

目前认为，帕金森病 (Parkinson's Disease, PD) 是一种较为常见、复杂多层次的神经系统功能紊乱疾病，是以早期黑质致密部多巴胺能神经元丢失为核心的中枢神经退行性疾病^[1]，其患病率随年龄增长而增加，50~60 岁的中老年人多发。据“九五”调查，我国 PD 的患病总人数已达到 170 多万人，65 岁以上人群中患病率约 1.7%。对于有帕金森家族史者，发病率可高达 20%~30%。随着人口老龄化及日益恶化的环境污染，我国每年将有 10 万人加入到 PD 的患者队伍中。《中国帕金森病治疗指南 (第三版)》(2014) 指出：帕金森病会随着时间的推移而渐进性加重^[2]。作为一种进行性疾病，病情一般不会自然缓解，有的患者病情进展迅速，给患者、家庭和社会带来了沉重的负担^[3]。

It is currently believed that Parkinson's Disease (PD) is a common, complex and multi-layered neurological disorder. It is a central neurodegenerative disease centered on the loss of early dopaminergic neurons in the dense part of the substantia nigra [1]. Its prevalence increases with age and it occurs more frequently among middle-aged and especially older people of 50-60 years of age. According to a survey in the Ninth Five-Year Plan, 1.7 million people suffer from PD in China, with a prevalence rate of 1.7% among people over 65 years of age. For those who have a family history of PD, the prevalence rate can be as high as 20% to 30%. With the aging of the population and worsening environmental pollution, 100,000 people in China could be added to the PD community annually. The Chinese Parkinson's Disease Treatment Guidelines (Third Edition) (2014) states that PD progressively worsens over time [2]. As a progressive disease, PD does not usually go into natural remission, and in some cases, it progresses rapidly, which places a heavy burden on the patients, their families, and society [3].