

Dr. Rela Institute & Medical Centre is a multi-specialty quaternary care hospital located in Chennai, India.

The Institute is within the campus of Sri Balaji Medical College and University, which is spread across 30 acres. It has 13 operating theatres with 450 beds, inclusive of 150 critical care beds.

The Institute is conveniently located 10 minutes from the Domestic and International Airport.

The hospital is designed to provide highly specialized care in various departments with a focus on multi-organ transplantation. Prof. Dr. Mohammed Rela, a world renowned surgeon in the field of Liver surgery and transplantation is the Chairman and Managing Director of the Institute.

In addition to quaternary & quality care, is also committed to provide day to day primary and secondary care to the local population, with facilities of international standards.

The Institute would provide comprehensive support to international patients travelling for medical treatment such as language assistance, stay, visa and travel.

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DR. RELA INSTITUTE & MEDICAL CENTRE
An International Medical Facility



Department of
Neurology

Parkinson's Disease

Parkinson's Disease

Introduction

Parkinson's Disease (PD) is a slowly progressive disease of the brain in which there is a deficiency of dopamine which leads to slowness of all movements, stiffness of muscles, tremors occurring particularly, when the body is at rest, and tendency to lose balance. The disease usually occurs in older people, starts from one side of the body and slowly, over months and years, progresses to involve the whole body.

1 What are the early signs and symptoms of PD?

- Tremors in a hand or a leg
- Loss of expression on face
- Hand-writing becomes small
- Frozen Shoulder

2 What are the causes of PD?

The exact cause of PD is not known. However, it is believed to be caused by some defective gene, some toxin in the environment, or an abnormality in handling of oxygen by the cells.

Genetic form of PD is rare, about 20%. In India, genetic forms are rare. So far, no genetic test is available to detect and predict the future chances of having PD.

3 How to prevent PD?

Since the exact cause of PD is not known, there is nothing that can be taken in the form of medicine that will prevent one from getting PD.

However, some studies have shown that those who do vigorous exercise are less likely to develop neuro-degenerative disorder later in life, including PD.

4 Role of Exercise?

Exercise should be started as soon as possible. It has been seen that brisk exercise produces brain-derived tropic factor which acts as an elixir for brain and prevents further damage of brain cells. Exercise will depend on the stage of the disease and the specific problem to be addressed. In the early stage general exercise should aim at:

- Stretching exercise to reduce stiffness
- Stretching exercises to improve power of muscles
- Balancing exercise. As balance is impaired early in the disease, exercise to improve balance should be done
- Gait exercises, particularly in the early stage are important as in later stages, the person may become unwilling to do gait exercises, Heel-foot strategy as well as swinging of arms should be emphasized