

Management of parkinsonism in this millennium—A ten step approach

One of the most common Neurodegenerative disorder is Parkinson's disease (PD), with over 4 million victims identified worldwide. Ageing has been implicated as an important risk for Parkinson's disease, with the majority of cases occurring in people above the age of 60 years. Now that our population is experiencing an extended lifespan, the prevalence of Parkinson's disease is likely to increase substantially. Indeed, it is estimated that one in forty persons will develop this disease. Parkinson's disease was described by James Parkinson in 1817 as the second most common cause of death in the elderly and it requires an effort is needed to address this clinical problem as a clinical syndrome presenting with bradykinesia, tremor and slow, shuffling gait with postural instability. Rigidity was described later, but is included as a key clinical feature in the current diagnosis makes up approximately 80% of the case of Parkinsonism. A ten step approach is discussed to address all the issues in its management. 1) Clinical diagnosis including UKPDS Brain Bank clinical diagnostic criteria from the UK. 2) Epidemiology. 3) Etiological factors which include accelerated aging, Oxidative stress, genetic susceptibility, environmental toxins, and drugs. 4) Natural history with a correlation of progressive disability with biological and pathological changes in Parkinson's disease. 5) Management options in early disease. 6) Advanced Parkinson's disease. 7) Treatment of motor complications. 8) Management

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