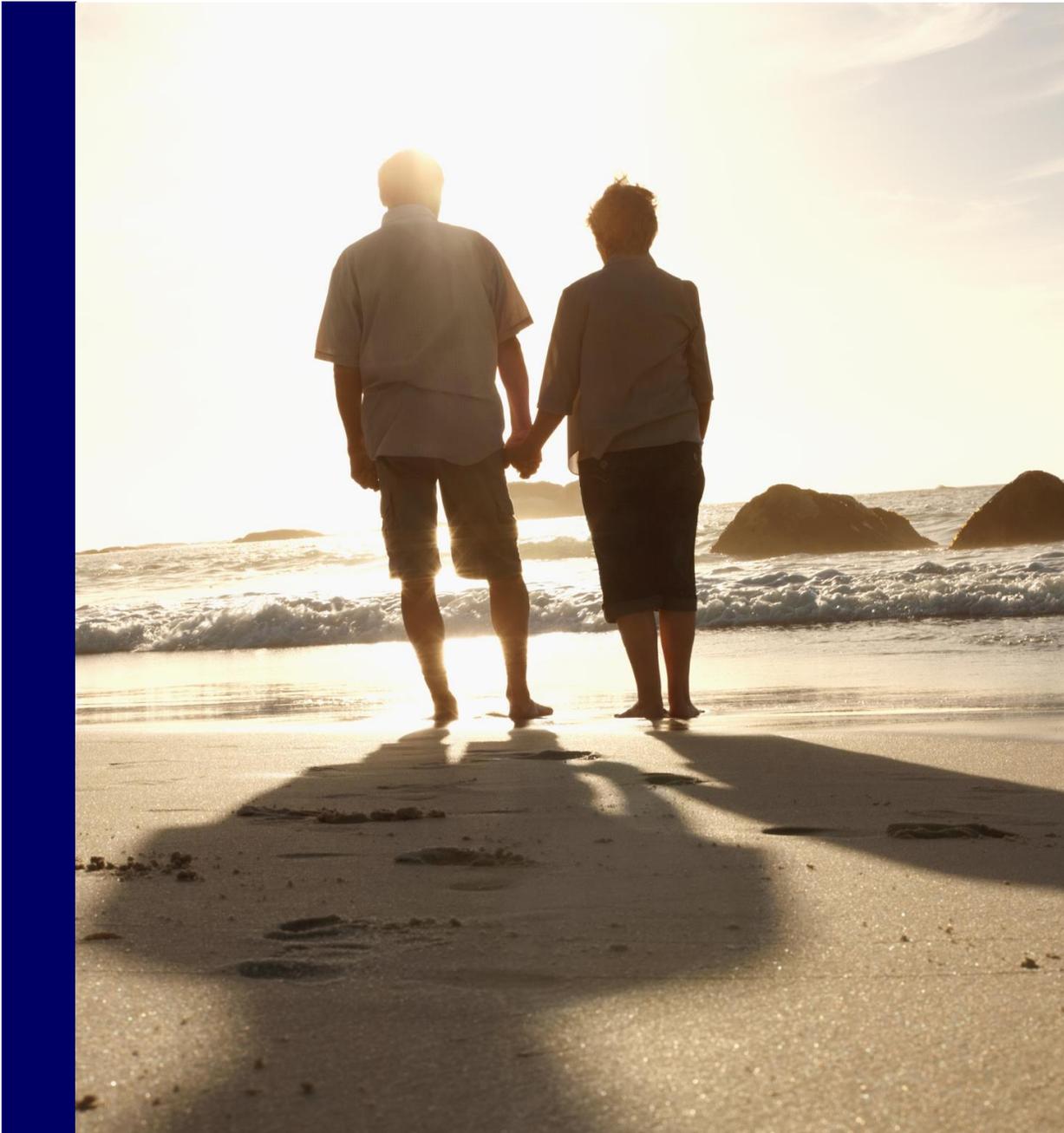


## Movement Disorders Center



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# Intro to the Movement Disorder Center

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Welcome to the Henry Ford Health Movement Disorder Center. Our team provides high quality and compassionate care for those with movement disorders such as Parkinson's disease (PD), tremor, dystonia, and more.

