## Wearing-off

For some people, wearing-off can begin within 1 to 2 years of starting levodopa therapy; for others, levodopa continues to be effective for many years.

This question card has been developed to help you find out whether you experience wearingoff. It is designed for people with Parkinson's disease who are currently taking medicines, such as dopamine antagonists, levodopa or combinations of these.

Please identify any symptoms that occur during a normal day, and report whether these symptoms improve after taking your next dose of medication.

Each person's experience with Parkinson's disease is different, so the wearing-off symptoms you notice are individual to you. Many people find that problems with movement (motor symptoms) return during wearing-off, but other symptoms (non-motor) can also occur.

# Medical management options include:

- Changing your dose, dose frequency or timing of medication.
- Changing your medication to include medicine(s) that prevent breakdown of levodopa within your body. These can combined in a single tablet, or may be taken separately.
- Adding another class of drug to your medication.

## Any questions for your doctor?

'Oh, I wish I'd remembered to ask about...' is something we all occasionally feel after leaving the doctor's surgery! Make a note of any questions that you would like to ask your doctor about wearing-off.

# Parkinson's AUSTRALIA

For more details call Parkinson's Australia on 1800 644 189.

# Parkinson's disease

Does your body let you know when your next medication is due?

# What can be done about wearing-off?

Your doctor can help you manage wearingoff by adding to or changing your medication dose or schedule.

It is therefore important to let your doctor know if you are experiencing wearing-off. You may like to bring this completed question card with you next time you visit. Supported by an educational grant from:

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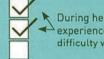
You may be experiencing 'wearing-off' if your symptoms vary during the day – getting worse before your next dose of medication is due, and improving after you take your next scheduled dose.

# Wearing-off question card<sup>+\*</sup>

- 1. Tremor
- Difficulty in speaking 2.
- 3. Anxiety

\* 1

#### **Experience** symptoms



During her normal day, Mary experiences both tremor and difficulty with speech

### Usually improves after my next dose



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Tremor improves after her next dose of medication

		Experience symptoms	Usually improves after my next dose
1.	Tremor		
2.	Difficulty with speech		
3.	Anxiety		
4.	Sweating		
5.	Mood changes		
6.	Weakness		
7.	Problems with balance		
8.	Slowness of movement		
9.	Difficulty using hands		
10.	Numbness		
11.	General stiffness		
12.	Panic attacks		
13.	'Cloudy mind' / dulled thinking		
14.	Abdominal discomfort		
15.	Muscle cramps		
16.	Difficulty getting out of a chair		
17.	Feeling hot and cold		
18.	Pain		
19.	Aching		

### Are you troubled by any other symptoms (i.e. other than those above)? If yes, please list:

Totally control my life	Very troublesome	Slightly troublesome	Don't bother me much

+ Endorsed by The Australasian Parkinson's Nurses Network, a progressive group of nurses from all around Australia actively involved in the clinical management and research of Parkinson's disease.