

# Not Just the Shakes: Non-motor Symptoms

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# **Non-motor Symptoms**

1. Autonomic
2. Sleep
3. Mood and thinking
4. Other important things

# Non-motor Symptoms

- Not everyone will have all symptoms!
- Identification and treatment can improve quality of life

“It is tough to make predictions,  
especially about the future.”

-Yogi Berra





# Managing Non-Motor Symptoms

- Commit to exercise – go for a walk, find a class, join a gym, get a treadmill
- Update your medication list and keep in wallet/purse
- Connect with your Parkinson's community
- Recognize at least one non-motor symptom to discuss with your physician

# Managing Non-Motor Symptoms

- Asterisks (\*) throughout the presentation indicate ways in which these steps apply





# Non-motor Symptoms

## 1. Autonomic

- Gut
- Bladder
- Blood pressure

## 2. Sleep

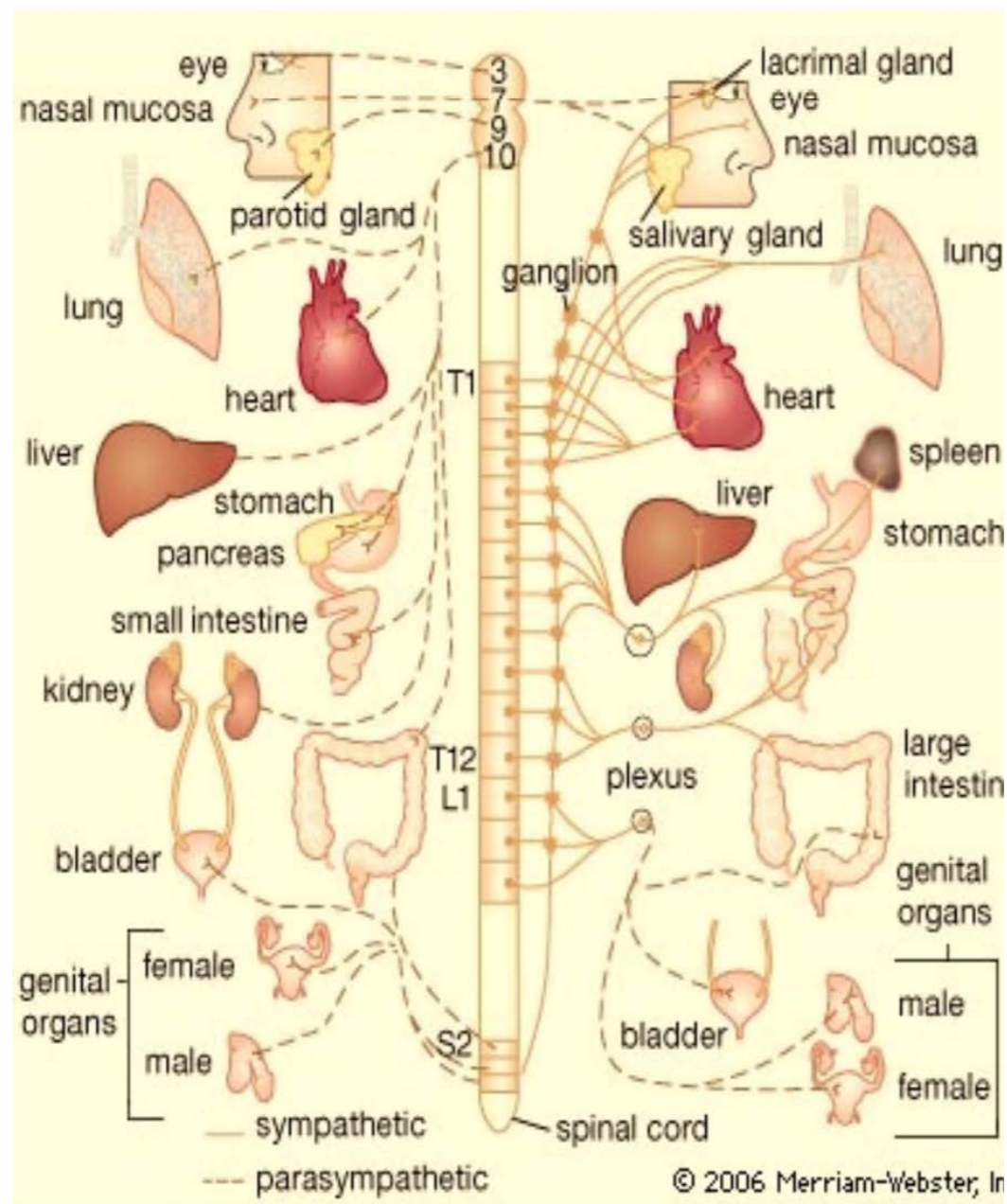
## 3. Mood and thinking

## 4. Other important things



# Autonomic Symptoms

- Autonomic = think “automatic”
