

Not Just the Shakes: Non-motor Symptoms of Parkinson's

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**Motor symptoms are
the tip of the iceberg...**



TOPICS:

- **DIZZINESS**
- **FATIGUE**
- **INSOMNIA**
- **DREAM ENACTMENT**
- **CONSTIPATION**
- **PAIN**
- **OVERACTIVE BLADDER**

DIZZINESS

NEUROGENIC ORTHOSTATIC HYPOTENSION (NOH)



- Stay hydrated (6-8 glasses of liquid daily)
- Sit-up and stand-up slowly
- Avoid prolonged exposure to hot weather
- Eat small, low-carb meals
- Drink caffeine

NEUROGENIC ORTHOSTATIC HYPOTENSION (NOH)



- Reduce blood pressure medications
(discuss with your doctor first)
- Increase salt
(discuss with your doctor first)
- Medications that increase blood pressure
 - midodrine, fludrocortisone, pyridostigmine, droxidopa



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FATIGUE

FATIGUE



- Sleep deprivation
- Depression
- Medication side effects

FATIGUE



- Strength training
- Group exercises
- Forced exercise
- Yoga
- Acupuncture
- Mindfulness



FATIGUE

- Herbal medications:
 - caffeine, L-carnitine, creatine, ginseng
- Prescription medications:
 - modafinil, methylphenidate, amantadine

INSOMINIA

INSOMNIA

- **Maintain Good Sleep Hygiene**

- Keep a regular schedule for bedtime & wakeup time
- No caffeine, nicotine or alcohol four hours before bedtime
- Avoid exercise two hours before bedtime
- Create a calming routine at bedtime
- Keep the bedroom quiet and dark
- Get sunlight in the morning
- Avoid artificial light overnight



INSOMNIA



- Find out if you have sleep apnea (OSA)
- Cognitive Behavioral Therapy – Insomnia (CBT-I)

INSOMNIA

- Add Sinemet or Rytary at bedtime
- Melatonin
- Mirtazapine
- Trazodone
- Quetiapine
- Doxepin
- Clonazepam
- Gabapentin





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DREAM ENACTMENT

REM BEHAVIOR DISORDER (RBD)



