**About Parkinson’s Disease & Parkinson Society British Columbia**

**Parkinson’s Disease**

* Parkinson’s disease (PD) is a progressive neurological disorder with no known cure.
* There are over 13,000 people in British Columbia living with Parkinson’s disease, and over 100,000 people across Canada.
* Common motor symptoms include tremor (shaking), slowness of movement, muscle stiffness, and impaired balance. Other symptoms often include fatigue, speech and writing difficulties, sleep disorders, cognitive changes, and more.
* Parkinson’s causes dopamine-producing cells to die off, resulting in the onset of motor symptoms. Dopamine is a neurotransmitter important for nervous system functioning.
* Parkinson’s is the second most common neurodegenerative disease after Alzheimer’s. The worldwide incidence of Parkinson’s is expected to double by 2040.
* Since there is no cure, treatment is focused on symptom management. Exercise and medication are the two most common ways to treat Parkinson’s.
* Levodopa is a building-block of dopamine, and one of the most common drugs used to treat symptoms of Parkinson’s. It stimulates dopamine production in the body.

**Parkinson Society British Columbia**

Established in 1969, Parkinson Society British Columbia is a not-for-profit charitable organization that serves to empower people with Parkinson’s in British Columbia through providing resources and services to enable self-management, self-reliance, and self-advocacy. The Society is governed by a voluntary Board of Directors, and supported by donations from individuals, members, corporations, foundations, and the efforts of our volunteers.

Our services include:

* Educational materials for people with PD, their caregivers, and healthcare professionals.
* Free, short-term, confidential counselling services for anyone touched by Parkinson’s.
* Over 50 volunteer-led support groups in communities across the province, and online.
* PD Link, a peer support program for individuals with PD and caregivers.
* Education events, including workshops, conferences, webinars, and community talks.
* PD Connect, a referral program for healthcare professionals treating people with PD.
* Information, consultations, and referrals through our toll-free information line and email.

We believe that every person touched by Parkinson’s deserves to know that they are not alone in their journey. Our friendly and knowledgeable staff is committed to offering support, sharing reliable information, and raising funds for programs and research.

Read our most recent annual report at [www.parkinson.bc.ca/annual-report](http://www.parkinson.bc.ca/annual-report).