

About Parkinson's Disease

- Parkinson's disease (PD) is a progressive neurological disorder with no known cure.
- There are approximately 17,500 people in British Columbia living with Parkinson's, and over 100,000 people across Canada.
- Common motor symptoms include tremor, 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.

About Parkinson SuperWalk

Parkinson SuperWalk is the largest and most important provincial and national awareness and fundraising event for Parkinson Society British Columbia and the event licensor, Parkinson Canada. This summer, SuperWalk September 7 & 8.

Funds raised across the province support Parkinson Society British Columbia's efforts to empower the Parkinson's community, including:

- Advocating for issues important to the Parkinson's community. Learn more at parkinson.bc.ca/advocacy.
- Supporting local research, in partnership with the Michael Smith Foundation and Parkinson Canada.
- Connecting our community to leading authorities on Parkinson's, through educational events and publications.
- Reminding people with Parkinson's that they are not alone, by providing free, accessible front-line services.

About Parkinson Society British Columbia

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

Our services include, but are not limited to:

- Educational materials for people with Parkinson's, their carepartners, & healthcare professionals.
- Free, short-term, confidential counselling & healthcare navigation services.
- Free virtual physiotherapy for those who have limited access to specialized services.
- Approximately 50 support groups in communities across the province and online.
- PD Link, a peer support program for individuals with Parkinson's and carepartners.
- Education events, exercise classes, and activities, most of which are free of charge.
- PD Connect, a referral program for healthcare professionals treating people with Parkinson's.
- Information, consultations, and referrals through our toll-free information line and email.

