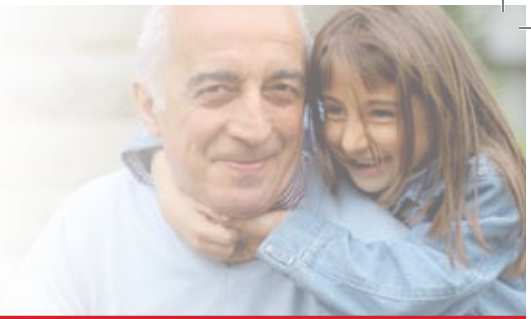


中文/英文  
Chinese/English

# 瞭解 帕金森氏病

Understanding  
Parkinson's  
disease



## What is Parkinson's disease?

Parkinson's disease is a condition that affects movement. People with Parkinson's have problems controlling the muscles of the body due to a breakdown of messages from the brain.

We do not know its causes, but people with Parkinson's have low levels of a brain chemical called dopamine. Dopamine helps the brain to control the muscles and move the body smoothly and easily.

Over time, people with Parkinson's have less and less dopamine, making movement more and more difficult.

Parkinson's progresses slowly. It may take many years before symptoms begin to cause major problems with daily life. When they do, many of these symptoms can be managed with treatment and support.

**People with Parkinson's disease can continue to enjoy a long and productive life.**

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## 什麼是帕金森氏病？

帕金森氏病是一種影響活動能力的疾病。由於大腦傳送訊息出現障礙，帕金森氏病患者會出現難以控制肌肉的問題。

我們尚未瞭解帕金森氏病的病因，但帕金森氏病患者大腦中名為多巴胺的化學物質含量較低。多巴胺幫助大腦控制肌肉，使身體行動輕鬆平穩。

在一段時間後，帕金森氏病患者大腦中的多巴胺含量越來越低，行動越來越困難。

帕金森氏病病情進展緩慢，可能在許多年後才開始出現引起日常生活主要問題的症狀，而其中許多症狀都可以通過治療與支持來控制。

**帕金森氏病患者仍然可以長壽，享受富有意義的生活。**



## How does it affect people?

Parkinson's affects each person differently and symptoms can vary on different days.

The main symptoms are:

- Shaking or trembling.
- Stiff or tight muscles.
- Slow movement or difficulty starting or stopping a movement.
- Balance problems or difficulty standing up straight.

Parkinson's can cause problems with daily activities such as walking, getting out of a chair or turning over in bed. It can also affect small movements such as writing, typing, shaving or buttoning up clothes.

Other common problems include: tiredness, depression, constipation, difficulty speaking or swallowing and problems doing more than one thing at a time.