- We will work with you to find the best treatments to better control symptoms, and slow the onset or progression of your disorder.
- Henry Ford Health is actively involved in clinical care and research studies to find new and more effective therapies.

In this book, you will meet the movement disorders team, find information about different movement disorders, and see different resources available to you.

To learn more about the Movement Disorder Center and services Henry Ford Health provides, visit [henryford.com/services/movement-disorders](https://henryford.com/services/movement-disorders) or scan the QR code.



To scan the QR code:

1. Open the camera on your smartphone.
2. Place the QR directly in the center of the camera and the link should appear on the screen.
3. Click this link to go to the webpage.

## Meet the Team

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If you need an appointment with Movement Disorder Neurologist, call (248) 661-6466.



**Kari Anglin, NP**



**Dr. Bisena Bulica**



**Dr. Zehra Farzal**



**Dr. Shana Krstevska**



**Dr. Isaac Goldszer**

# Parkinson's Disease (PD)

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PD is a long-term movement disorder that gets worse over time. It limits a person's ability to control movements and move the body normally.

## Causes and Symptoms

It caused by a loss of brain cells that make a brain chemical called dopamine. Dopamine is needed to control movement. The loss of cells and dopamine causes symptoms that include, but are not limited to:

- Slow movements
- Decreased dexterity (skill in doing tasks, especially with the hands)
- Tremors
- Walking problems
- Impaired speech

## Diagnosis

Evaluation for PD is based on a careful review of your medical history and a thorough neurological exam. Based on the evaluation, the neurologist determines if you have PD or a similar condition.

- It is thought that more than 1 million people in the United States have PD.
- It most often affects individuals over the age of 55 and is more common in those born male.
- PD can often be confused with other neurological conditions and even normal aging.

## Treatment

### Medicine

- There are PD medicines that may work for you. Your neurologist will go over your medicine options.
- There are sometimes side effects or fluctuations of symptoms seen when you take some medicines. Your doctor can help you with side effects.

### Therapies

- Many patients benefit from speech therapy, physical therapy, and occupational therapy.
- They may recommend assistive devices and other coping mechanisms to help your quality of life.
- Talk to your doctor about different therapies that may help you.

### Deep Brain Stimulation (DBS) Surgery

- This is an option for patients that no longer get good relief of their symptoms with medicine.
- You will get more information about the surgery and what to expect if you and your doctor decide this is right for you.

### Clinical Trials

- Henry Ford Health is involved with clinical trials to find the cause of PD and new treatments.
- Talk to your neurologist to find out if you are eligible for a current research study.
- Call (248) 661-6270 for more information.

## Resources



**Henry Ford Health**

[henryford.com/services/movement-disorders/parkinsons-disease](https://www.henryford.com/services/movement-disorders/parkinsons-disease)



**Michigan Parkinson's Foundation**

[parkinsonsmi.org/](https://www.parkinsonsmi.org/)

# Tremor

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Tremor refers to trebling or shaking that a person cannot control. Essential tremor (ET) is the most common type of tremor.

## Causes and Symptoms

- ET is much more common than PD.
- There is a large hereditary part to ET, which means you can inherit it from your parents or family.
- ET usually affects the hands, but it may also affect the head and neck, face, jaw, tongue, voice, the trunk, and (although rare) the legs.
- How severe the tremors are can vary greatly from hour to hour, and day to day.
- Stressful situations can make the tremors worse.
- Some people have tremors when holding out their arms (postural tremor).
- Some have tremors that get worse while writing or eating (kinetic or action-specific tremor).
- Many people have both postural and kinetic tremors, and less tremors when they rest.

## Diagnosis

Your doctor will review your medical history and do a thorough exam of your symptoms.