- Autonomic nervous system controls involuntary bodily functions, including:
  - Digestion
  - Bladder control
  - Blood pressure and heart rate



## Gut Symptoms - Constipation

- **Extremely** common in Parkinson's
  - $\leq 3$  bowel movements per week
  - Painful straining
  - Incomplete bowel movements



# Gut Symptoms - Constipation

- Solutions
  - Exercise\*
  - Stimulates bowels
- Hydration
  - 6 – 8 glasses of water / day
  - Warm liquid in the morning



# Gut Symptoms - Constipation

- Solutions
  - 30+ grams of fiber / day
  - Sugar-free gum
  - Medication
    - Stool softeners, laxatives
    - Prescription medication



## **Gut Symptoms - Drooling**

- Caused by decreased swallowing
- To treat, increase swallowing or decrease saliva
  - Sugar-free gum or hard candy
  - Prescription medications
  - Certain prescription eye drops under tongue
  - Botox injections

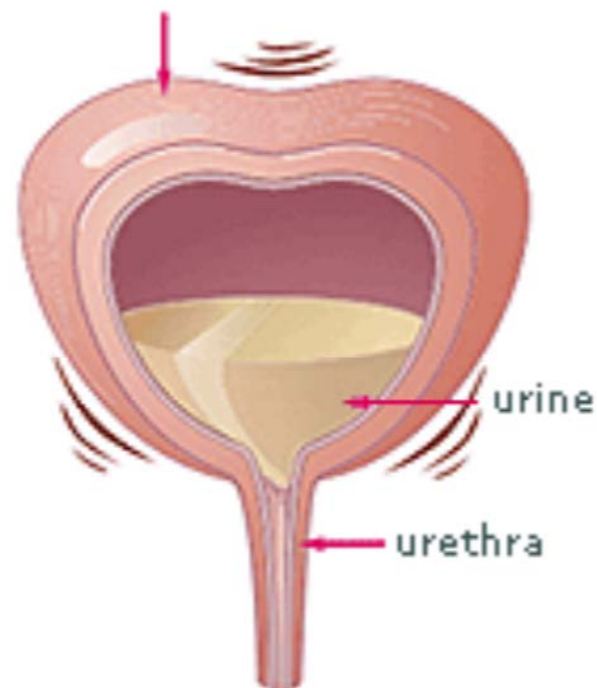


# Bladder Symptoms – Overactive Bladder

- Sensation of needing to urinate frequently/suddenly
- Prescription medications can help calm the bladder muscle

