focuses on managing symptoms rather than curing the condition. Medications that increase or mimic dopamine can significantly improve movement and daily functioning, especially in the early and middle stages of the disease. In some cases, surgical interventions and advanced therapies may be recommended. Alongside medical treatment, physiotherapy, occupational therapy and speech therapy play important roles in maintaining mobility, communication and independence. A multidisciplinary approach

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allows care to be tailored to individual needs.

From a societal viewpoint, Parkinson's disease highlights the importance of accessible and inclusive healthcare systems. In many regions, access to specialized care and rehabilitation services is limited, particularly in rural and low resource settings. This inequality affects outcomes and quality of life for individuals living with the disease. Policies that promote equitable access to neurological care, rehabilitation and assistive devices are necessary to address these disparities. Public perception of Parkinson's disease also deserves attention. Misunderstanding and lack of awareness can lead to stigma and social isolation. People with Parkinson's disease may withdraw from social activities due to fear of embarrassment or being misunderstood. Creating supportive and

informed communities can reduce stigma and encourage participation in social life. Simple measures such as patient friendly public spaces and flexible work environments can make a meaningful difference. Research continues to advance understanding of Parkinson's disease, exploring its causes, progression and potential treatments. While progress has been made, continued investment in research is essential to develop therapies that slow or prevent disease progression. Parkinson's disease is a multifaceted condition that affects far more than physical movement. It influences emotional health, family and social participation. A comprehensive approach that combines medical care, psychological support, caregiver assistance and societal inclusion is essential.