

# MOTOR SYMPTOMS OF PARKINSON'S DISEASE

## Freezing

- Feeling stuck due to temporary and involuntary inability to move
- 38% increased chance of falling from the unpredictable end and beginning of the freezing episodes
- Can be frustrating and dangerous as it affects limbs and speech
- Unknown cause but occurs when the next dose of dopaminergic medicines is due and making movement changes
- Declines after medications but is enhanced by stress and multitasking



**Treatments:** visit an occupational or physical therapist to learn techniques to reduce the risk of falling from freezing

**Tips for when you are frozen:**

1. Be **aware** of freezing triggers and **prepare** strategies in advance
2. **March** or take goose steps
3. Walk according to the **rhythms** of the music
4. **Shift** your weight from one leg to another
5. Imagine you are walking in a **straight line**
6. When turning, do not rotate, instead walk in a **semi-circle** or **square**

## MOTOR FLUCTUATING

- Changes in one's ability to move
- There are "on" and "off" times as medication levels vary throughout the day
- With Parkinson's, neurons that produce dopamine die, disabling cells to store dopamine so they release it.
- Medications help cells store more dopamine but as they wear off, cells begin to release dopamine again which worsens symptoms of dystonia (continuous muscle contractions or "off" times)
- During "on" times, medications and working and movements may become involuntary (dyskinesia) as medication levels peak since the brain is used to those levels



**Treatments:** adjusted medication doses, introduced medications to keep dopamine levels consistent and avoid "off" times, surgery such as deep brain stimulation (DBS) or Duopa therapy

# NON-MOTOR SYMPTOMS OF PARKINSON'S DISEASE

*50% of patients experience non-motor symptoms*

## ANXIETY

A diagnosis of anxiety is only made if symptoms change from previous behaviours and are not confused with motor symptoms

**Treatments** (alone or in combination):

- Medications
- Psychotherapy to help manage symptoms

Immediate support: **contact** Canadian Mental Health Association at +1 (844) 437 3247

## HALLUCINATIONS AND DELUSIONS

Do you:

- See, hear, and sense things that are not actually there according to other people, how often does this happen?
- Believe that someone close to you is deceiving you?
- Feel out of touch with reality?



**What you can do to support:**

- **Share** how you feel with those close to you
- Remain **calm**, don't argue
- **Tap** the person to direct their attention to you
- **Acknowledge** how they are feeling
- **Distract** and move them to well-lit areas with people around

## IMPULSE CONTROL

Some dopamine medications can lead to the development of Impulse Control Disorders (ICDs) e.g., gambling, shopping, and eating.

- ICDs are the inability to stop something that has a harmful potential. It relieves the anxiety which encourages one to keep engaging in them and may hide impulses from loved ones.

**What you can do to support:**

- Keep a drug **diary** of changes in behaviors
- **Talk** to someone (e.g. a support group, doctor, or someone close to you)

**Treatments:** doctor can adjust medications and ICD usually reduces for those who did not have it before the medication, Deep Brain Stimulation (DBS)



## CHRONIC PAIN

- Usually in the lower back and the back of one's neck
- Pain can be alleviated by stretching and engaging in exercise