



## Discussing your PD symptoms with your doctor

GOOD ON time occurs when a person with PD is not experiencing OFF (motor and/or nonmotor symptoms) and is not bothered by dyskinesia. Use these questions and prompts to help guide the conversation about your experience, symptoms, and goals.

### About OFF time and dyskinesia

- After taking my levodopa dose, there are times when it takes a while to work and for me to feel symptom relief and/or I often notice PD symptom control doesn't last the full time before my next dose. Could this be OFF time?
- I sometimes experience uncontrolled, unpredictable twisting and turning movements. These occur in my face, arms, legs, and/or torso. Could this be dyskinesia?
- How do I know that I am experiencing a symptom of OFF time rather than dyskinesia?

### How OFF time and/or dyskinesia can impact daily activities

- It's hard to get started in the morning and do my normal routine. I feel slow, often stuck and/or shuffling. Is there something I can do to help make my mornings easier?
- Sometimes, due to my OFF time and/or dyskinesia, I find it difficult to engage in my daily activities and hobbies. Is this something that's just part of PD, or is there something that could help me control my movements better?
- How can I reduce my OFF time and get more consistent GOOD ON time in each day?
- My care partner or loved ones have pointed out a change in my PD symptoms. Use the notes section below to capture symptom details.

### For care partners

- I see my loved one's OFF time and/or dyskinesia symptoms getting worse, but my partner doesn't seem to notice or mind. Is this something I should be worried about?
- What can I do if my partner's OFF time and/or dyskinesia make our daily activities difficult?
- Are there PD treatments that can provide my partner with more consistent, continuous relief from OFF time?
- How can I observe and track my partner's OFF time and/or dyskinesia so we can have an informed conversation during our next visit?

#### NOTES:

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