Lifestyle characteristics are known to affect Parkinson disease (PD) onset and progression. But most studies linking lifestyle factors and risk of PD have been conducted on Western populations.

Study question
Is there an association between lifestyle factors and risk of PD in the Korean population?

People with ≥3 clinic visits for PD
N = 455,939
14-year follow-up
Self-reported questionnaire for lifestyle factors
Physical activity
Smoking
Alcohol consumption
Logistic regression analysis for estimating PD associations

Development of PD

In men

Ex-smoker
OR = 0.78
95% CI = 0.71–0.85

Current smoker
OR = 0.55
95% CI = 0.48–0.63

Smoking

PD

Regular health screening

Yes
Lifestyle factors had consistent relationship with PD

No
Lifestyle factors had decreased relationship with PD

Lifestyle factors had consistent relationship with PD

(In men and women)

Alcohol consumption and regular physical activity were related to reduced risk of PD in the Korean population.

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