



# Getting Close to Parkinson

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## Introduction

This is a divulgative project about Parkinson's disease (PD). I have communicated with people through the new media and through direct communication.

### About Parkinson's disease

**2n** most common neurodegenerative disorder → affecting **2%** of people above 65

BUT... It does not only affect old people, 1/5 patients is younger than 40



Progressive loss of **DOPAMINERGIC** neurons of *substantia nigra* of the brain

↓  
**DOPAMINE**

Motor symptoms →

Anxiety  
Dyskinesia  
Fatigue  
Bradykinesia

Tremor  
Rigidity  
Postural instability  
Freezing  
Depression

Also non-motor symptoms



Nowadays there is **NO CURE**

Symptomatic treatment. Gold standard since 60s is **LEVODOPA** → Long term problems

Search for new therapies

## Objective

The project's aim is making PD closer to the general population. Because, even though PD is very present in our society, it is quite unknown and surrounded by a lot of myths. I wanted to bring to the audience the reality of this disease. To do this I have shared information with people in different ways and I have evaluated if the audience got this information and the feedback I received.

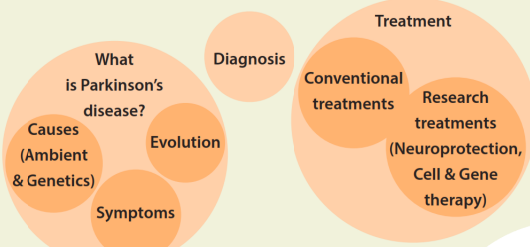
I decided to do this project because sharing scientific information with the entire world is as important as the research itself.

## Results of New media communication: the most effective, fast and easy way to reach people nowadays

### Website

As a result of the literature search I have made the website:  
[www.aparkinson.com](http://www.aparkinson.com).

It is an informative web where everybody can find lots of facts about PD. The web has 3 main sections:



There are also sections "About the web", "links of interest" and "glossary". The glossary is a very useful tool because it defines all the technical words used in the page, which could be hard to understand for a non-scientific audience.

### Facebook

The Facebook account [www.facebook.com/AcercondonosParkinson](https://www.facebook.com/AcercondonosParkinson) was created on 11/02/2015. There, I share current information related to Parkinson's disease, like new research lines or the events of Parkinson's associations. It has over 200 followers, including some Parkinson's associations, pages of general health and of scientific spreading.



### Speech

I have given a talk to a high school student ([which can be found in youtube](#)) supported by a slide presentation ([which can be found in slideshare](#)) and by a tryptic.

I evaluated both their depth of understanding of the talk and my performance during the speech, using two questionnaires. The results were:

The attendants answered **98.67%** of the question about PD correctly.

They rated their level of satisfaction about the speech on a scale of 1 to 5:



The class gave me an average mark of **9.1**.

### Tryptic

The tryptic is a schematic summary of all the information I have recollected. It is simple and suitable for all audiences. I delivered it to the attendees to the speech and I've evaluated the feedback I gave.

The leaflet summarizes the essential information about the disease:



You miss some important fact:



The information is well distributed in the plains:



## Conclusions

All the objectives were successfully achieved. The number of Facebook followers I got surpasses my initial expectations; the web is suitable and understandable for all audiences; the speech was a success, everybody got the information; and the tryptic is an easy and comfortable way to summarize the whole information. Through this project I have contributed to increase the scientific knowledge of a non-expert public and I have encouraged a group of students to be more interested in science; maybe they will be the ones to find a definitive cure for Parkinson's, and change the problematic situation that has been the same since the 60s.