## Overactive Bladder

detrusor muscle  
contracting before  
bladder is full

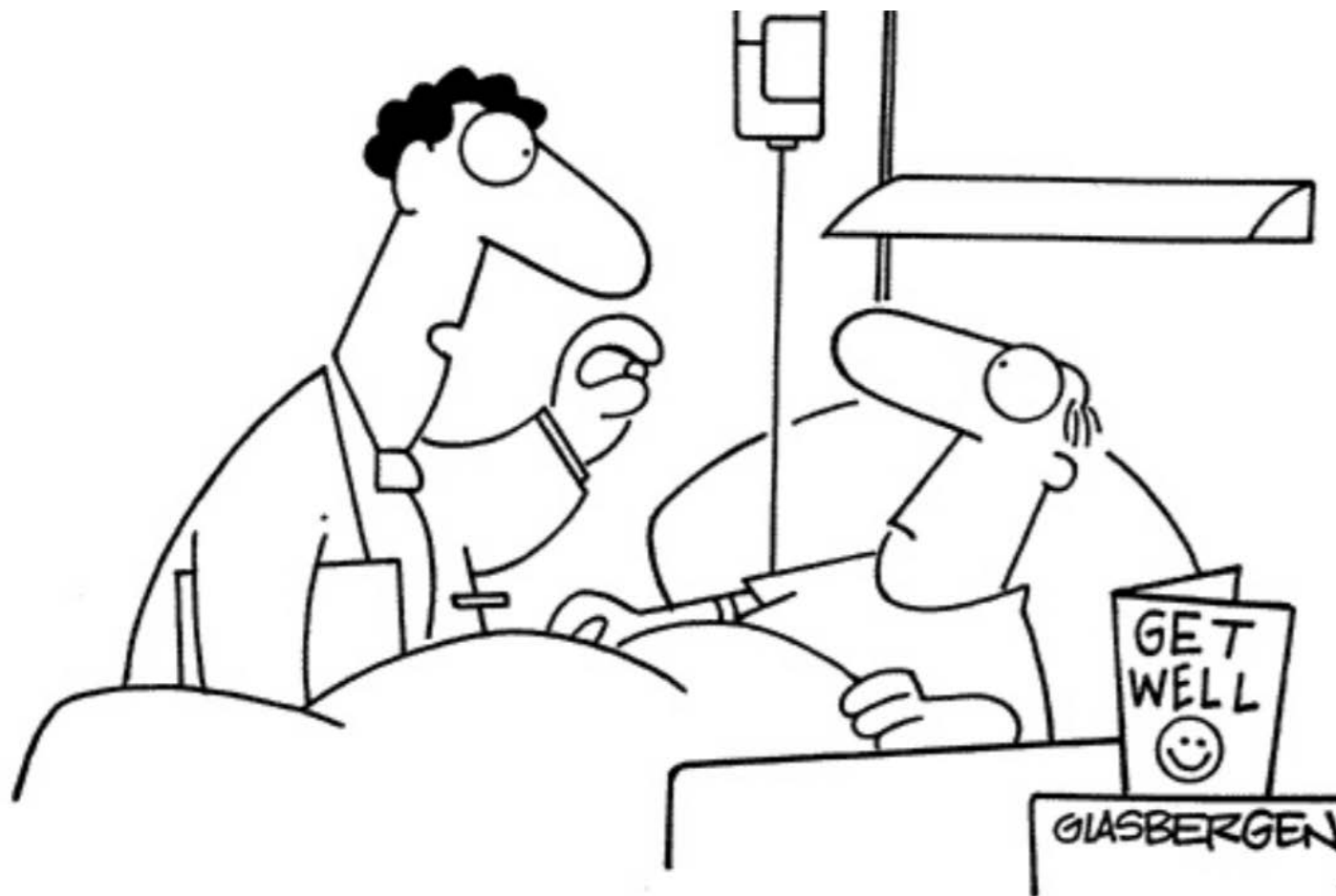




# Blood Pressure Symptoms – Orthostatic Hypotension

- Drop in blood pressure when standing up
- Causes light-headedness, fainting
  - Evaluate anti-hypertensive medication use with doctor\*





**“We found a bunch of these clogging  
your arteries. They’re cholesterol pills.”**

# Blood Pressure Symptoms – Orthostatic Hypotension

- Compression stockings (20-30 mmHg)
- Stand up slowly
- Stay hydrated (6 – 8 glasses/day)
- Sodium-rich foods (pickles, peanuts)
- Prescription medications



# Non-motor Symptoms

1. Autonomic

2. Sleep

- Insomnia
- Daytime sleepiness
- Restless legs
- REM Behavior

3. Mood and thinking

4. Other important things

## Sleep - Insomnia

- Difficulty falling asleep
- Difficulty staying asleep (common in PD)
- May be due to:
  - Stiffness
  - Difficulty repositioning
  - Tremor



