

Parkinsonism in Canada

Including Parkinson Disease



Parkinsonism refers to a group of conditions, including Parkinson disease, with movement-related symptoms. Of these, Parkinson disease makes up the majority of cases. Current scientific research shows that Parkinson disease results from a unique combination of genetic, environmental, lifestyle, and other factors.^{1,2} Other forms of parkinsonism may be caused by brain injuries, other neurological disorders, certain medications, toxins, or genetic factors.^{1,2} Recognizing the symptoms of parkinsonism is important for timely diagnosis and intervention.

There are several symptoms associated with parkinsonism and not everyone will experience them all. Individuals with parkinsonism often experience **motor** and **non-motor** symptoms, which may include:¹

Motor symptoms



Tremors



Muscle stiffness



Slowed movements



Difficulties with balance and posture

Non-motor symptoms



Pain



Sleep disorders



Loss of sense of smell



Depression and anxiety



Psychosis



Memory loss and dementia



Constipation



Urinary and sexual dysfunction

A range of treatments can help manage symptoms. These include medications, exercises, deep brain stimulation, and physical, occupational or speech therapy.^{2,3} If you or someone close to you is experiencing symptoms of parkinsonism, it is important to talk to a health care provider.

Who is affected by parkinsonism in Canada?

Data* show that:

Fiscal year 2022-2023

- ▶ **530 out of every 100,000** people in Canada aged 40 years and older live with parkinsonism.



Of them, nearly **3 out of 5** are men.

- ▶ On average, **38 people** in Canada are diagnosed with parkinsonism **every day**.



The risk of developing parkinsonism generally increases with age. Almost **8 out of 10** people are **diagnosed after the age of 65**.

Have rates of parkinsonism changed over time?



Between 2012-2013 and 2022-2023:

Taking into account the aging of the population over time, the proportion of people in Canada aged 40 years and older living with parkinsonism remained relatively stable, but the number of people living with parkinsonism has increased from about **81,000** in 2012-2013 to about **111,000** in 2022-2023.

LEARN MORE ABOUT PARKINSONISM, INCLUDING PARKINSON DISEASE:

TO GET THE LATEST DATA, VISIT [Health Infobase](#) MORE www.parkinson.ca; www.michaeljfox.org

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REFERENCES AND NOTES:

* Canadian Chronic Disease Surveillance System (CCDSS) 2024. Parkinsonism, including Parkinson Disease (age 40+). Northwest Territories, and Yukon data were not available. New Brunswick data were not available for 2022-2023. Many CCDSS measures were influenced by the COVID-19 pandemic in 2022-2023 and should be interpreted with caution.

1 Hayes, MT. Parkinson's Disease and Parkinsonism. The American Journal of Medicine. 2019; 132(7): 802-807.

2 Pfeiffer, R., et al. Parkinson's Disease. Second edition. CRC Press, 2013, <https://doi.org/10.1201/b12948>.

3 Grimes D., et al. Canadian guideline for Parkinson disease. CMAJ. 2019 Sep 9;191(36): E989-E1004. doi: 10.1503/cmaj.181504. PMID: 31501181; PMCID: PMC6733687.

