

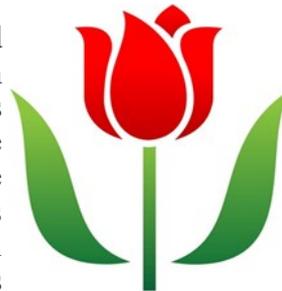


MARDEN NEWS

The monthly newsletter from Marden Medical Practice April 2020

Parkinson's Awareness Week 2020 - 10th April to 16th April.

Parkinson's Awareness Week surrounds World Parkinson's Day, which takes place this year on Wednesday, April 10th. Each year, charity Parkinson's UK continues its incredible work to ensure that they use the event to reach more people that are affected by the condition directly or through a loved one and raise funds to provide better treatments, through ever more vital research. Parkinson's disease is indiscriminate. It affects one in 500 people that's just short of 130,000 people in the UK, and up to 14 million people worldwide. There are three key symptoms of Parkinson's: an involuntary shaking movement in one or more parts of the body; stiff or inflexible muscles; and slower or less co-ordinated body movement.



Parkinson's Awareness

A progressive neurological condition, Parkinson's Disease affects actions including talking, walking and writing. Parkinson's Disease is named after a London doctor, Dr James Parkinson (1755-1824) who identified Parkinson's Disease as a condition in its own right.

Funding is needed for vital research work into the causes and treatments of Parkinson's Disease. Parkinson's UK also works to support those living day to day with this condition. Each year Parkinson's Awareness Week focuses on a different aspect of this condition. For example during 2014, the main focus was 'Control', which raised awareness about how people with this disease control and live with the symptoms and progressive nature of Parkinson's.

Another focus of Parkinson's Disease Awareness Week is to increase media coverage of this condition. The greater the coverage the more people know what it is like to live or care for somebody with Parkinson's Disease.

Parkinson's Disease arises due to a loss of nerve cells in the substantia nigra; a part of the brain affected by Parkinson's Disease. Nerve cells in the substantia nigra produce the chemical dopamine, a neurotransmitter, which transmits nerve impulses and allows signals to be sent to other areas of the brain which coordinate movement. A reduction in these dopamine producing cells causes reduced function in the areas of the brain responsible for coordinating movement. About an 80% reduction in dopamine will bring on the symptoms of Parkinson's Disease.



Useful Numbers

Health Visitors 452300
District Nurses 277709
RSH 261000
Family Planning 283382

Pharmacies

Rowland's On Site

369446

Asda 276810

Sainsbury's 244744

Taylor - Radbrook

249931

Williams Co-op

344277

Conway 352352

Lunt's - Hereford Rd

351918

Boots - Pride Hill

351311

Rhodes 343998

Boots - Copthorne

350747

Lloyds - Riverside

344523

Tesco

845449

Pharmacy Express

245715

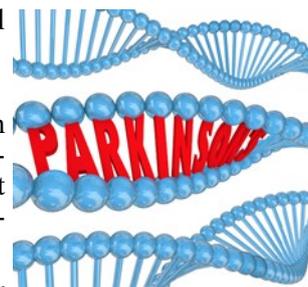
Research into Parkinson's Disease broadly falls into two categories: genetic and environment research. Genetic research into Parkinson's Disease has so far identified 9 genes linked to this condition. The parkin gene is the gene most commonly associated with Parkinson's Disease. Scientific research aims to determine which factors are involved in the creation, maintenance and destruction of the dopamine producing neurons.

Environment research into Parkinson's Disease focuses on possible environmental factors associated with Parkinson's Disease.

Is there a way to prevent Parkinson's Disease?

At present there is no way to prevent Parkinson's Disease. However, current research is focusing on finding a biochemical abnormality which all individuals with Parkinson's Disease might share. However such findings would help more to predict not prevent Parkinson's Disease. These biochemical abnormalities are known as biomarkers.

If you think that you or a loved one have these signs, get in touch with your doctor immediately it's something that can thankfully be managed by doctors, and you can continue to live a great quality of life.



Snoring noise and sleep disturbance – is it a threat to our health?

The sound of snoring is irritating and annoying and can lead to sleep deprivation for the bed partner. But the noise of snoring can also cause a number of health problems. We all know how it feels if we have not had a good night's sleep – we feel tired and sleepy all day, bad tempered, lacking concentration, and generally irritable. Bed partners who are disturbed every night by snoring they experience these symptoms every day.



The noise level that starts to have an effect on sleep is around 40dB. The noise of snoring can range from about 50dB to 100+dB, and research has consistently found that when exposed to noise at these levels, it can have a negative effect on all areas of our wellbeing. Noise at night has become a major problem, and many people consider that a good night's sleep is a basic human entitlement essential for maintaining good health. Indeed, sleep is so important that the World Health Organisation (WHO) document several categories of adverse health and social effects from noise. Sleep disturbance, hearing impairment, daytime functioning, mental health problems, cognitive issues and negative social behaviour can be symptoms of being subjected to loud noise over a period of time. Sleep deprivation can also have a negative impact on body systems such as hormonal release, glucose regulation and cardiovascular function, leading to overall poor health. Evidence has shown that the louder the noise, the worse the sleep. The quality of the noise is also an issue. Some noises can be subjectively annoying whilst others of the same level are not. It is well known that the noise of snoring is one that cannot be tolerated for long without disrupted sleep. Some bed partners who sleep with their snorer every night try to sleep through the noise and ignore it. However, it has been shown that although you may sleep through the night, the quality of sleep will be much reduced and you will not feel as refreshed in the morning as you should. Noise tends to reduce our deep refreshing sleep to more shallow sleep, and will also reduce dreaming sleep. It is well documented that bed partners of snorers have been found to be at risk of hearing loss due to continuous noise exposure.

If you cannot resolve the snoring by self-help remedies seek professional help to find the cause and appropriate treatment.



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