

FOR IMMEDIATE RELEASE

#MoreThanATremor campaign sheds light on the hidden symptoms of Parkinson's disease

April 11th is World Parkinson's Day, and Parkinson Society British Columbia is joining organizations across the globe in dedicating the month of April to raise awareness of the profound effects of Parkinson's disease on patients, families, and the healthcare system.

Vancouver, BC – MARCH 18, 2021 – This April, Parkinson Society British Columbia (PSBC) is calling on the public to place themselves in the shoes of a person with Parkinson's disease (PD). Despite being the second most common neurodegenerative disorder after Alzheimer's disease, Parkinson's receives considerably less attention. Increasing public awareness for Parkinson's is a crucial step towards finding a cure, and uncovering the definitive causes of this extremely unpredictable disease.

Parkinson's is often equated with its most visible symptom — the tremor. However, the disease has over 40 distinct symptoms, many of which are unknown to those without a personal connection to PD. That is why PSBC's 2021 Parkinson's Awareness Month campaign focuses on spreading the message that *Parkinson's disease is more than a tremor*. We are inviting our community to share their stories using the hashtag **#MoreThanATremor** to promote greater public understanding, compassion, and support for the needs of people with Parkinson's across British Columbia.

For many living with the disease, tremors are just one small part of their experience. In some individuals, Parkinson's can cause many other life-altering symptoms, like debilitating and painful rigidity, profound cognitive changes, and severely impaired speech and swallowing. Meanwhile, for others, Parkinson's may not progress much further than causing mild to moderate issues with mobility and daily functioning. Every journey with Parkinson's is unique.

For more information about how you can participate in Parkinson Society British Columbia's awareness efforts and support the Parkinson's community, please visit: www.parkinson.bc.ca/awareness.

About Parkinson Society British Columbia

Established in 1969, Parkinson Society British Columbia serves to empower the Parkinson's community across the province by providing resources and services to enable self-management, self-reliance, and self-advocacy. Our purpose is to ease the burden through advocacy, education, and support services, while pursuing the search for a cure by investing in promising research. The Society is supported by the generosity of individual donors, corporations, foundations, and the dedicated efforts of volunteers.

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