

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. Pain in Parkinson's
3. Autonomic symptoms in Parkinson's
4. Barriers to identifying and managing non-motor symptoms
5. Take action!

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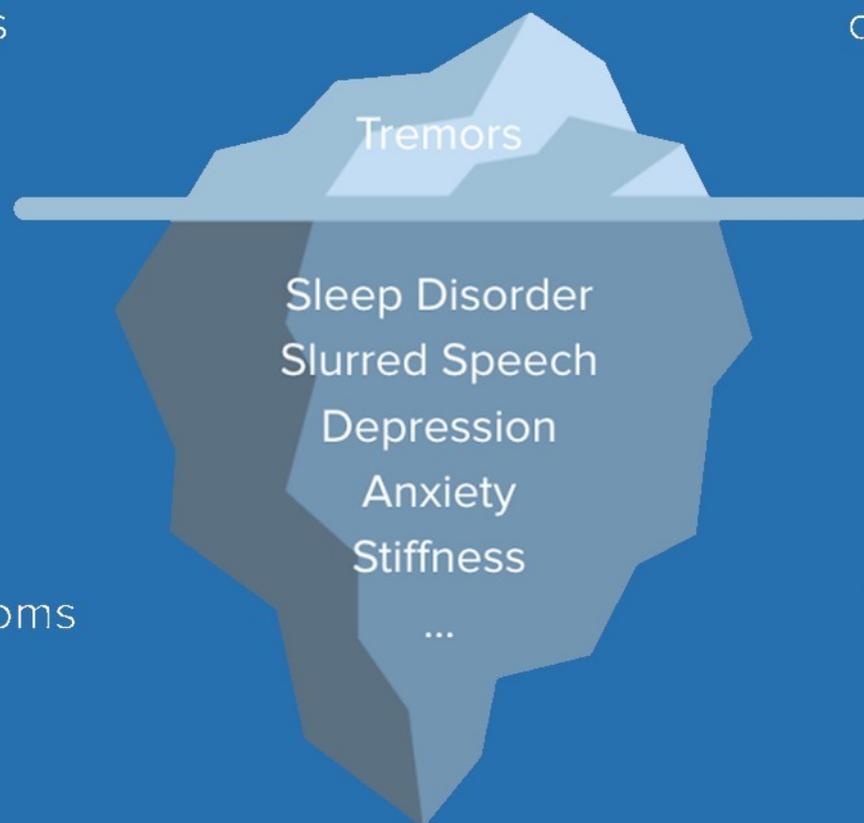
Non-motor Symptoms in Parkinson's

