

Parkinson Disease: World Day 11 April



Gabriel Miranda Nava*

Neurologist and Clinical Neurophysiologist, Chief of Neurology of the Hospital Center of the Presidential General Staff, Mexico

Submission: July 14, 2018; **Published:** July 26, 2018

***Corresponding author:** Gabriel Miranda Nava, Neurologist and Clinical Neurophysiologist, Attached to the Hospital Center of the Presidential General Staff, Master in Public Health, Doctor in Administration and Public policies, Mexico, Email: drgabrielmiranda@hotmail.com

Opinion

Call in 1817 as agitating paralysis, or so the English James Parkinson baptizes, since then the aberrant neurochemistry of dopamine has been elucidated first, and later they have tried to find new forms of treatment, often expensive, often inaccessible. But let's go to the general scheme of the disease; We know that this chronic and degenerative disease is due to the deficiency in 80% of the aforementioned neurotransmitter dopamine in an area of the brain called locus ceruleus, which is located at the level of the brainstem. When this situation exists, it manifests with the classic symptomatology of the patient with Parkinson's that we all locate, what is the tremor, and we add a way of walking called festive march, the rigidity and slowness in their movements and the famous facies or face of "mask". The tremor is called "in account coins" and starts first on one side, after the passage of time occurs the other; usually in arms and then in legs, which will increase as time passes. With regard to stiffness, the movements of the trunk, arms and legs become progressively slower, difficult to project, which in turn is associated with limited mobility of the muscles of the face, which we call poker player (in allusion to card players who are inexpressive to avoid disclosing their game through emotions or gestures).

There are another series of symptoms that cause a deterioration in their quality of life, such as excessive salivation, which is a very

annoying symptom, difficult to treat and which dehydrates the patient; the festive march, or one that lacks the movement of arms and turns, places our patient on the verge of falls and posterior hip fractures; dementia, very frequent and with poor prognosis; depression; psychotic outbreaks. And to add to the bad news, if at the beginning of their treatment they do not present an adequate design of their medications, these, when used in an unwise manner, can lead to deterioration and complications in the movements of the patients; an example is to immediately administer levodopa-carbidopa to patients diagnosed with Parkinson's disease under 65 years of age, because this medication, effective from the beginning, will only be considered for 10 years, since after this period the side effects begin, that no other drug can solve. There are still many chapters to write about this disease, especially surgeries or procedures in research, the concepts of the eighties about the use of the adrenal glands and the improvement of the effectiveness of drugs and their combinations. You have to go to your Neurologist if you have any symptoms, but first it is my duty to recommend that you try to enroll either in a social security system or medical expenses insurance, because these types of diseases are expensive, with different complications and several inmates hospital. Many greetings.



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DOI: [10.19080/JOJS.2019.03.555614](https://doi.org/10.19080/JOJS.2019.03.555614)

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