Women's with Parkinson's Disease Health Study

The Dublin Neurological Institute is delighted to be partnering with DANU to investigate the impact of hormonal changes on Parkinson's disease symptoms in women .

Parkinson's disease (PD) is the fastest-growing neurodegenerative disorder worldwide, affecting over 18,000 people in Ireland. Although predominantly associated with older adults, PD can also affect younger individuals, with approximately 1,800 people in Ireland living with young-onset Parkinson's disease (2).

PD most often presents with motor symptoms such as impaired mobility, tremors, and posture instability. It also can result in non-motor symptoms, such as depression, anxiety, and fatigue (1).Despite a growing recognition of the unique challenges faced by women with PD, the relationship between hormonal fluctuations, menstrual cycles, menopause, and Parkinson's symptoms remains poorly understood.

Through this study, we aim to better understand how Parkinson's symptoms fluctuate throughout the menstrual cycle and explore how hormonal changes across different reproductive stages, including premenopause and perimenopause, may influence symptom severity.

Using DANU's wearable technology, we will conduct a three-month study to collect objective measurements of motor symptoms and examine how these vary over time in relation to menstrual and reproductive cycles.

Ultimately, this research aims to provide a better understanding of the experiences of women living with Parkinson's disease, address an important gap in existing research and contribute towards more personalised approaches to symptom management and treatment.

Please feel free to contact as for more information with our email; research@dni.ie

References

1. Bloem, B. R., Okun, M. S., & Klein, C. (2021). Parkinson's disease. Lancet (London, England), 397(10291), 2284–2303. https://doi.org/10.1016/S0140-6736(21)00218-X
2. NiPI (2024). Parkinson’s disease: An overview - medical independent. [online] Medical Independent. Available at: https://www.medicalindependent.ie/nursing-in-practice-ireland/nipi-clinical/parkinsons-disease-an-overview/ [Accessed 12 Nov. 2026].