- 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

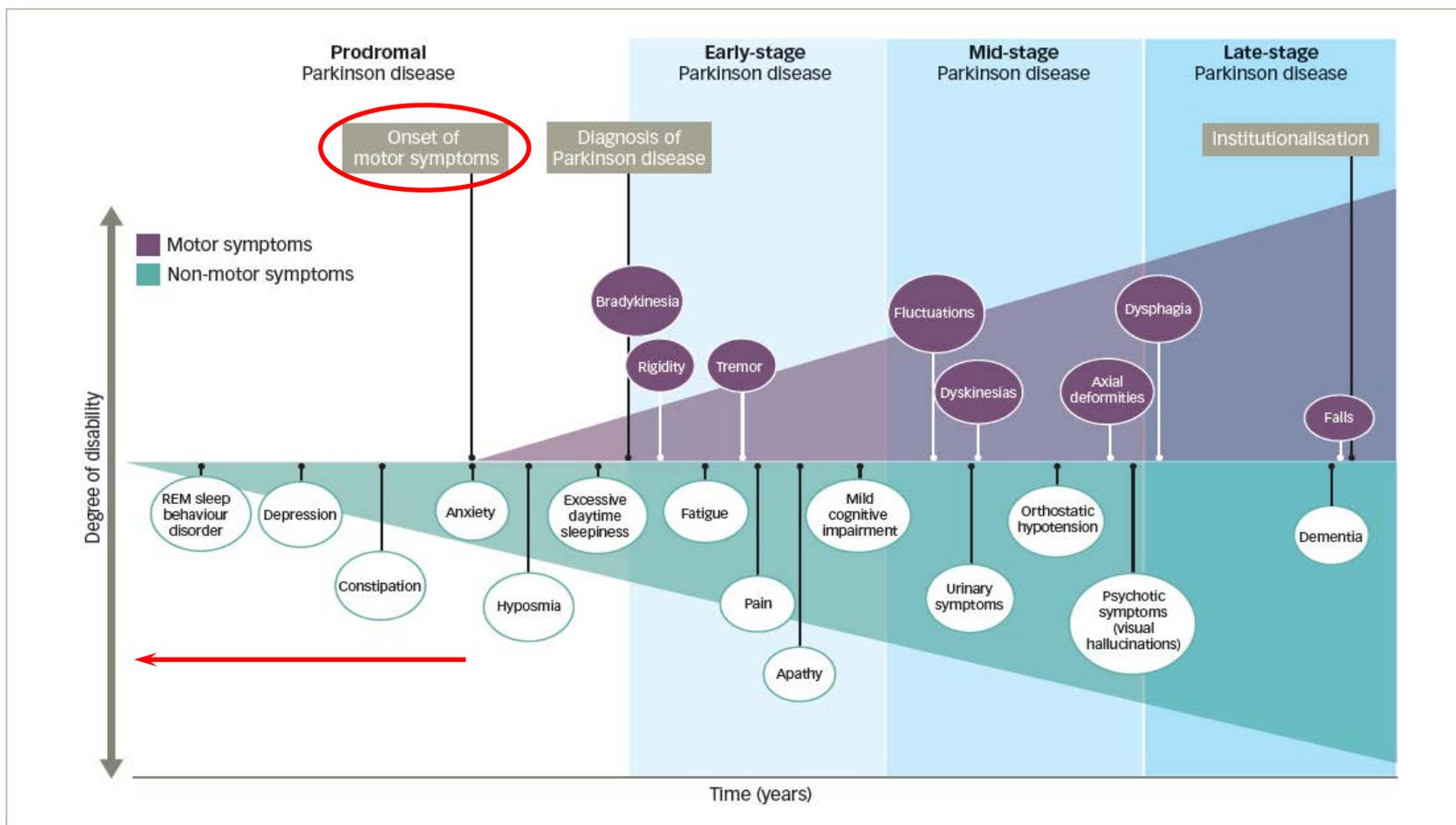


Hidden
Non-motor Symptoms

No “complete picture” of an
individual's disease

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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Non-motor Symptoms in Parkinson's

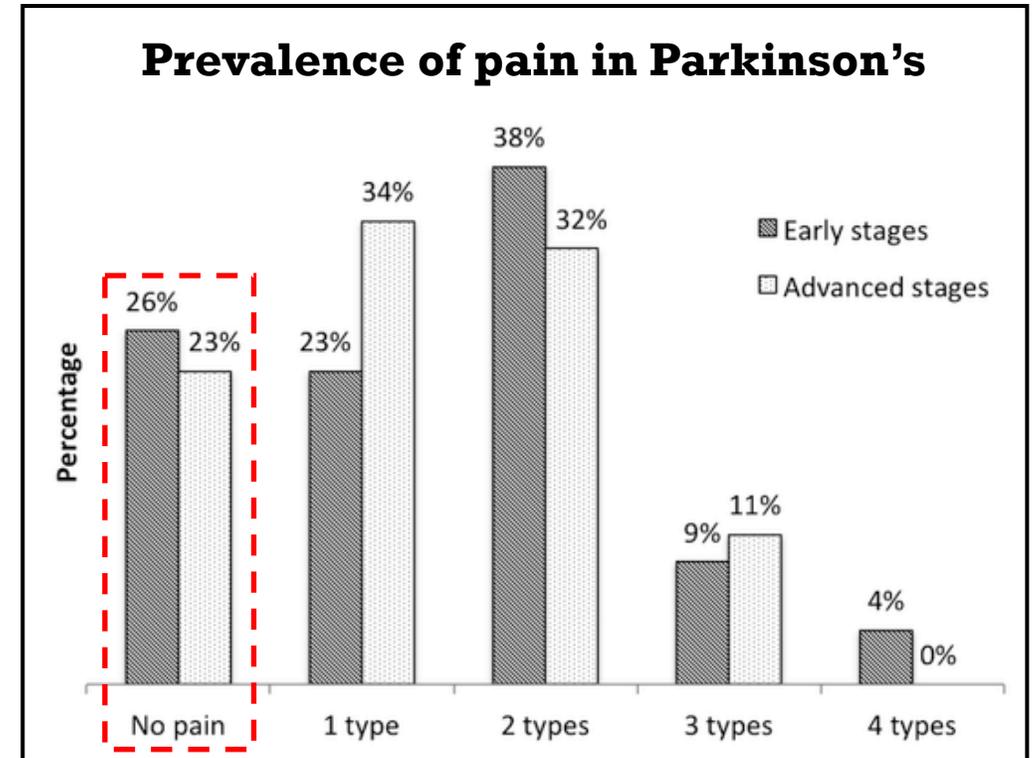
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Pain in Parkinson's

