

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

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Who am I and why Parkinson's?

Outline

1. Non-motor symptom burden in Parkinson's
2. Neuropsychiatric symptoms in Parkinson's
3. Pain in Parkinson's
4. Barriers to identifying and managing non-motor symptoms
5. Take action!

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Non-motor Symptoms in Parkinson's

- Neuropsychiatric
- Gastrointestinal
- Sleep disturbance
- Respiratory
- Somatic
- Cognitive
- Cardiovascular
- Genitourinary
- Visual dysfunction

The Parkinson's Iceberg

Visual
Motor Symptoms

Clinicians and Pharmaceuticals
often only see motor symptoms



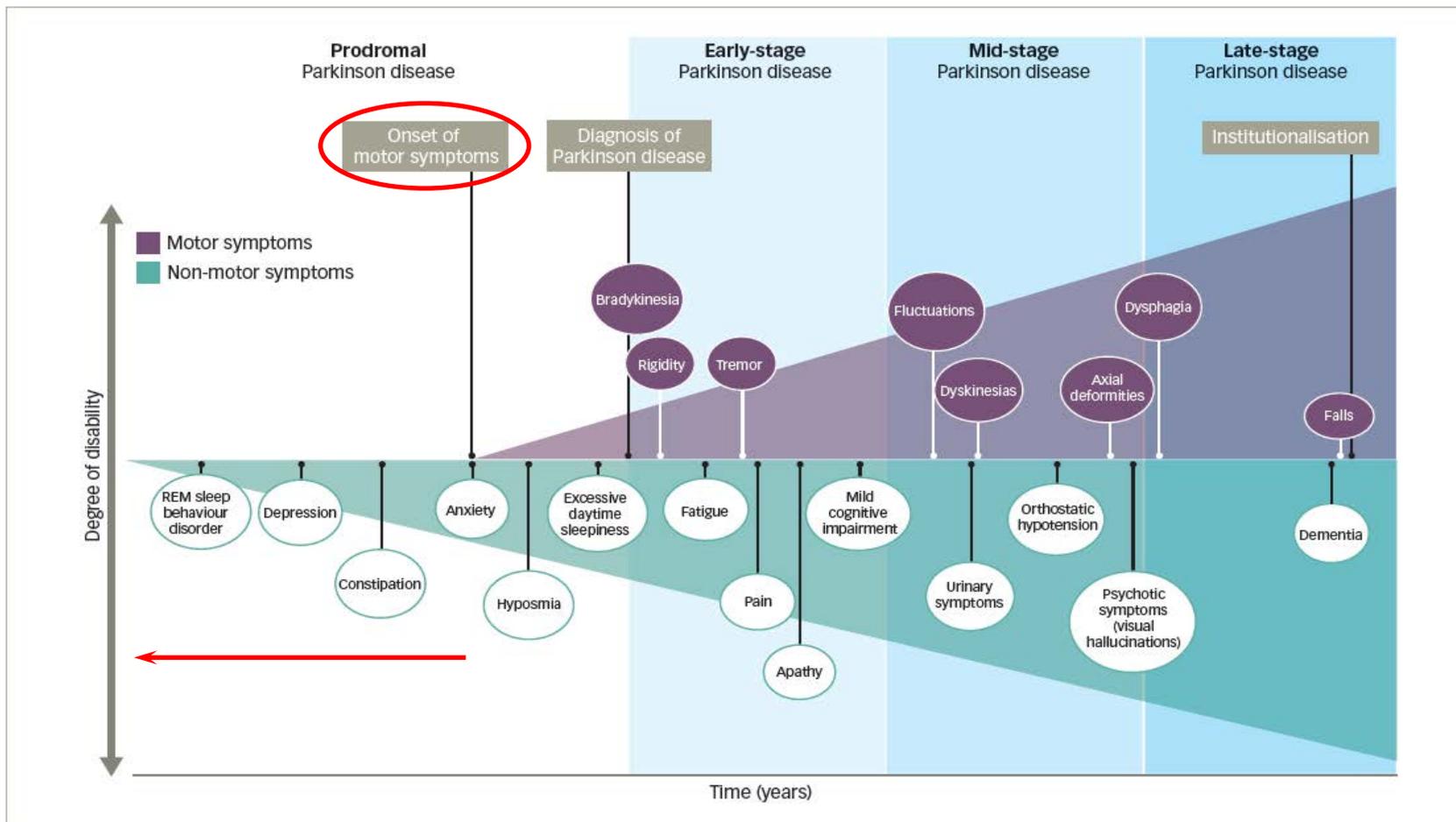
Hidden
Non-motor Symptoms

No “complete picture” of an
individual's disease

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Symptom Burden in Parkinson's

Figure 1: Summary of Parkinson's disease stage and motor and non-motor symptoms that predominate at each stage²⁴



REM = rapid eye movement. Adapted from Poewe et al., 2017

Takeaway: Non-motor symptoms are common, start before motor symptoms, and have a major impact on quality of life

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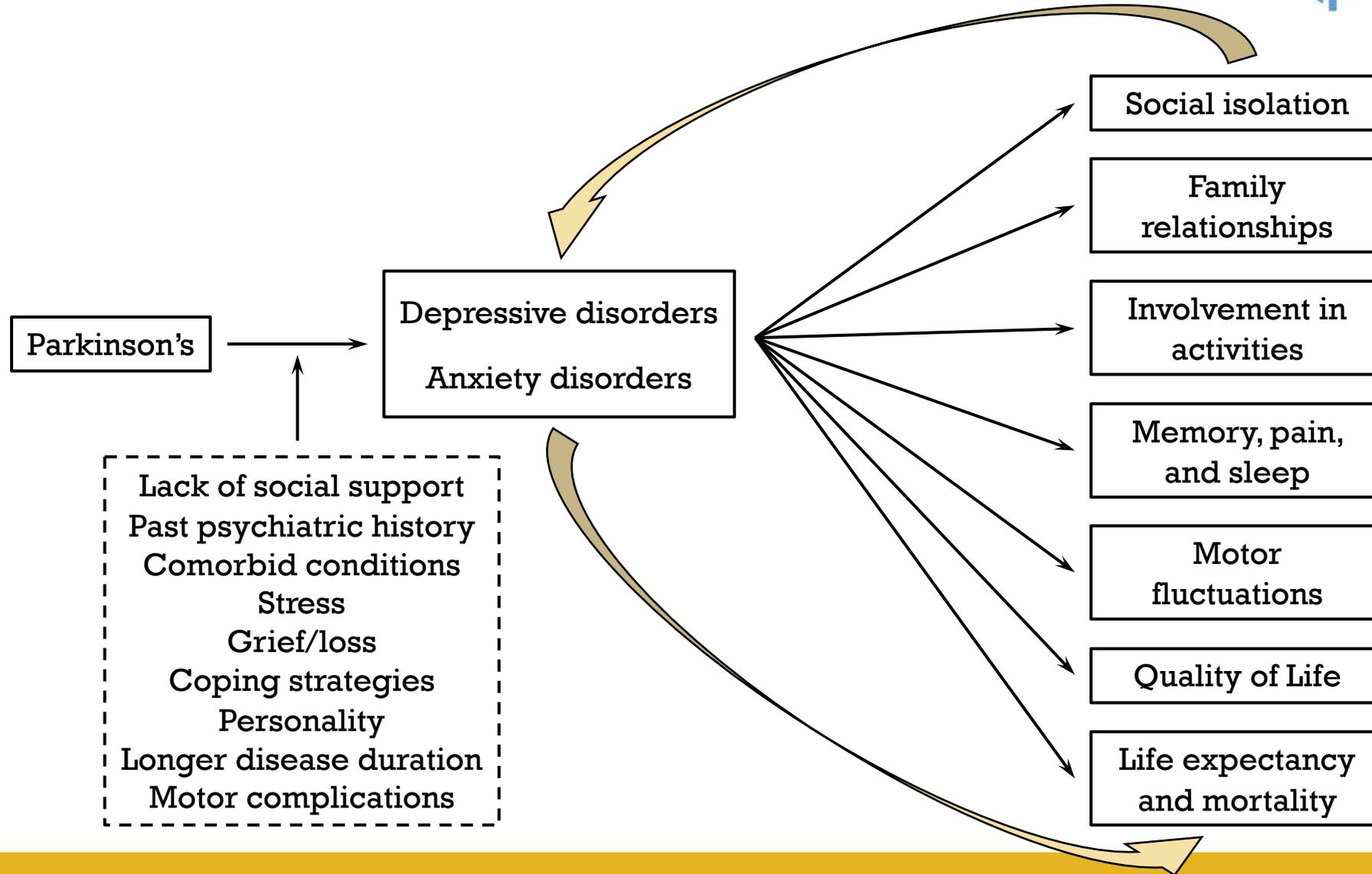
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Neuropsychiatric Symptoms in Parkinson's

