

Appendix

Background information of Parkinson's disease

There are currently about 12,000 PD sufferers in Hong Kong. Unfortunately, conventional treatment can only alleviate disease symptoms, and there is no cure at present. The natural history of the development of PD has become clearer and the onset of motor symptoms of PD is usually preceded by a prodromal stage of 10 to 20 years. During this period, half of the patients suffer from RBD. Because of a loss of muscle atonia that a healthy person is expected to have during rapid eye movement sleep (when dreaming occurs), RBD patients act out their dreams. These dream enactment behaviours consist of a constellation of features including shouting, punching, kicking, and rolling, leading to sleep-related violence and injuries. More importantly, studies have shown that more than 90% of RBD patients will go on to develop PD, and other synucleinopathy-related neurodegenerative diseases within 15 years.