

Hrvatski/Engleski
Croatian/English

Razumijevanje Parkinsonove bolesti

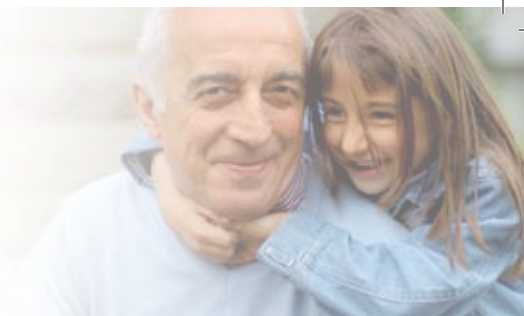
Understanding
Parkinson's
disease



Parkinson's
Australia



Parkinson's
Australia



What is Parkinson's disease?

Parkinson's disease is a condition that affects movement. People with Parkinson's have problems controlling the muscles of the body due to a breakdown of messages from the brain.

We do not know its causes, but people with Parkinson's have low levels of a brain chemical called dopamine. Dopamine helps the brain to control the muscles and move the body smoothly and easily.

Over time, people with Parkinson's have less and less dopamine, making movement more and more difficult.

Parkinson's progresses slowly. It may take many years before symptoms begin to cause major problems with daily life. When they do, many of these symptoms can be managed with treatment and support.



**People with
Parkinson's disease can
continue to enjoy a long and
productive life.**

Što je Parkinsonova bolest?

Parkinsonova bolest je stanje koje utječe štetno na pokrete. Osobe sa Parkinsonom imaju tegobe u kontroliranju tjelesnih mišića zbog prekida poruka koje se šalju iz mozga.

Uzroci nam nisu poznati, ali je u mozgu osoba koje imaju Parkinson utvrđen nizak nivo kemijske tvari nazvane dopamin. Dopamin pomaže mozgu u kontroliranju mišića i ravnomjernom i lakom pokretanju tijela.

Vremenom se kod osoba koje imaju Parkinson nivo dopamina smanjuje, što otežava kretanje.

Parkinson nastupa sporo i mogu proteći godine prije nego simptomi počnu stvarati značajne tegobe u svakodnevnom životu. Kada se to dogodi, većina ovih simptoma može se kontrolirati uz tretman i potporu.

**Osobe koje imaju
Parkinson mogu nastaviti
uživati dug i
produktivan život.**



Parkinson's
Australia



How does it affect people?

Parkinson's affects each person differently and symptoms can vary on different days.

The main symptoms are:

- Shaking or trembling.
- Stiff or tight muscles.
- Slow movement or difficulty starting or stopping a movement.
- Balance problems or difficulty standing up straight.

Parkinson's can cause problems with daily activities such as walking, getting out of a chair or turning over in bed. It can also affect small movements such as writing, typing, shaving or buttoning up clothes.

Other common problems include: tiredness, depression, constipation, difficulty speaking or swallowing and problems doing more than one thing at a time.

Kako Parkinson utječe na ljude?

Parkinsonova bolest utječe na svaku osobu različito, a simptomi se razlikuju od dana do dana.

Glavni simptomi su:

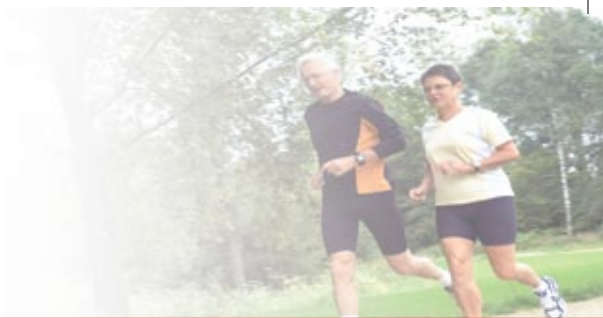
- trešenje i drhtanje
- ukočeni ili zategnuti mišići
- spore kretnje ili tegobe pri započinjanju ili zaustavljanju poketa
- tegobe u održavanju ravnoteže ili pri uspravnom stajanju.

Parkinsonova bolest može stvoriti tegobe u obavljanju dnevnih aktivnosti, kao što su hodanje, ustajanje iz stolice ili okretanje u krevetu. Također može utjecati na male pokrete, kao što su pisanje, tipkanje, brijanje ili kopčanje odjeće.

U ostale česte tegobe spadaju: zamor, depresija, konstipacija (zatvor), tegobe pri govorenju i gutanju i istovrijemenom obavljanju više aktivnosti.