- Depression
 - Present in around 40% of patients
 - May not manifest as low mood
- Anxiety
 - Present in 30-40% of patients
- Apathy

Symptoms are unrecognized/untreated in around 50%

Effects of Mood Disorders in Parkinson's



Takeaway:
Mood disorders
have a major
impact on
many other
symptoms!

Managing Mood Symptoms in Parkinson's

- Pharmacologic
 - Depression and anxiety MORE responsive to medications than apathy
 - Many options available
 - Most are daily preventive medications
 - Non-pharmacologic
 - Counseling
 - Exercise*
 - Utilize support network*
- *Adjunctive management

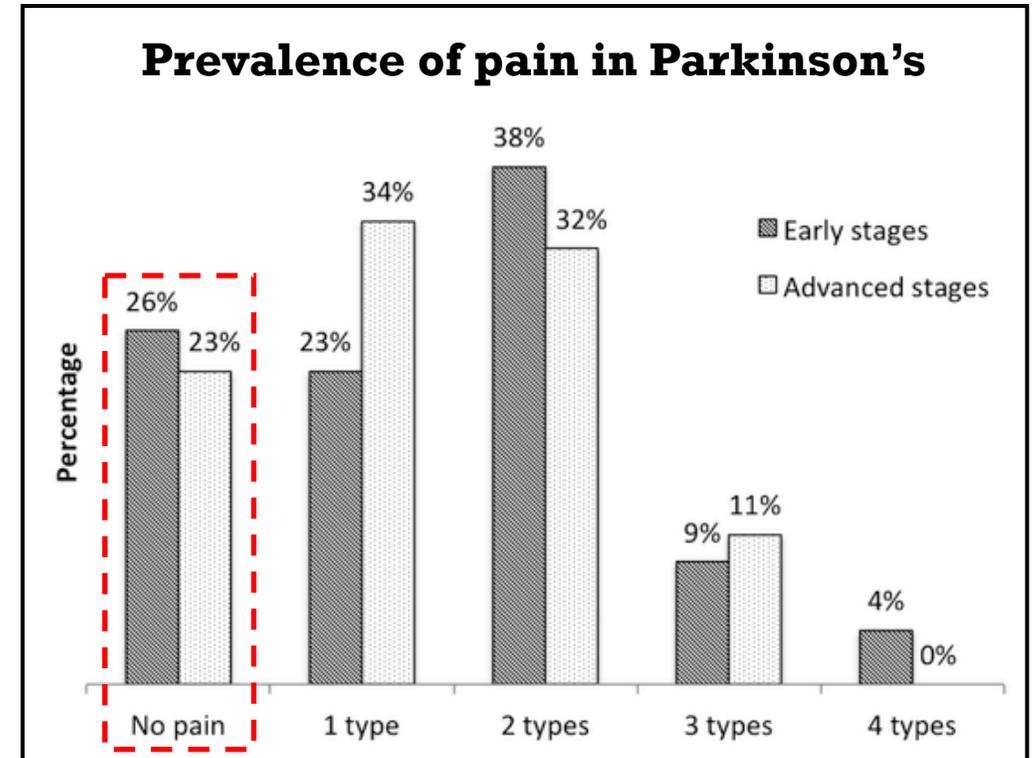
Takeaway: Mood symptoms are often treatable - Talk to your provider!

