



Top 10 Causes of Sudden* Deterioration in Parkinson's Disease

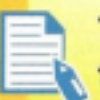
- 1 Constipation
- 2 Illness / Surgery / Infection i.e. chest, urinary tract, influenza
- 3 Stress Related Episode
- 4 Dehydration
- 5 Withdrawal / Change in Medication / Non-compliance
- 6 Use of Neuroleptics or other Contra-Indicated Drugs
- 7 Depression
- 8 Acute / Chronic Pain
- 9 Anxiety, Panic Attacks
- 10 Poor Sleep / Lack of Sleep

* Sudden – meaning over the course of a few days or even a few weeks

All of these could potentially cause an increase in:

- | | |
|---|---------------------------------------|
| 1. Tremor | 6. Dyskinesia (involuntary movements) |
| 2. Stiffness in Muscles | 7. Confusion/Delirium |
| 3. Slowness in Moving / Difficulty in Walking | 8. Hallucinations |
| 4. Poor Balance / Falls | 9. Daytime Sleepiness |
| 5. Freezing of Gait | |

1  **Identify the cause**

2  **Treat the cause**

3  **Allow time**

...and the patient will get back to Baseline

*There is usually no need to adjust the Parkinson's Medication unless absolutely necessary.
Discuss with local Parkinson's Specialist Team*



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