



What is Parkinson's?

More than **100,000 Canadians** live with Parkinson's, a number expected to increase substantially in the coming years, with **30 Canadians diagnosed each day**.

Parkinson's is a chronic, progressive brain disease that occurs when certain brain cells involved in coordinating movement are dying. People with Parkinson's can experience symptoms including resting tremor, slowness of movement, muscle rigidity, balance problems as well as anxiety & depression, sleep issues, and cognitive impairment. The average age of diagnosis is 60, but some people are diagnosed prior to 50 and referred to as having early onset Parkinson's. It is still unclear what causes Parkinson's, but scientists believe the disease usually results from a combination of genetic and environmental factors.

Parkinson's is a disease that affects not only individuals, but also families, friends and care partners who come together to manage the realities of Parkinson's.

It is extremely difficult to navigate health and community support systems including access to treatments and care for Parkinson's.

There is no diagnostic test for Parkinson's, no treatment to stop it from progressing, and no cure at this time.

Parkinson's in Ontario

46,880+ Ontarians have Parkinson's today

of MDS's in Ontario: 34

MDS wait time: 11 months

Ratio of MDS for every person with Parkinson's: 1:139

***Please note:** a Movement Disorder Specialist (MDS) is a neurologist who has completed additional fellowship training in the area of movement disorders.*

The Ask: Ontario needs a comprehensive, coordinated, and integrated approach to increasing access to a specialized, inter-disciplinary system of care for people with Parkinson's and their caregivers. Ontarians with Parkinson's need your leadership!

Stay connected with Parkinson Canada by visiting parkinson.ca or follow us on any of our social channels.

ADDRESSING PARKINSON'S DISEASE

PREVALENCE

Parkinson's is the **fastest-growing** neurological condition in the world

Parkinson's is the **most prevalent** neurodegenerative movement disorder

Global prevalence of Parkinson's is expected to double by 2040 from 6 million to **12 million**

100,000 Canadians have Parkinson's

Researchers call Parkinson's a **"pandemic"** due to the growing prevalence in all regions around the world

Number diagnosed with Parkinson's will be **50+ every day** in Canada by 2031

COST



Economic burden of Parkinson's disease in Canada is **\$1.21 billion**.



Parkinson's has one of the **highest direct healthcare costs** annually of any neurological disease.

45% of people with Parkinson's and care partners in Canada report it is **difficult to pay** for medical expenses related to the treatment of Parkinson's. Next to medication, **exercise** is the highest-used therapy for symptom management.

GETTING CARE

Average **wait time** to see a specialist for diagnosis of Parkinson's in Canada is **11 months** and in some regions the wait is 2+ years

3 in 5

believe regular appointments with specialists will help them live better with Parkinson's

1 in 5

report lack of access to specialists as a barrier to receiving the care they need

3 in 5

report wait times to specialists as poor or very poor

Non-motor Parkinson's symptoms are reported as having the most **negative impact** on quality of life. These symptoms include: changes in cognition and memory, fatigue, sleep disturbances, anxiety and depression.

The Parkinson's Iceberg