- 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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The Autonomic Nervous System

- **Definition:** the unconscious portion of the nervous system that controls our “bodily functions”
 - **Cardiovascular:** blood pressure and heart rate
 - **Gastrointestinal:** movement of food and liquid through our stomach and intestines
 - **Genitourinary:** sexual function and urination

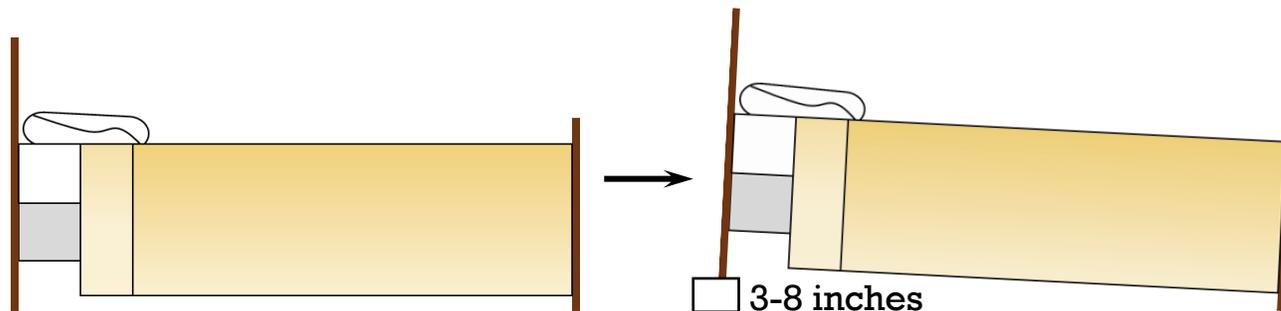
Autonomic Dysfunction: Orthostatic Hypotension

- **Orthostatic hypotension: low blood pressure on sitting or standing causing reduced blood flow to the brain with changes in position**
- **Symptoms:**
 - “Lightheadedness”
 - Fainting
 - Nausea
 - Fatigue
 - Clouded thinking
- **Causes:**
 - Parkinson’s
 - Side effect of medications
 - Blood pressure medications
 - Parkinson’s medications
 - Dopamine agonists
 - Carbidopa/levodopa

Managing Orthostatic Hypotension

- Non-pharmacologic

- Stand slowly
- Increase water AND salt intake
- Compression socks
- Elevate head of bed



- Pharmacologic

- Avoid medications that decrease blood pressure
- Artificially increase blood pressure
 - Fludrocortisone
 - Midodrine
 - Droxidopa
 - **Can increase blood pressure while lying down**

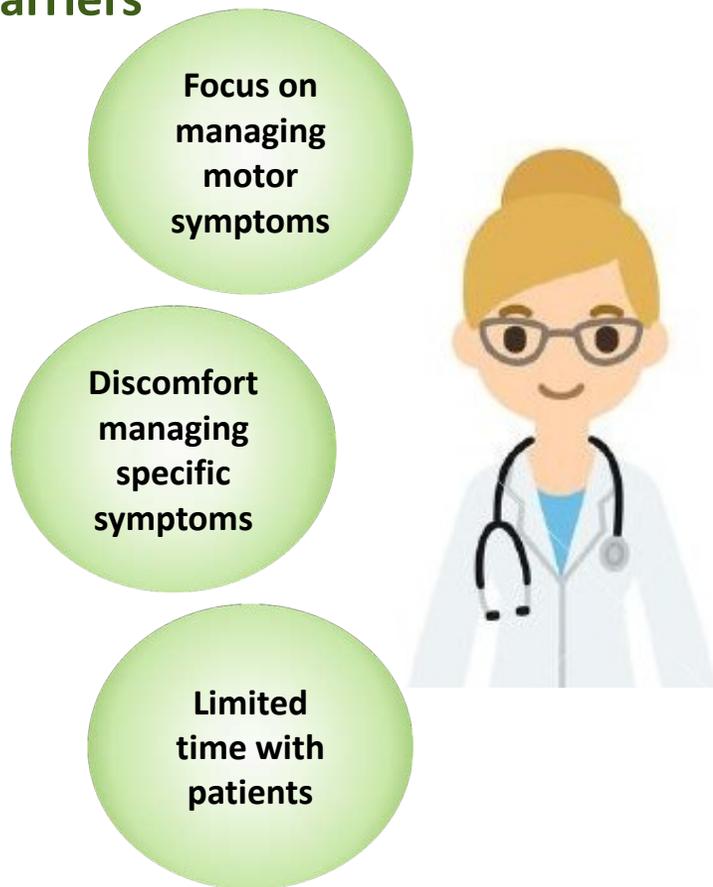
Takeaway: Some simple lifestyle interventions can help to manage bothersome drops in blood pressure