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Pain in Parkinson's

- Pain is common!
- Many causes
 - Orthopedic issues
 - Muscle stiffness
 - Abnormal posture
 - Dystonia
 - Nerve pain
- Pain can have an impact on nearly **EVERYTHING** else!



Managing Pain in Parkinson's

- Identify the cause of pain
- **STAY ACTIVE!**
 - Exercise
 - Physical therapy
- Optimize motor symptom management
- Consider pharmacologic therapy directed toward the cause

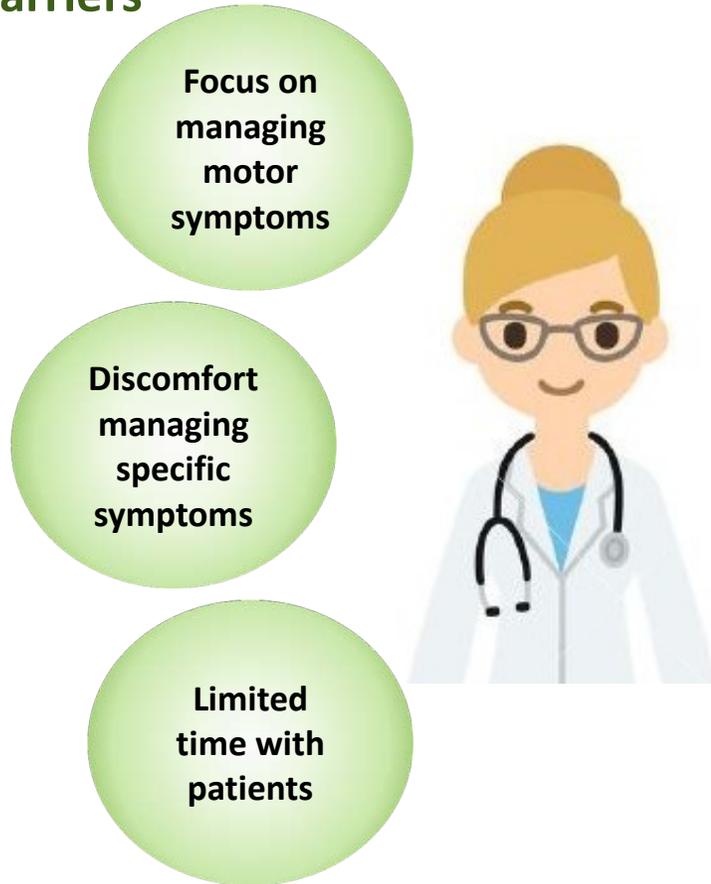
Takeaway: Pain is common, and activity can help to manage it

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Barriers to Symptom Management

