



Managing Parkinson's disease and problems during the COVID-19 epidemic

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DESCRIPTION

Parkinson's Disease (PD) is a progressive neurological disorder that affects movement, and is the second most common neurodegenerative condition in the world. It is caused by the degeneration of dopamine producing cells in the brain, which results in a lower level of dopamine and a difficulty in controlling movement. Symptoms of the condition can include tremors, slowness of movement, stiffness of the limbs, impaired balance and coordination, and difficulty with fine motor skills. Living with PD can be a challenge, as it affects all aspects of life, from physical activity to social interactions. It is a condition that requires careful management and a patient centered approach to ensure that quality of life is maintained. The COVID-19 pandemic has posed an extra challenge to those living with PD. With the need for social distancing and the closure of many social and medical services, it has become more difficult for patients to both access the care they need and to continue to live their lives as normal. This article will explore how Parkinson's patients can adapt to the changes brought about by the pandemic and how to manage PD during this difficult time. The COVID-19 pandemic has caused an unprecedented disruption to the way we live and care for our health. For those living with Parkinson's disease, this disruption can be especially difficult. Not only are the physical and emotional symptoms of Parkinson's disease difficult to manage, but the disruption of traditional care can make it even harder. Here,

we discuss the challenges of managing Parkinson's disease during the pandemic and some strategies to help cope. One of the biggest challenges of managing Parkinson's during the pandemic is the disruption of traditional care. Many Parkinson's patients rely on regular doctor's appointments, physical therapy, and other treatments to manage their symptoms. With the pandemic, many of these regular appointments have been canceled, postponed, or moved to a virtual setting. This can lead to a disruption in care and an inability to properly manage symptoms. Another challenge is the inability to access medications. With many people ordering medications online or through mail order services, the disruption of these services can make it difficult for Parkinson's patients to get the medications they need. Additionally, the closure of some pharmacies and the limited availability of certain medications can make it difficult to get the medications needed to manage symptoms. Finally, the anxieties and fears associated with the pandemic can also make it difficult to manage Parkinson's symptoms. The stress of the pandemic can trigger physical symptoms, and the constant stream of news and information can lead to feelings of depression and isolation. Fortunately, there are strategies to help cope with the challenges of managing Parkinson's disease during the pandemic. First, it's important to keep up with regular doctor's appointments, even if they are conducted virtually. This can help keep symptoms in check

and provide an opportunity to discuss any new issues that may be arising. It's also important to take advantage of online resources, such as support groups and educational webinars, to stay connected and informed. Additionally, it's helpful to practice self-care, such as getting enough sleep, eating healthy, and exercising. Finally, it's important to talk to your doctor

about any anxieties or stress you may be feeling, as there may be treatments or strategies that can help. The COVID-19 pandemic has caused disruption to many aspects of life, including managing Parkinson's disease. However, with the right strategies and support, it is possible to manage symptoms and stay healthy during this difficult time.