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Barriers to Symptom Management

Physician Barriers



Systems Barriers

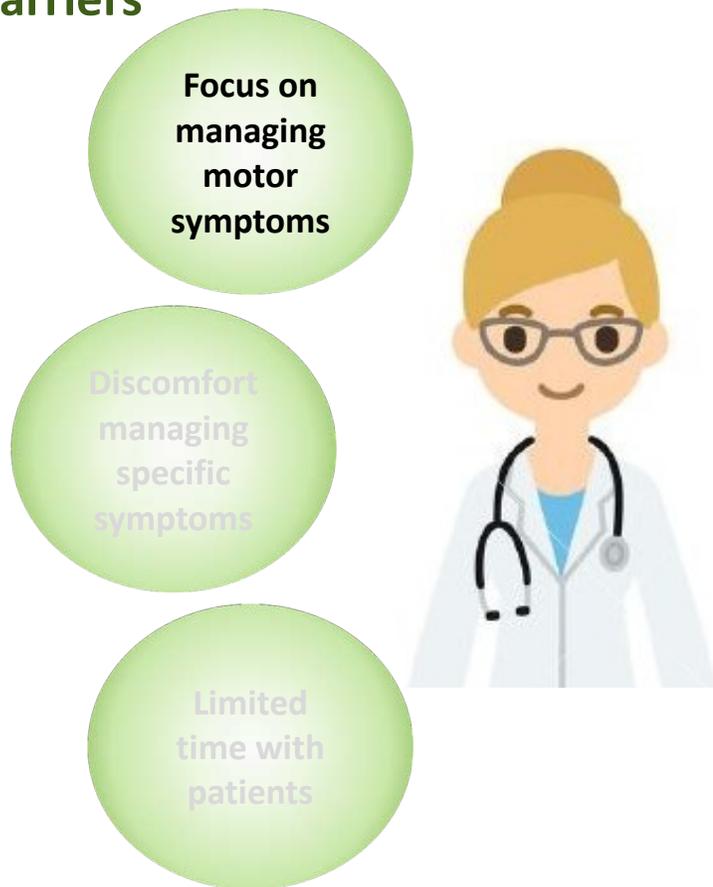


Patient Barriers



Barriers to Symptom Management

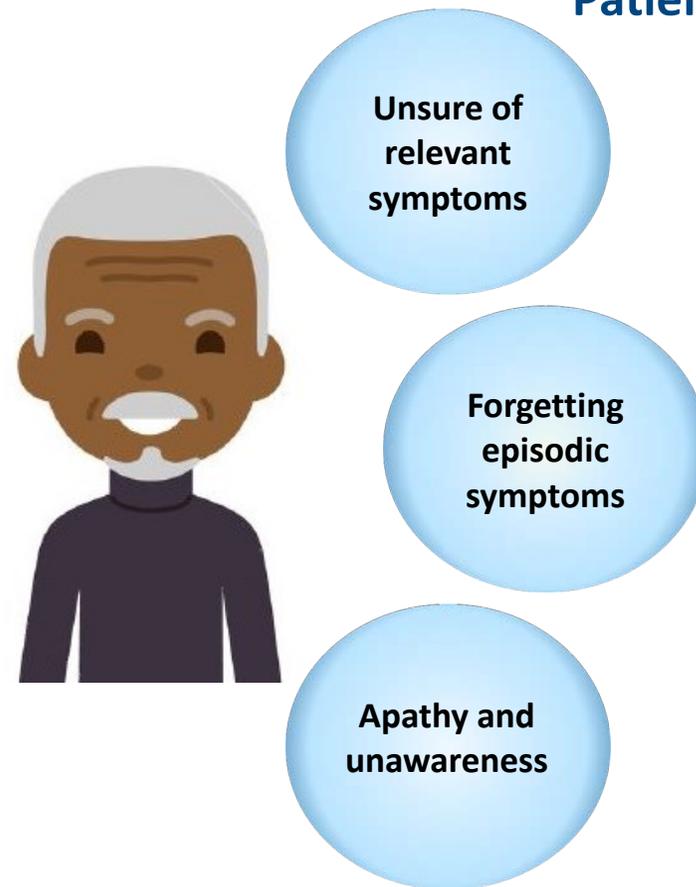
Physician Barriers



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. Pain is common in Parkinson's, and activity can help to manage it**
- 3. Some simple lifestyle interventions can help to manage bothersome drops in blood pressure**
- 4. Be aware of common non-motor symptoms, and highlight YOUR priorities in the visit**