



## PARKINSON'S DISEASE NEWS

<http://www.viartis.net/parkinsons.disease/news.htm>

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### THE EFFECT OF TEN YEARS WITH PARKINSON'S DISEASE

Parkinsonism Related Disorders [2012] 18 supplement, 3 : S10-S14 28 (3) : 380-383 (A. Hassan, S.S.Wu, P.Schmidt, I.A.Malaty, Y.F.Dai, J.M.Miyasaki, M.S.Okun)

A large number of people who had Parkinson's Disease for more than ten years were assessed to see what effect it had on them. The clinical status and health-related quality of life of patients reaching this milestone had not been well documented before. Their average age was 68 years old. Their average age of onset was 53 years old. Their average disease duration was 14 years. Many of them were minimally disabled (44%) or experiencing postural instability (40%). Most (88%) were able to stand unaided but falls were common (55%). Almost all (93%) were living at home, with a family member as a regular caregiver (84%).

They had an average of two additional medical disorders with arthritis (49%) and heart problems (32%) being the most common. Most of them (87%) took at least 2 medications, with L-dopa (96%), dopamine agonists (45%) and antidepressants (37%) being the most common. Most of them were not currently utilizing physical, occupational or speech therapy, but two-thirds of them reported engaging in physical activity. Deep brain stimulation was documented in 22%. Overall the mean health-related quality of life and caregiver burden was impaired in all domains.

<http://www.viartis.net/parkinsons.disease/news/130922.pdf>

[mail@viartis.net](mailto:mail@viartis.net)

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