## Sleep - Insomnia

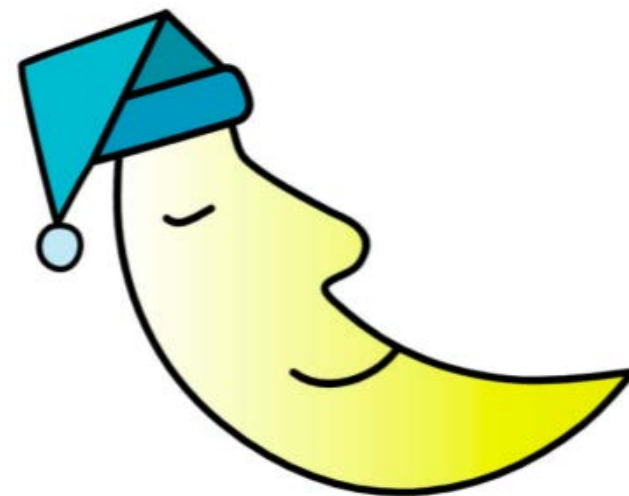
- Treatment
  - Good sleep hygiene
  - Complimentary therapies
    - Meditation, light therapy, aroma therapy
  - Supplements
  - Prescription medications





## Good Sleep Hygiene

- Consistent wake-up time 7 days per week
- Exercise during the day\*
- Increase light during the day
- Relaxing bedtime routine
- No clock watching!
- Get up and try again





## **Sleep – Daytime Sleepiness**

- Increased need for sleep during the day
- Sudden, uncontrollable need for sleep during daytime hours



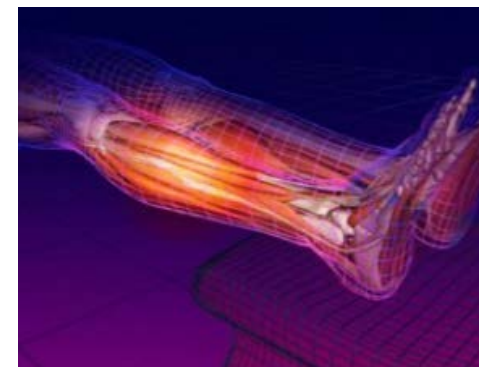
## Sleep – Daytime Sleepiness

- Treatment
  - Address insomnia if present
  - Rest and naps are OK
  - Re-evaluate Parkinson's medications\*
    - Some are more likely to cause sleepiness
  - Caffeine early in day
  - Stimulant medications are an option



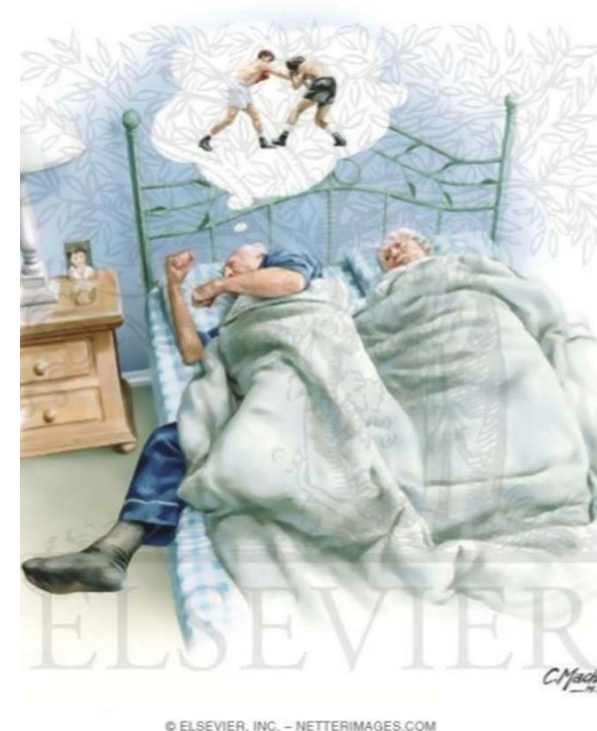
## Sleep – “Restless Legs”

- Restless Legs Syndrome
  - Uncomfortable sensation with urge to move
- Periodic Limb Movements
  - Legs jerking during drowsiness or sleep
- Treatment
  - Medication options overlap with other medications used for Parkinson's