- Dream enactment
- Loss of paralysis during dreams

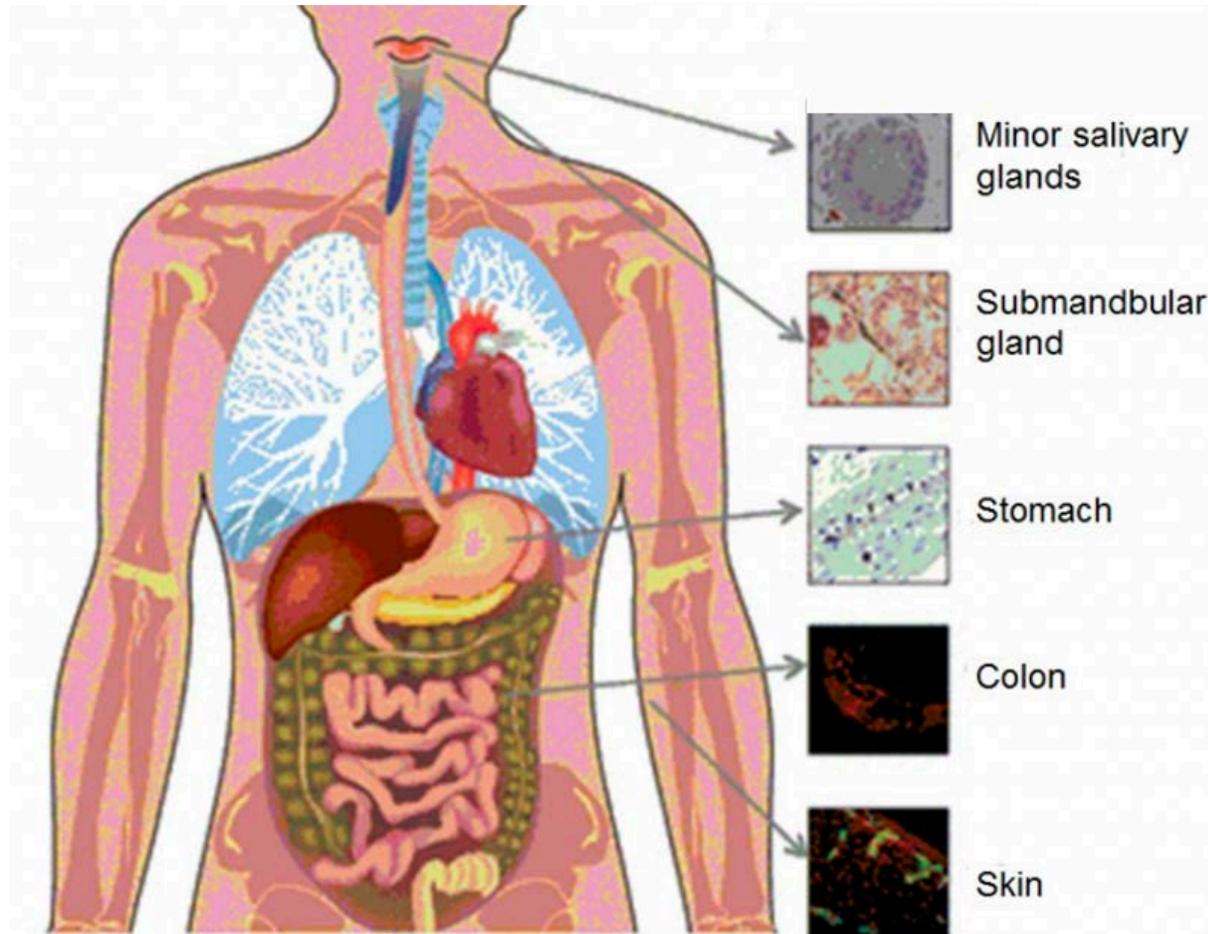
REM BEHAVIOR DISORDER (RBD)



- Move sharp objects away from the bed
- The lower the bed, the better
- Bed rails are not recommended
- Antidepressants can worsen RBD
- Medications:
 - melatonin, clonazepam

CONSTIPATION

CONSTIPATION



- The nervous system in gut is also affected by PD
- The stomach and intestines in PD move slower

CONSTIPATION



- Stay hydrated
- Prunes
- High fiber diet
- Probiotics
- Caffeine
- Magnesium
- Smooth move tea
- Regular Exercise...**KEEP MOVING!**

CONSTIPATION



- Senna
- Miralax
- Dulcolax
- Linactolide (Linzess)

PAIN

DIFFERENT TYPES OF PAIN



- Stiffness
- Tremor
- Dyskinesias
- Dystonia
- Arthritis
- Neuropathy
- Central Pain

PAIN TREATMENTS



- Reduce off-medication time
- Mindfulness based stress reduction (MBSR)
- Acupuncture
- Duloxetine (brand name: Cymbalta)
- Tylenol
- Cannabidiol (CBD)

