



# *Our Mission Is To Treat, Educate & Discover. Let Us Tell You More...*

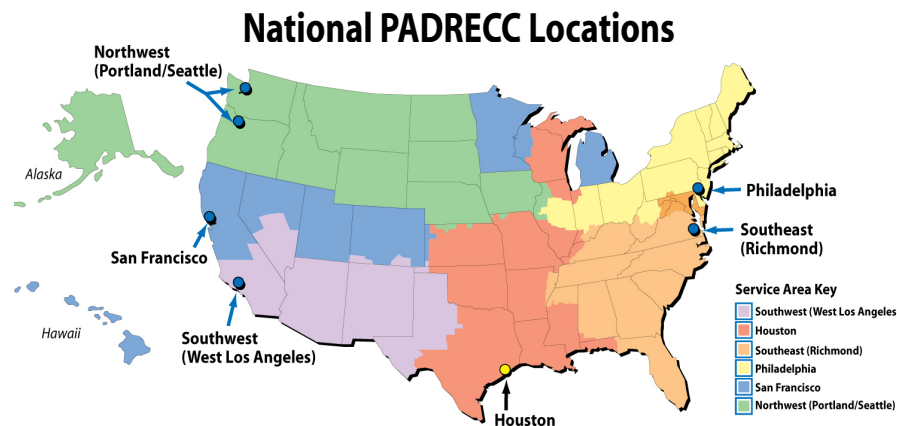
## **Tell Me More About Parkinson's Disease**

Parkinson's disease is a neurological disorder or disorder of the brain. Symptoms often include tremor that occurs during rest, limbs that are stiff, gait or balance problems, and slowness of movement. Although the exact cause of Parkinson's disease is unknown, it is linked to a chemical in the brain called dopamine. Dopamine plays a crucial role in producing smooth, controlled movements of the body. Parkinson's disease was first described 1817, by an English physician, Dr. James Parkinson, and today affects as many as 1.5 million Americans.



## **Tell Me More About The Parkinson's Disease Research, Education and Clinical Centers**

Due to the growing number of Americans affected by Parkinson's disease, the Department of Veterans Affairs has created six specialized centers known as Parkinson's Disease Research, Education and Clinical Centers or "PADRECCs". These six centers are designed to treat veterans faced with Parkinson's disease throughout the entire United States. We, the Houston VA Medical Center, have been honored with one of the six PADRECC facilities. Our specialty center is composed of internationally known neurologists, neurosurgeons, nurses, researchers and educators who are experts on Parkinson's disease care.



*The Houston PADRECC serves veterans from the dark orange shaded areas of the United States.*



*...dedicated to developing new treatments...*

Working together to conquer  
**Parkinson's**

Houston VA Medical Center

Baylor College of Medicine



Department of Veterans Affairs

## Frequently Asked Questions

### **Who is eligible for care at the PADRECC?**

We offer care to all veterans who received an honorable discharge from any branch of the United States armed forces and who served on active duty during either wartime or peacetime. This includes veterans who have been diagnosed with Parkinson's disease or have just started to notice Parkinson-like symptoms. We also treat veterans who have been diagnosed with other neurological disorders that affect movement, such as essential tremor.

### **How do I enroll?**

The first step to enrollment is completing an application for the VA Healthcare System. Once enrolled in the VA system, you can schedule an appointment either by calling us directly or by having your VA physician make a referral to our center. For more information on VA enrollment and scheduling an appointment, contact us at (713) 794-7841. You may also visit our web site at: [www.va.gov/padrecc](http://www.va.gov/padrecc).

### **Do I have to discontinue care with my outside neurologist?**

This decision is left in your hands. We are willing to work together with your outside neurologist as well as become your primary neurologist. You can decide what is most appropriate for you!

## The PADRECC Mission

### **Clinical Care & Treatment**

We provide comprehensive patient care by addressing every aspect of Parkinson's disease. Our Parkinson's disease treatment team provides a thorough assessment of symptoms, mental health issues, rehabilitative concerns, medication management and surgical options. We can make referrals through the VA system for physical, occupational and speech therapy, wheelchairs, walkers, and other services to ensure complete therapeutic care.

### **Education & Support**

Through educational programs and materials, it is our mission to raise Parkinson's disease awareness across the United States. Our center offers educational opportunities for patients, family members, healthcare providers, and the general public. Support groups and community outreach programs also play an important role in our educational mission. For information on local Parkinson's disease support groups or available community outreach programs, please call us at (713) 794-7841.

### **Research & Discovery**

The key to discovering new ways to control or delay Parkinson's disease is by testing new therapies. We are dedicated to developing new treatments that control the symptoms of Parkinson's disease and finding its cure. For more information on how you can participate in Parkinson's disease research, contact us at (713) 794-7841.

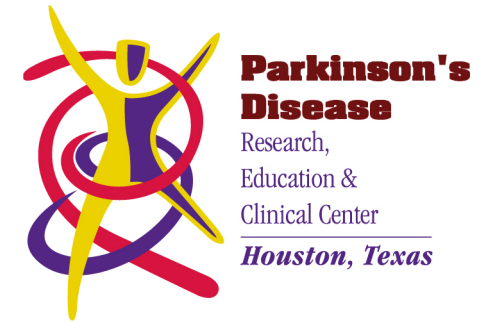
## Parkinson's Disease Signs & Symptoms

### **Classic Signs and Symptoms**

Tremor at rest  
Stiffness or rigidity  
Slowed movements

### **Additional Signs and Symptoms**

Balance problems  
Walking problems  
Small handwriting  
Decreased facial expression  
Soft or slurred voice  
Depression or anxiety  
Difficulty swallowing or drooling  
Memory problems



## PADRECC Contact Information

### **Houston PADRECC**

(713) 794-7841  
Houston VA Medical Center  
Neurology Care Line  
Parkinson's Disease Research, Education and  
Clinical Center (PADRECC) 127PD  
2002 Holcombe Boulevard  
Houston, Texas 77030-4298

### **Philadelphia PADRECC**

(215) 823-5934 or toll free (888) 959-2323

### **Northwest (Portland/Seattle) PADRECC**

Portland: (503) 721-1091  
Seattle: (206) 277-4560

### **Southeast (Richmond) PADRECC**

(804) 675-5931 or toll-free (800) 784-8381 x5931

### **San Francisco PADRECC**

(415) 379-5530

### **Southwest (West Los Angeles) PADRECC**

(310) 478-3711 X48001

**For more information, visit the  
national PADRECC website:  
[www.parkinsons.va.gov](http://www.parkinsons.va.gov)**