



March 31st, 2017

## Time for a cure for Parkinson's

A South Tyneside doctor is backing a campaign to develop better treatments, faster, for Parkinson's Disease.

Parkinson's is a complex, progressive condition. Its main symptoms affect movement and patients can often have a tremor, get tired very easily and have a tendency to fall down. April 10th-17th is Parkinson's Awareness Week and World Parkinson's Day, on Tuesday, April 11th, will mark 200 years since James Parkinson first described the symptoms of the condition. The theme for the week is 'We Won't Wait' and the charity Parkinson's UK is calling for support for their research so they can find more treatments and a cure.

One person in every 500 has Parkinson's Disease. Most people who get it are aged 50 or over but younger people can also be affected. Parkinson's tends to cause symptoms which get worse over time but for most it is not a direct cause of death. As well as shaking, slowness of movement and stiffness, people with Parkinson's Disease can also find that other symptoms, such as tiredness, pain, depression and constipation, can have an impact on their day-to-day lives. With good care and support, however, patients often maintain a good quality of life.

South Tyneside NHS Foundation Trust's Movement Disorders Lead Dr Edward Nowicki heads a new multi-disciplinary team at South Tyneside District Hospital and during the week he will be raising awareness among staff.

Dr Nowicki has a clinic at the hospital for outpatients referred with movement disorders, and Parkinson's Disease in particular. He also assesses in-patients with Parkinson's Disease to ensure they can be safely discharged as soon as possible and then follows their subsequent progress in Outpatients. The team includes speech and language therapists, a physiotherapist and an occupational therapist, and it is hoped that a Parkinson's Disease nurse specialist could join them in the future.

Dr Nowicki said: "We meet on a regular basis and all work together to ensure that we give the best of care to our patients and the best support to each other."

He added: "Two hundred years on from its first recognition, Parkinson's Disease remains a common and under-recognised condition. Parkinson's Awareness Week is a great opportunity



for us to publicise our new service at South Tyneside Hospital, whilst drawing attention to the fact that much more research and resource is needed into better, longer-lasting medication and, hopefully, in the future, a cure.”  
ends

*Pictured above: Dr Edward Nowicki will be raising awareness of Parkinson's Disease*

Issued on behalf of South Tyneside NHS Foundation Trust by Kay Jordan

For press enquiries on this release, contact 0191 404 1128 or email [kay.jordan@stft.nhs.uk](mailto:kay.jordan@stft.nhs.uk)