

Parkinson's Awareness Month - April 2025

LEARN. MANAGE. BALANCE.

More Than
25 People

Diagnosed With Parkinson's Everyday

85% Of Those

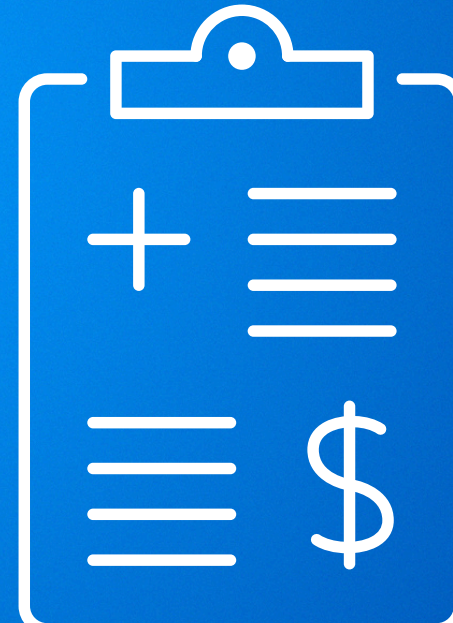
Diagnosed With Parkinson's Are Over 65 Years Old

People Living With Parkinson's have annual out-of-pocket expense at

\$1,100

\$120.4 Mln

Is The Annual Direct Healthcare Cost For Parkinson's



People Living With Parkinson's Have The

HIGHEST RATE

Of Prescription Drug Use

Compared To Other Neurological Conditions



Managing Parkinson's



EDUCATE YOURSELF

Learn about the condition through your local Parkinson Society.

EMBRACE CREATIVITY

Hobbies like painting, singing, dancing can enhance your well-being.

STAY ACTIVE

Keep moving and maintain a positive outlook. Engage in fulfilling activities.

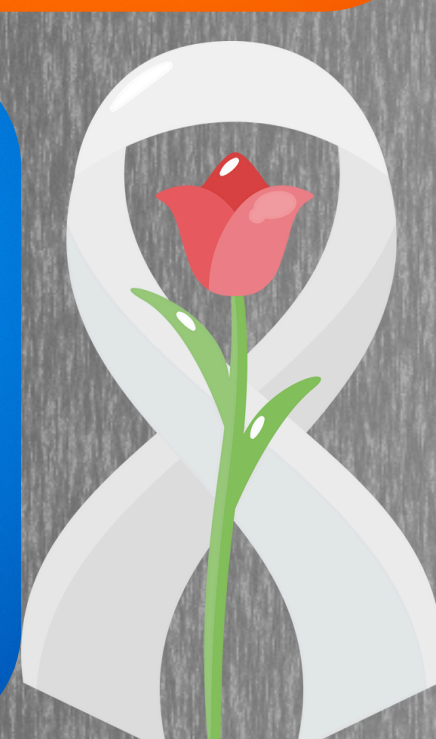


MANAGE STRESS

Reduce stress with activities like yoga or tai chi. Support groups can also help.

FIND BALANCE

Even if Parkinson's affects physical balance, you can still lead a well-rounded life.



Plan Your Life Parkinson's Thoroughly

- Take Stock And Communicate
- Explore Your Work Options
- Plan Your Finances
- Check Your Advance Care Options
- Create Personalized Care Plan
- Review Your Life Choices



Newly Diagnosed?

HERE'S WHAT YOU NEED TO CONSIDER

MAINTAIN

Emotional Well-Being

MANAGE

Your Symptoms

NURTURE

Your Relationships

PRESERVE

Your Independence

MINIMIZE

Medication Side Effects

CONTINUE

Work And Hobbies

MAKE A DIFFERENCE TODAY!



Volunteer Your Time



Raise Awareness



Donate

Together, we can accelerate progress toward better treatments and ultimately, a cure.

INFORMATION PROVIDED BY

Life Assure
Medical Alert Systems



www.lifeassure.com

Sources:

[i] Neurological Health Charities Canada, Health Canada, Public Health Agency of Canada (PHAC), Canadian Institute of Health Research (CIHR).

Mapping Connections: An Understanding of Neurological Conditions in Canada, Sept. 2014.

[ii] POHEM-Neurological, Statistics Canada & PHAC, Projected Prevalence by Neurological Condition, 2011-2031.

[iii] POHEM-Neurological, Statistics Canada & PHAC.

[iv] National Population Health Study of Neurological Conditions.

[v] Parkinson's: The Facts, Parkinson Society Canada, 2003.

[vi] Parkinson's Disease: Social and Economic Impact, Health Canada & Parkinson Society Canada, 2003.

[vii] POHEM-Neurological, Statistics Canada & PHAC, Years in Full Health Lost Due to Neurological Conditions.

Parkinson Canada | Home, Parkinson Canada - 31 Jan. 2025, www.parkinson.ca.

AgeComfort Canada's Online Health Care Store. agecomfort.blogspot.com/2014/04

Parkinson's Association of Alberta. "Parkinson Awareness Month 2024 - PAA." parkinsonassociation.ca