## 帕金森氏病如何影響患者？

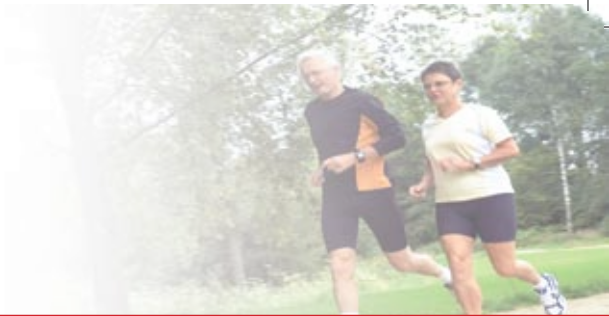
帕金森氏病對每個人的影響各不相同，而且在不同日子症狀也有所不同。

主要症狀包括：

- 抖動或顫抖
- 肌肉僵硬或緊張
- 行動遲緩或難以開始或停止行動
- 難以保持平衡或筆直站立。

帕金森氏病不僅可導致行走、從座椅上起身或睡覺翻身等日常活動出現困難，而且還可能影響寫字、打字、刮鬍子或扣衣服鈕扣等細小動作的能力。

其他常見問題包括：疲倦、抑鬱、便秘、言語障礙、吞嚥困難以及難以同時做多件事情等問題。

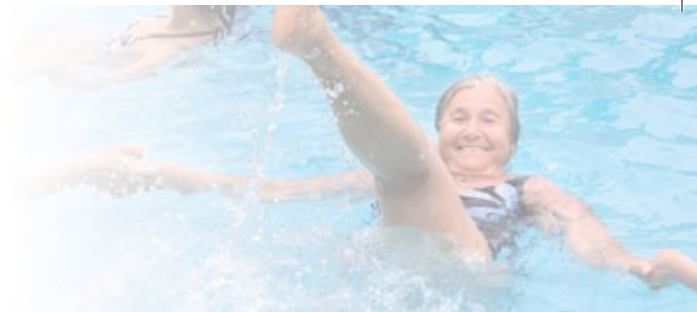


## Facts about Parkinson's disease

- *Parkinson's is one of the most common brain conditions in Australia.*
- *25 people are diagnosed every day.*
- *It is more common among people aged over 60 years, but it can affect adults of any age.*
- *It does not cause death and many people live a long and productive life with Parkinson's.*
- *It affects both men and women from all cultures and lifestyles.*
- *It is not contagious, so you can not catch it or pass it on to someone else.*
- *It is not usually hereditary.*
- *We do not know what its causes are.*
- *Medications help to control symptoms, but there is no known cure.*
- *New and better treatments and medications are being researched.*

## 帕金森氏病須知

- 帕金森氏病是澳洲最常見的大腦疾病之一。
- 每天有25人被確診患有帕金森氏病。
- 帕金森氏病更常見於60歲以上的人士，但也可影響任何年齡的成年人。
- 帕金森氏病不會導致死亡，許多帕金森氏病患者都能長壽，享受富有意義的生活。
- 帕金森氏病可影響各種文化背景及生活方式的男性和女性。
- 帕金森氏病不具傳染性，因此不可能被他人傳染或傳染給他人。
- 帕金森氏病通常沒有遺傳性。
- 我們尚不知道帕金森氏病的病因。
- 藥物可以幫助控制症狀，但沒有已為人所知的根治方法。
- 人們正在研究更具療效的新藥物與治療方法。



## Treatment

It is very important that people with Parkinson's see a specialist doctor such as a neurologist for advice on available medications and ongoing monitoring.

Other health workers can provide support, information, treatment and therapies to help with daily living.

## 治療

帕金森氏病患者應向神經病學家等專科醫生尋求現有藥物以及持續監督方面的建議，這一點非常重要。

其他醫護工作者也可以提供支持、信息與治療服務，為帕金森氏病患者提供日常生活方面的幫助。



Parkinson's  
Australia

## We can help

Our specialist health workers can give support and information over the phone or in person.

We help people with Parkinson's, their families, friends and carers.

We have information and Help Sheets in various languages covering many topics.

We run regular information sessions for people to come and learn more.

We can put you in touch with other people in your community who are living with Parkinson's.

We can give you information about where to go for further help in your area.

**For information & support contact:  
1800 644 189**

**If you need an interpreter to help you communicate over the phone:** Phone **131 450** and ask for an interpreter to connect you to Parkinson's Victoria. This is a free service

## 澳洲帕金森氏病協會 能夠提供幫助

我們的專科醫護工作者可以打電話或當面為您提供支持與信息。

我們為帕金森氏病患者及其親友和照顧者提供幫助。

我們提供介紹多個主題的各種語言版本的信息與須知單。

我們定期舉辦信息講座，幫助人們瞭解更多信息。

我們可以幫助您與社區中的其他帕金森氏病患者取得聯繫。

我們可以為您提供所在地區提供進一步幫助的機構的信息。

**若要獲得信息與支持，請與澳洲  
帕金森氏病協會聯絡，  
電話：1800 644 189**

**若需要傳譯員幫助您在電話上  
進行溝通：**

請致電**131 450**，並要求傳譯員幫您接通所在州或領地的澳洲帕金森氏病協會。這是一項免費服務。



# 1800 644 189

您也可以與當地的帕金森氏病  
支持機構聯絡：

Or contact your local Parkinson's disease  
support organisation:



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