



PARKINSON'S DISEASE NEWS

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PHYSICAL ACTIVITY HALVES THE RISK OF PARKINSON'S DISEASE

Regular exercise is known to alleviate the muscular symptoms of Parkinson's Disease. However, it remained unclear as to whether a physically active lifestyle could also reduce the risk of Parkinson's Disease. An assessment was made of (1) overall physical activity over 4 age periods, (2) competitive sports, and (3) occupational physical activity.



The risk of Parkinson's Disease was lower when comparing moderate to vigorous activities to low physical activity in the age range 18-24 years, and even moreso in the age range 45-64, but not in the age range 25-44. People who had consistently engaged in overall physical activity at high levels, before they were 65, had only half the risk of developing Parkinson's Disease when compared to those people with low levels of physical activity.

Having participated in competitive sports prior to the age of 25 nearly halved the risk of Parkinson's Disease, down to a 53% chance of developing Parkinson's Disease. Occupational physical activity did not lessen the risk of Parkinson's Disease at all.

Exercise or activity of the muscles cause a contraction of the muscles used. The after effect of muscle contraction is reduced muscle contraction. Given that the muscular symptoms of Parkinson's Disease are due to excessive muscle contraction, the subsequent reduction of muscles contraction after exercise lessens the muscular symptoms of Parkinson's Disease. Exercise or activity of the muscles do not increase low dopamine levels, which is the primary cause of Parkinson's Disease.

Reference : Parkinsonism and Related Disorders [2016] May 3 [Epub ahead of print] (I.F. Shih, Z.Liew, N.Krause, B.Ritz)

Complete abstract : <http://www.ncbi.nlm.nih.gov/pubmed/27177695>

<http://www.viartis.net/parkinsons.disease/news/160519.pdf>

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