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Management of parkinsonism in this millennium—A ten step approach

One of the most common Neurodegenerative disorder is Parkinson's disease (PD), with over 4 million victims identified worldwide. Ageing has been implicated as an important risk for Parkinson's disease, with the majority of cases occurring in people above the age of 60 years. Now that our population is experiencing an extended lifespan, the prevalence of Parkinson's disease is likely to increase substantially. Indeed, it is estimated that one in forty persons will develop this disease. Parkinson's disease was described by James Parkinson in 1817 as the second most common cause of death in the elderly and it requires an all-out effort is needed to address this clinical problem as a clinical syndrome presenting with bradykinesia, tremor and slow, shuffling gait with postural instability. Rigidity was described later, but is included as a key clinical feature in the current diagnosis makes up approximately 80% of the case of Parkinsonism. A ten step approach is discussed to address all the issues in its management. 1) Clinical diagnosis including UKPDS Brain Bank clinical diagnostic criteria from the UK. 2) Epidemiology. 3) Etiological factors which include accelerated aging, Oxidative stress, genetic susceptibility, environmental toxins, and drugs. 4) Natural history with a correlation of progressive disability with biological and pathological changes in Parkinson's disease. 5) Management options in early disease. 6) Advanced Parkinson's disease. 7) Treatment of motor complications. 8) Management of non-motor symptoms. 9) Non-pharmacologic management. 10) Surgical intervention.

Biography

AV Srinivasan is the former President of Indian Academy of Neurology and also he is the emeritus professor of The Tamilnadu DR MGR Medical University. He is driven by his quest for excellence and the latest discoveries on human brain related disorders, joined Madras Medical College (MMC) and received MD (General Medicine) in 1978. Later he pursued and received DM in Neurology from his Alma mater. He is first Neuro physician of his state Tamil Nadu in India in government service to be conferred, the fellow of the Royal College of Physicians (FRCP) in London in 2012, fellowship of the Indian Academy of Neurology 2004 and fellowship by the American Academy of Neurology, in 2003. He is the first Indian to receive the American Indian Neurology Award (AINA) in the USA in 2001, for the best paper presentation IN STROKE during annual American Academy of Neurology meeting in 2001 in Philadelphia. By the Tamil Nadu DR MGR Medical University. Currently serving as a member in the ACADEMIC COUNCIL of National Institute of Mental health and Neurosciences, Deemed University, Bangalore.

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