

Discussing Parkinson's disease (PD) with your doctor



Use these questions to start a conversation with your doctor about your day-to-day life with PD. Together, you can explore ways to achieve more GOOD ON time (when you're experiencing good symptom control and aren't bothered by OFF time or dyskinesia).



OFF TIME

occurs when your oral levodopa is no longer providing PD symptom benefit and motor and nonmotor symptoms reappear.

- ☐ Sometimes my oral PD medication kicks in too late, wears off too soon, or just doesn't work well. How can I have more consistent OFF symptom relief?
- ☐ Why do I still experience OFF time even after my doctor adjusted the frequency or dosage of my medication(s)?
- ☐ My days feel inconsistent and my activities are often interrupted by my PD symptoms returning. What can I do?



DYSKINESIA

is a side effect of PD medication that causes erratic, involuntary movements.

- ☐ How do I know that what I am experiencing is dyskinesia and not OFF time?
- ☐ My dyskinesia makes it difficult to engage in hobbies, be social, and/or accomplish daily tasks. Is there something that can better help control my movements?
- ☐ How can I reduce both my dyskinesia and OFF time to have more consistent GOOD ON time each day?

For care partners

- ☐ My loved one's OFF time and/or dyskinesia is getting worse, but they either don't notice or don't mind. Should I be concerned?
- ☐ How can they have more continuous GOOD ON time in their day?
- ☐ Are there treatments that can help manage OFF symptoms more reliably throughout the day?

Notes: _____

