

## Progressive Supranuclear Palsy

Progressive Supranuclear Palsy (PSP) is a rare brain disorder that affects movement, balance, and vision. It is caused by the gradual deterioration and death of certain brain cells, particularly those that control eye movements, motor control and memory.

PSP is a type of Parkinsonism, which means it can have similar symptoms to Parkinson's disease, such as stiffness, tremors, and problems with walking and balance. However, PSP usually progresses more rapidly and has additional symptoms that are not typically seen in Parkinson's disease.

The cause of PSP is not yet fully understood, but it is thought to involve the accumulation of an abnormal protein called tau in the brain. This protein is also found in other neurodegenerative diseases.

Diagnosing PSP can be challenging because its symptoms can overlap with other neurological conditions. A GP or consultant may refer a patient to a neurologist for further evaluation if they suspect PSP. Neurological examination and brain imaging, such as MRI or CT scan, can help confirm the diagnosis.

Currently, there is no cure for PSP, and treatment options are limited. The focus of treatment is on managing symptoms and improving quality of life. Medications used to treat Parkinson's disease, such as levodopa and dopamine agonists, are often prescribed to help control movement symptoms, but are typically less effective than when used for Parkinson's Disease.

Occupational therapy and physiotherapy can help with balance, mobility, and daily activities.

As PSP progresses, the person may have difficulty swallowing and speaking, and may need assistance with eating and communicating. Speech and language therapy may be required to help manage these symptoms.

Because PSP is a rare disease, it is important for patients and their families to have access to support and information. National and international organizations, such as the [CurePSP](#) and [PSP Association](#), provide resources and assistance to those affected by PSP.