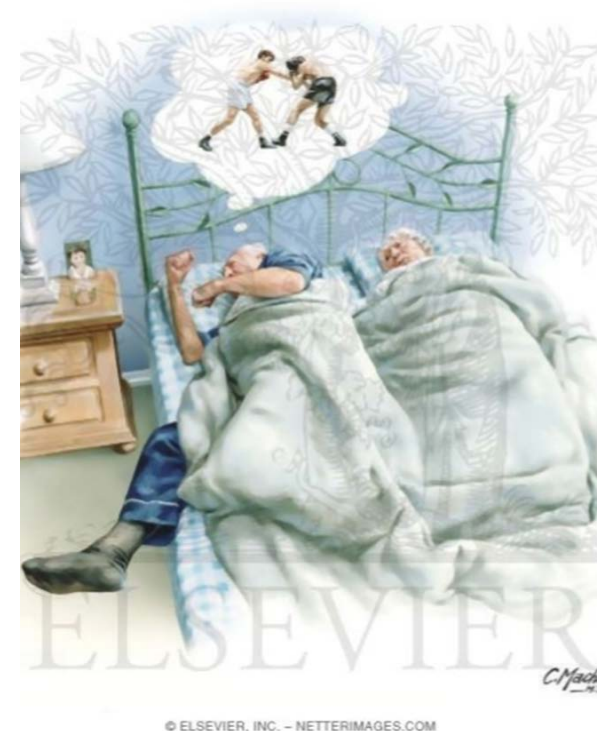
## Sleep – Dream Enactment

- REM Sleep Behavior Disorder (RBD)
  - Acting out dream behaviors during REM sleep
    - Sleep talking
    - Punching and kicking
    - Falling out of bed



## Sleep – Dream Enactment

- Solutions
  - Move sharp objects away
  - Mattress or pillows next to bed
  - Add railings to bed frame
  - Separate bed for each partner
  - Medications