CENTRAL PAIN SYNDROME



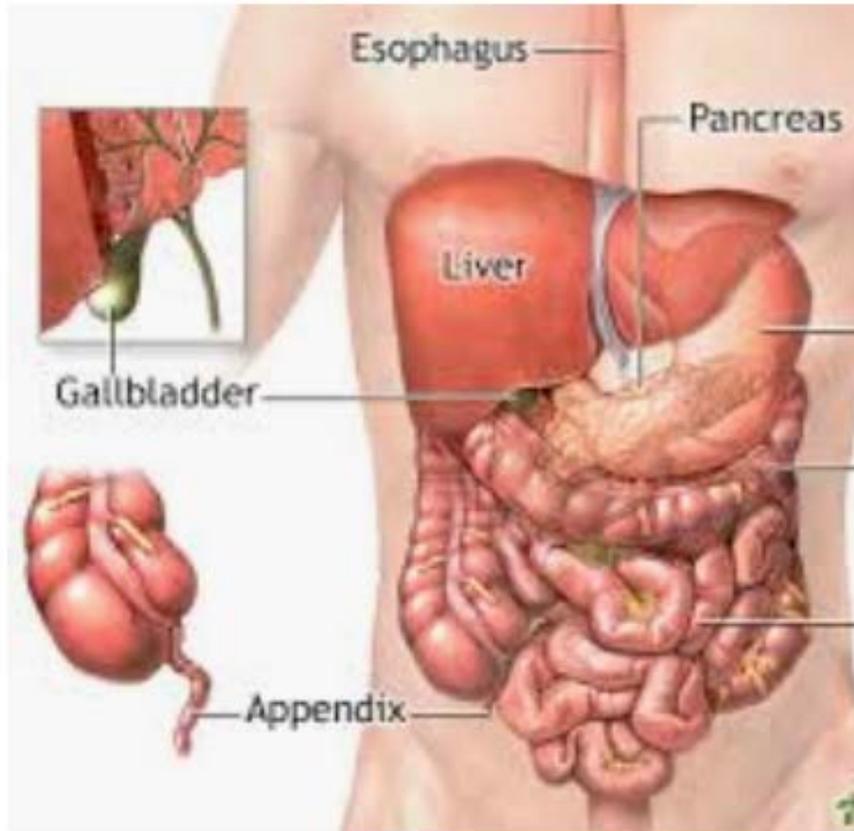
- Reduce off-medication time
- Mindfulness based stress reduction (MBSR)
- Acupuncture
- Duloxetine (brand name: Cymbalta)
- Cannabidiol (CBD)

PAIN AND MOBILITY

- Talk to your physical and occupational therapists about what kinds of movements and exercises to do to reduce pain and re-injury



