

I think I might have Parkinson's disease and I'm not sure what to do

This screening questionnaire was developed by Dr. Joseph Jankovic, a member of the Scientific Advisory Board for the Michael J. Fox Foundation for Parkinson's Research, to help determine Parkinsonism and PD. If you answer yes to several of the questions below, you should discuss with your doctor or visit a movement disorders specialist.

1. Have you been getting slower in your usual daily activities?

2. Is your handwriting smaller?

3. Is your speech slurred or softer?

4. Do you have trouble arising from a chair?

5. Do your lips, hand, arms and/or legs shake?

6. Have you noticed more stiffness?

7. Do you have trouble buttoning buttons or dressing?

8. Do you shuffle your feet and/or take smaller steps when you walk?

9. Do your feet seem to get stuck to the floor when walking or turning?

10. Have you or others noted that you don't swing one arm when walking?

11. Do you have more trouble with your balance?

12. Have you or others noted that you stoop or have abnormal posture?