# Non-motor Symptoms

1. Autonomic

2. Sleep

3. Mood and thinking

- Depression
- Anxiety
- Cognition

4. Other important things







# Non-motor Symptoms

1. Autonomic

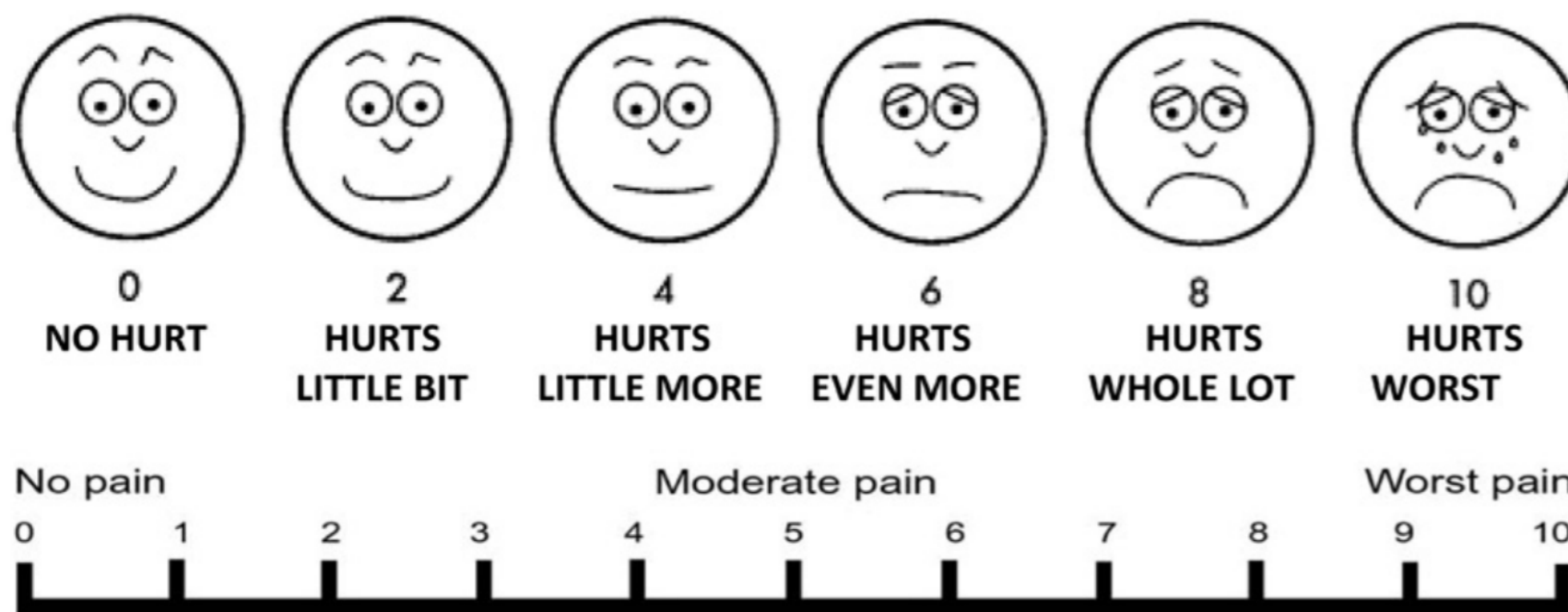
2. Sleep

3. Mood and thinking

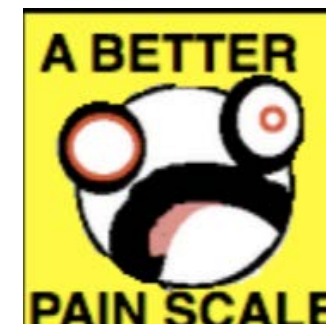
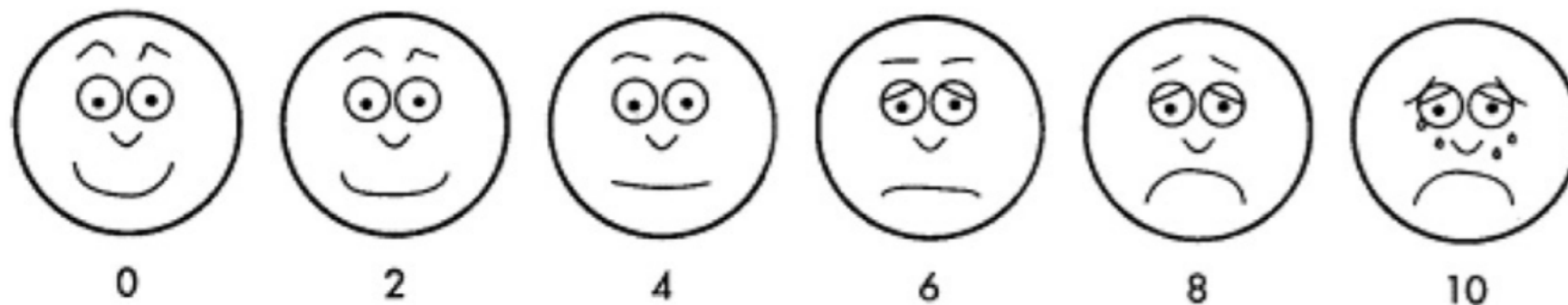
4. Other important things

- Pain
- Melanoma
- Impulse control disorders

# Pain Scale



## Pain Scale Revisited



**2:** Awesome! Someone just offered me a free hot dog.

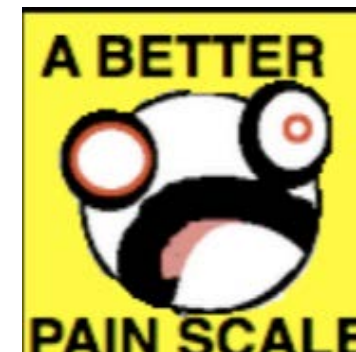
**4:** Huh. I never knew that about giraffes....

**8:** This ice cream barely has any cookie dough in it...

<http://hyperboleandahalf.blogspot.com/2010/02/boyfriend-doesnt-have-ebola-probably.html>

## Other Important Things

- Pain
  - Common and often unrecognized
  - Can occur with motor fluctuations
    - Adjust Parkinson's medications\*
  - Prescription medications



## Other Important Things

- Melanoma
  - Risk is increased among people with Parkinson's
  - See dermatologist at least once a year



## Other Important Things

- Impulse Control Disorders
  - Uncontrollable urges
  - Possible side effect of dopamine medications\*
  - Motivation centers in the brain
- Talk to your doctor!



# Action Steps

- Commit to exercise – go for a walk, find a class, join a gym, get a treadmill
- Update your medication list and keep in wallet/purse
- Connect with your Parkinson's community
- Recognize at least one non-motor symptom to discuss with your physician