ABDOMINAL PAIN



- Small intestinal bowel overgrowth (SIBO)
- Gastroparesis



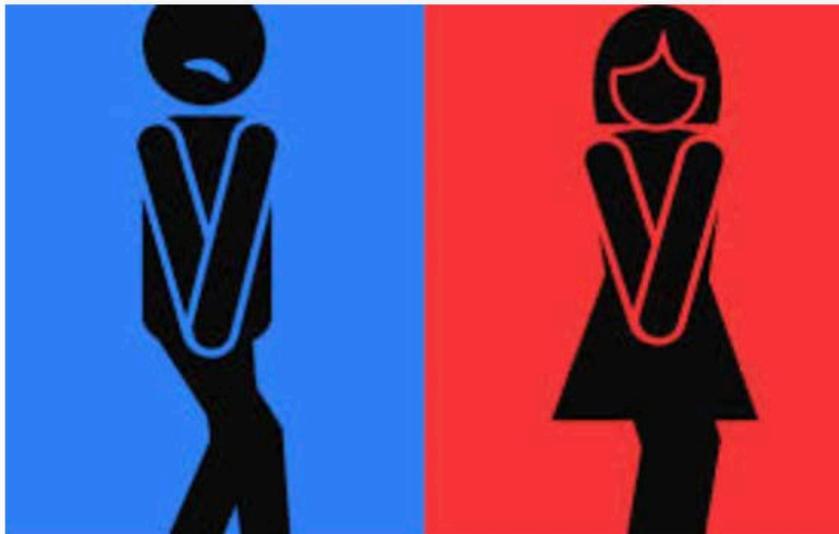


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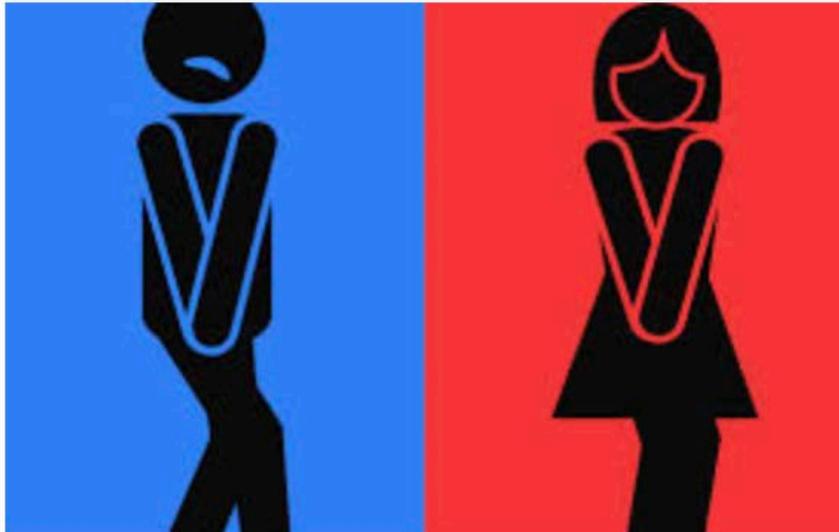
OVERACTIVE BLADDER

OVERACTIVE BLADDER



- Make sure you don't have a urinary tract infection or an enlarged prostate
- Timed voiding
- Kegel exercises
- Pelvic floor physical therapy
- Limit liquids ~3-4 hours prior to sleep

OVERACTIVE BLADDER

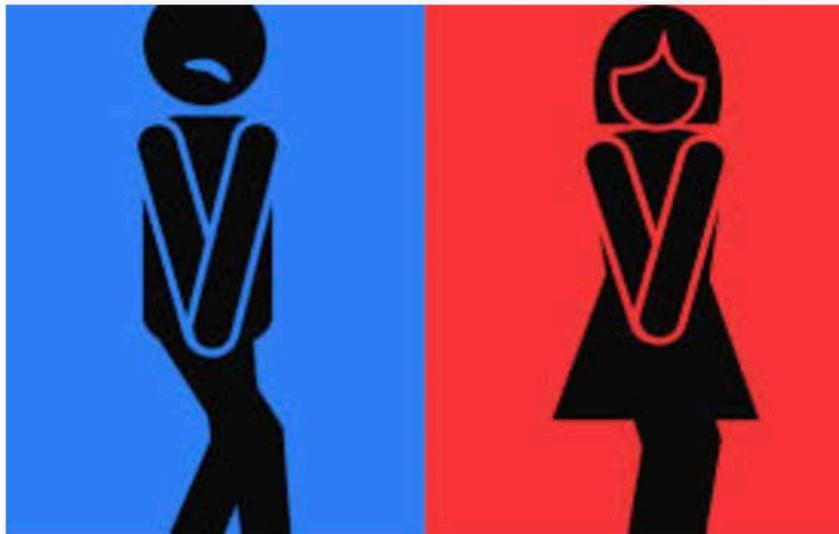


- **Medications:**

- Trospium (brand name: Sanctura)
- Darifenacin (brand name: Enablex)
- Solifenacin (brand name: Vesicare)
- Mybetric (brand name: mirabegron)

STOP OXYBUTYNIN

OVERACTIVE BLADDER



- **Procedures:**
 - Botulinum toxin injections
 - Electro-Acupuncture
 - Sacral nerve stimulation

Action Steps

- Talk to your doctor about any symptoms you are having
- Try lifestyle changes first, before adding medications
- Focus on prevention
- Exercise for at least 150 minutes per week

 <p>Keep Learning</p>	 <p>Practice Gratitude Therapy</p>	 <p>Eat a Mediterranean, Organic Diet</p>
 <p>Be Creative Draw, write, make music</p>	 <p>Do a Daily Brain Workout Crosswords, Sudoku, jigsaw puzzles</p>	 <p>Smile More It's yoga for the face</p>
 <p>Practice Mindfulness 10 min/day to strengthen brain's "calm circuit"</p>	 <p>Get Enough Sleep 8 hrs/night</p>	 <p>Drink Coffee/Tea Caffeine is Good for the Brain</p>
 <p>Laugh Out Loud Every Day</p>	 <p>Improve Your Balance Try Tai Chi or Wii Fit</p>	 <p>Stay Social Connection is Protection</p>



Exercise Every Day

- » 150 min/week of moderate intensity physical activity
- » Aerobics, stretching, strength & balance



Set a Positive Intention Every Morning