Physician Barriers



Systems Barriers

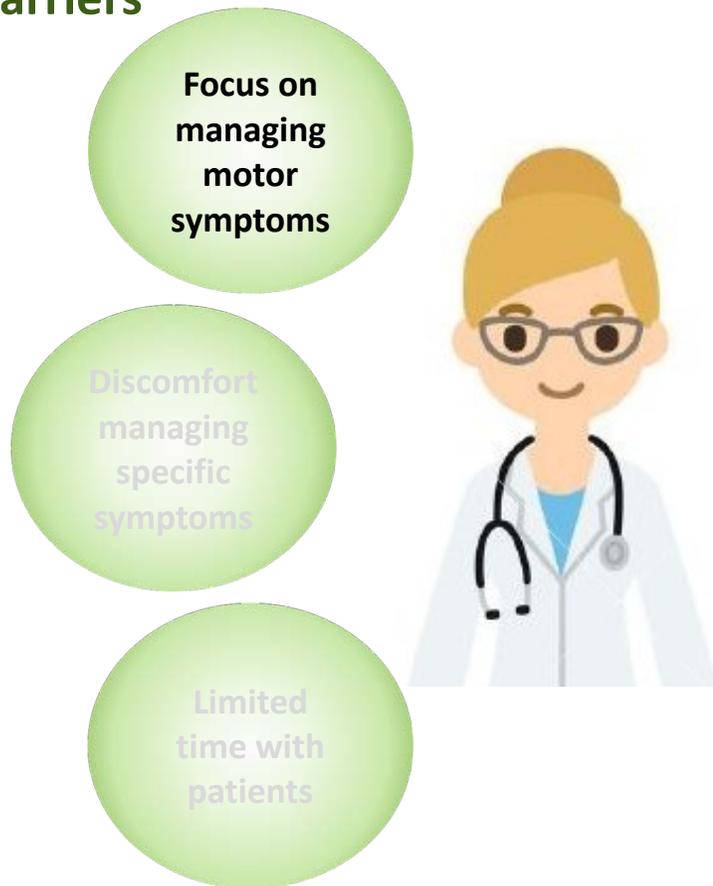


Patient Barriers



Barriers to Symptom Management

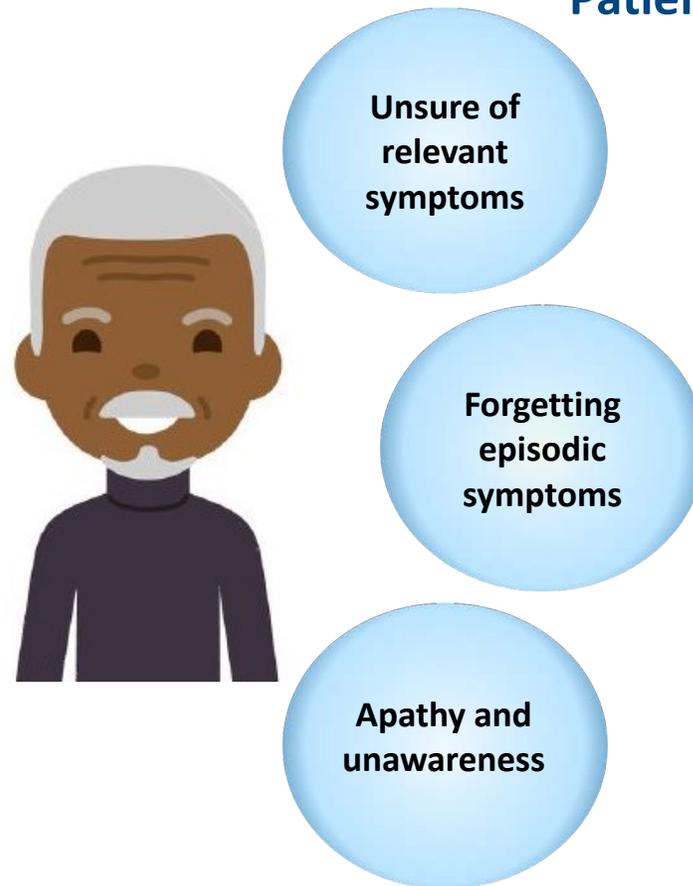
Physician Barriers



Systems Barriers



Patient Barriers



Takeaway: Be aware of common non-motor symptoms, and highlight YOUR priorities in the visit

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Takeaway Points and Action Steps

- 1. Non-motor symptoms are common, accumulate with progression and have a major impact on quality of life**
- 2. Mood disorders are common, have a major impact on other symptoms and are treatable – Talk to your provider about them!**
- 3. Pain is common in Parkinson's, and activity can help to manage it**
- 4. Be aware of common non-motor symptoms and highlight YOUR priorities in the visit**