## Treatment

### Medicine

- There are different medicines that can be used to help treat a tremor.
- Your doctor will work with you to decide what is best.

### Deep Brain Stimulation (DBS) Surgery

- This is an option for patients that no longer get good relief of their symptoms with medicine or side effects from the medicine are not tolerable.
- You will get more information about the surgery and what to expect if you and your doctor decide this is right for you.

## Resources



### Henry Ford Health

[henryford.com/services/movement-disorders/movement-disorders-we-treat/essential-tremor](https://henryford.com/services/movement-disorders/movement-disorders-we-treat/essential-tremor)



### International Essential Tremor Foundation

[essentialtremor.org/](https://essentialtremor.org/)

# Dystonia

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Dystonia is a movement disorder that makes muscles contract without warning (muscle spasms). These spasms can be painful and force certain parts of the body into abnormal movements and postures. Dystonia can affect muscles in any part of the body including arms and legs, trunk, neck, eyelids, face, and vocal cords.

## Causes and Symptoms

- Dystonia can be **primary** (without an obvious cause) or **secondary** (meaning it happens because of a stroke, cerebral palsy, toxic effects of drugs, head injury, or other causes).
- It can also be “**focal**” which means it affects a local part of the body or it can be more **general**.

Examples of focal dystonia include:

- Blepharospasm: forceful involuntary closure of the eyelids
  - Spasmodic torticollis (cervical dystonia): neck muscle spasms that cause the head to turn or twist, sometimes with tremor or jerking motion in addition to sustained abnormal postures.
  - Oromandibular dystonia: continuous spasms of the face, jaw, neck, or tongue.
  - Spasmodic dysphonia: strained or tremorous voice due to vocal cord dystonia.
  - Dystonia of the limbs: involuntary postures or movements, sometimes specific to a certain task such as writer’s cramp or musician’s dystonia.
- Dystonia can cause impairment and disabilities as muscle spasms interfere with normal function.
  - Depending on the body region affected, it can impair walking, feeding, and coordinated tasks.

## Diagnosis

Your doctor will review your medical history and do a thorough exam of your symptoms. Dystonia can sometimes start in childhood because of a genetic abnormality.

## Treatment

### Medicine

- There are several medicines you take by mouth or injections that can help treat symptoms.
- Your doctor will work with you to decide what is best.
- There is a spinal fluid pump method to deliver medicine to those with secondary leg dystonia. Your doctor will work with you to decide if this is right.

### Deep Brain Stimulation (DBS) Surgery

- This is an option for patients that no longer get good relief of their symptoms with medicine or side effects from the medicine are not tolerable.
- You will get more information about the surgery and what to expect if you and your doctor decide this is right for you.

## Resources



**Henry Ford Health**

[henryford.com/services/movement-disorders/movement-disorders-we-treat/dystonia](https://henryford.com/services/movement-disorders/movement-disorders-we-treat/dystonia)



**Dystonia Medical Research Foundation**

[dystonia-foundation.org/](https://dystonia-foundation.org/)

# Caregiver Support

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Henry Ford Health's C.A.R.E Program provides virtual and in-person support for family caregivers and the community. They have a variety of classes, support groups, one-on-one consultations, and more.



Email [CaregiverResources@hfhs.org](mailto:CaregiverResources@hfhs.org)

- Email your questions to a caregiver specialist and ask for information about your caregiving situation.



Call (866) 574-7530

- Speak with a caregiver specialist about your caregiving situation.



Visit [Henryford.com/familycaregivers](https://Henryford.com/familycaregivers)

- Find caregiver resources and sign up for a support group or class.



Register for virtual support groups, creative mindfulness with art sessions, caregiver education classes, and other special events: [henryford.com/visitors/caregivers/caregiver-classes](https://henryford.com/visitors/caregivers/caregiver-classes)

Visit the Facebook® page to see upcoming events and join a community of caregivers: search in Facebook groups “Henry Ford Health C.A.R.E Program.”

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