

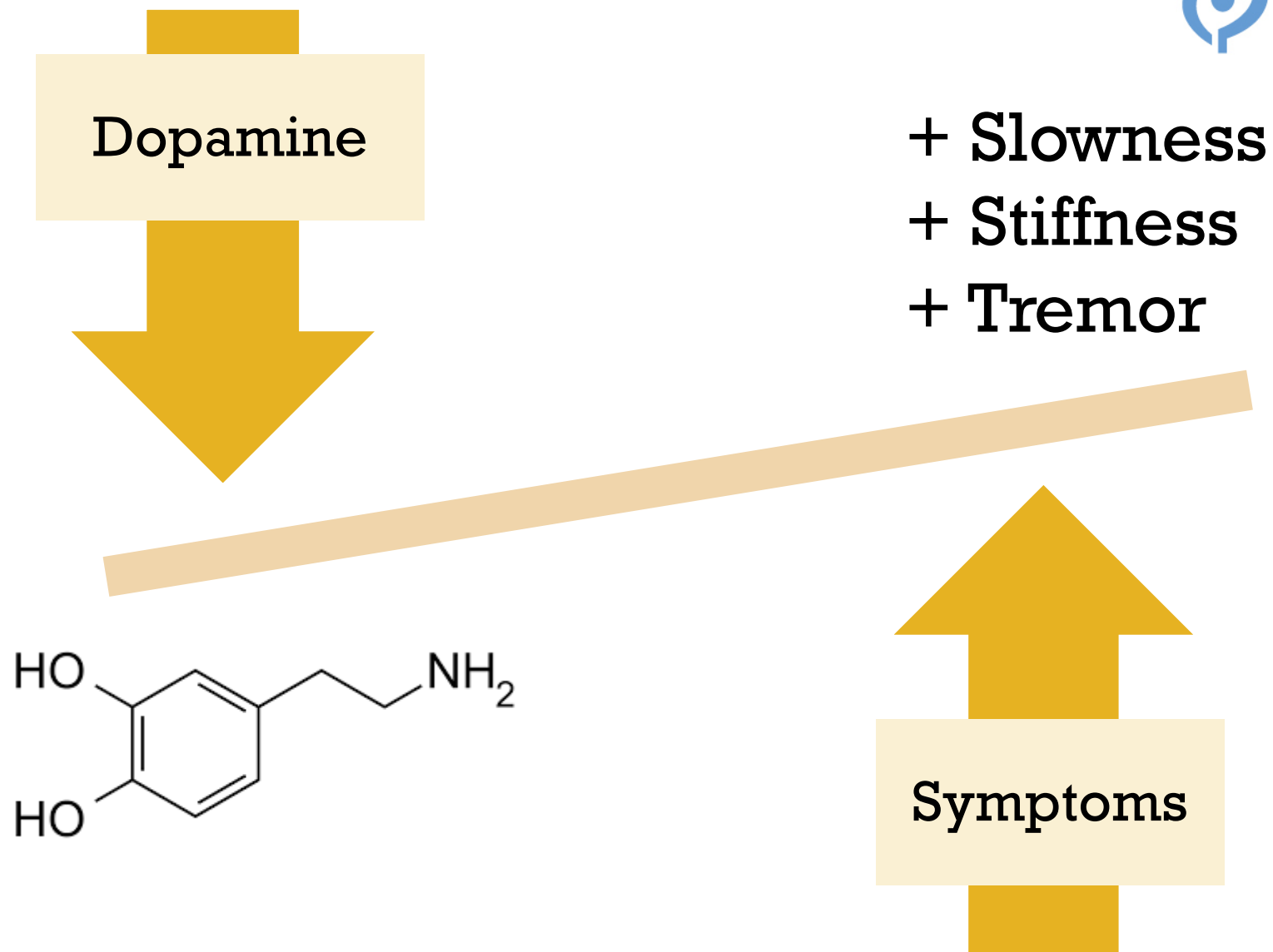
Medication Management: Tips and Strategies

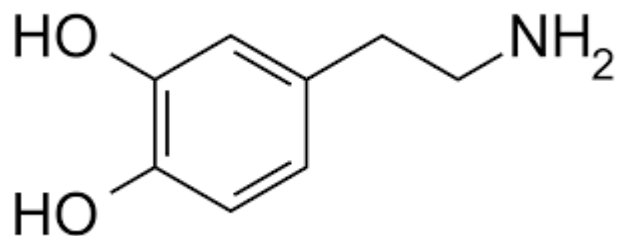
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Plummer Movement Disorder Center

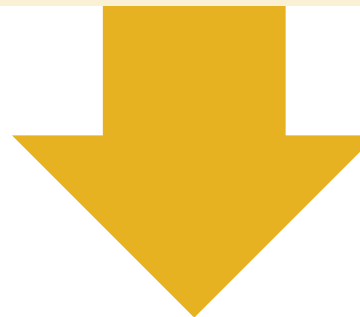
Department of Neurology

Baylor Scott and White, Temple (and Waco)





Symptoms



Less...
- Slowness
- Stiffness
- Tremor

Dopamine
with
medications



What are your Parkinson's symptoms?

Medications

Medication choices

Levodopa

Is
dopamine

+
Entacapone

**Dopamine
Agonists**

Smells like
dopamine

**MAOB
inhibitors**

Keeps
dopamine
around

Amantadine

? GABA

Levodopa – the gold standard

- Sinemet
 - Sinemet CR (controlled release)
 - Rytary
 - Duopa
 - Inbrija
- Nausea
 - Dyskinesias
 - Sleepiness



Levodopa



- Variable absorption
- Protein interaction
- Iron supplements
- Tums, Rolaids



Dopamine agonists

- Ropinirole (Requip)
- Pramipexole (Mirapex)
- Rotigotine (Neupro)
 - Patch
- Apomorphine (Apokyn)
 - Injection
 - Pump in Europe
- Hallucinations
- Impulse control disorders
- Foot swelling
- Blood pressure drops
- Sleep attacks

MAO-B

- Selegiline
 - Rasagiline (Azilect)
 - Safinamide (Xadago)
- Medication interactions
 - Opioids
 - Cough medications with DM
 - (dextromethorphan)
 - Antidepressants??? – depends ...
 - BP drops
 - No dietary restrictions!

Amantadine

- Amantadine
- Gocovri
- Osmolex ER
- Used for motor symptoms
- Helps with dyskinesias
- Hallucinations

What are your Parkinson's medications?

Making Medication Tolerable

Making medication tolerable

- Increase and decrease medication slowly
- Eat a small carbohydrate snack if you get nauseous
- Avoid protein
- Try the controlled release formulation
- Extra carbidopa (Lodosyn)

How do your medications make you feel?

Action Items

Action Step #1

- Know your medication?
- What will it do for you?
- How do you **start** taking it?
- How much are you taking?
 - Grab family and friends and make cool lists!



Action Step #2

- Take your medications **EXACTLY** on time
 - Grandchildren are great for programming smart phones – use them!
 - Pill box alarms (but they are \$\$\$ and not mobile)
- Pay attention to **what** gets better
- Pay attention to **when** you feel good

Action Step #3

- How long does it take for the medication to kick in?
- How long does it last?
- Any side effects **AND WHEN?**

My Notes

Action Step #4

- Organize your pills by week or month
- Keep some medication with you at all times



Action Step #5

- Use one pharmacy if possible
 - Let the pharmacist and provider know all of your medications
- Refill your prescriptions early



