

A DOZEN QUESTIONS ON EARLY DETECTION OF PARKINSON'S DISEASE

1. Does your hand tremble at rest and will it get better if you take something in your hand?
2. Is one arm bent at the body and does not swing when walking?
3. Do you have a forward bent posture?
4. Do you walk slightly in small steps, shuffling or pulling a leg?
5. Do you have a worse sense of smell than before?
6. Do you often suffer from previously unknown constipation?
7. Do you often have tension pains in your shoulder/back?
8. Do you withdraw quickly and avoid contact?
9. Has your voice become monotonous, softer or hoarse?
10. Has your handwriting changed? Has it become smaller and illegible?
11. Do you suffer from an „inner tremor“ or an „inner restlessness“?
12. Do you sleep with restless dreams, which you act out motorically, do you talk in your sleep?