Parkinson's
Australia



Facts about Parkinson's disease

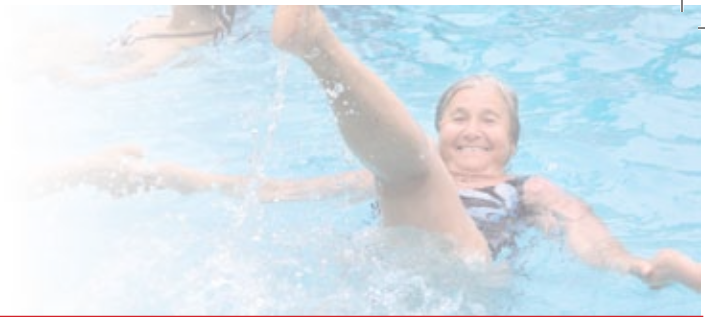
- *Parkinson's is one of the most common brain conditions in Australia.*
- *25 people are diagnosed every day.*
- *It is more common among people aged over 60 years, but it can affect adults of any age.*
- *It does not cause death and many people live a long and productive life with Parkinson's.*
- *It affects both men and women from all cultures and lifestyles.*
- *It is not contagious, so you can not catch it or pass it on to someone else.*
- *It is not usually hereditary.*
- *We do not know what its causes are.*
- *Medications help to control symptoms, but there is no known cure.*
- *New and better treatments and medications are being researched.*

Činjenice o Parkinsonu

- *Parkinsonova bolest je jedno od najčešćih oboljenja mozga u Australiji.*
- *Svakog dana se dijagnosticira 25 osoba.*
- *Bolest je učestalija kod osoba starijih od 60 godina, ali se može javiti kod odraslih osoba bilo koje dobi.*
- *Nije smrtonosna i mnoge osobe koje imaju Parkinson mogu živjeti dug i produktivan život.*
- *Podjednako oboljevaju i muškarci i žene iz svih kulturnih i društvenih slojeva.*
- *Nije zarazna i ne možete je primiti od ili prenijeti na drugu osobu.*
- *Obično nije naslijedna.*
- *Uzroci Parkinsonove bolesti nam nisu poznati.*
- *Lijekovi pomažu u kontroliranju simptoma, ali izlječenja nema.*
- *U ispitivanju su novi i bolji tretmani i lijekovi.*



Parkinson's
Australia



Treatment

It is very important that people with Parkinson's see a specialist doctor such as a neurologist for advice on available medications and ongoing monitoring.

Other health workers can provide support, information, treatment and therapies to help with daily living.

Liječenje

Od osobite je važnosti da osobe koje imaju Parkinsonovu bolest odu na pregled liječniku specijalisti, kao što je to neurolog, radi dobijanja savjeta o raspoloživim lijekovima i kontinuiranog praćenja simptoma.

Ostalo zdravstveno osoblje može pružiti pomoć, informacije, tretman i terapije te olakšati svakodnevni život.



Parkinson's
Australia



Parkinson's Australia can help

Our specialist health workers can give support and information over the phone or in person.

We help people with Parkinson's, their families, friends and carers.

We have information and Help Sheets in various languages covering many topics.

We run regular information sessions for people to come and learn more.

We can put you in touch with other people in your community who are living with Parkinson's.

We can give you information about where to go for further help in your area.

For information & support contact:

Parkinson's Australia on **1800 644 189**
www.parkinsons.org.au

If you need an interpreter to help you communicate over the phone:

Phone **131 450** and ask for an interpreter to connect you to Parkinson's Australia in your state or territory. This is a free service.

Parkinson's Australia može pomoći

Naše stručno osposobljeno zdravstveno osoblje može pružiti pomoć i informacije, telefonom i osobno.

Pomažemo osobama koje imaju Parkinson, njihovim obiteljima, prijateljima i starateljima.

Imamo informacije i informativne pamflete na različitim jezicima i o raznim temama.

Održavamo redovite informativne sastanke za osobe koje žele više saznati i naučiti.

Možemo vas povezati sa drugim osobama koje žive sa Parkinsonom u vašoj zajednici.

Možemo vas obavijestiti kome da se obratite za pomoć u vašoj blizini.

Kontaktirajte Parkinson's Australia za **informacije i pomoć na: 1800 644 189**
www.parkinsons.org.au

Ako vam je potreban tumač za razgovor telefonom, nazovite **131 450** i zamolite tumača da vas poveže sa službom Parkinson's Australia u vašoj državi ili teritoriji. Ovo je besplatna usluga.



Parkinson's
Australia

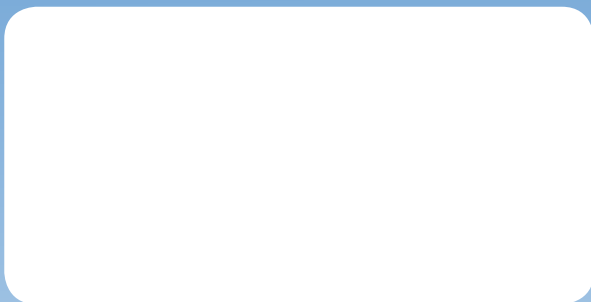
Parkinson's Australia

1800 644 189

www.parkinsons.org.au

ili kontaktirajte vašu mjesnu organizaciju za pomoć osobama sa Parkinsonom:

Or contact your local Parkinson's disease support organisation:



Ovu publikaciju objavila je Parkinson's Victoria uz pomoć dobrotvornog fonda „Lord Mayor's Charitable Foundation“.

Parkinson's Victoria acknowledges the support of the Lord Mayor's Charitable Foundation, which enabled the production of this information resource.



Rujan 2008

Parkinson's Victoria nije odgovorna za bilo koju pogrešku ili propust u ovoj publikaciji.

September 2008

Parkinson's Victoria is not liable for any error or omission in this publication.

© Parkinson's Victoria