

# NAVIGATING PARKINSON'S TOGETHER



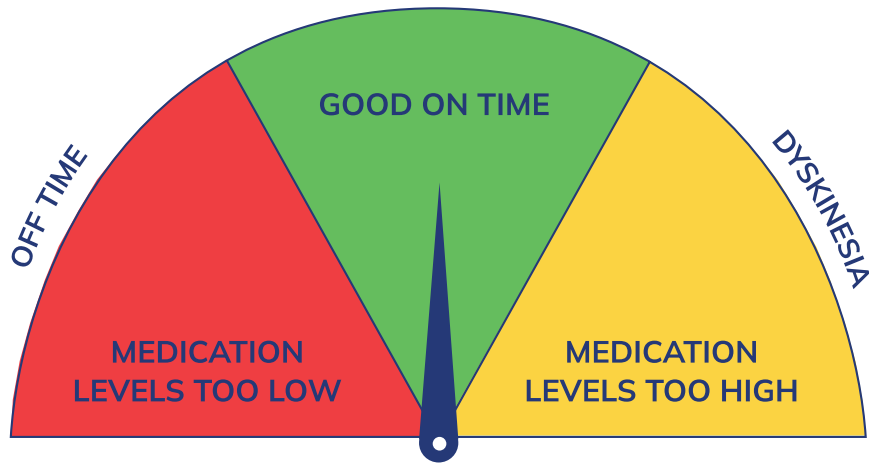
Actor portrayals.



**You see your loved one's daily life in ways no one else does.**  
Use this guide to start a conversation with their doctor.

## Parkinson's disease (PD) terms to know

**GOOD ON time** is when your loved one has good PD symptom control and isn't bothered by dyskinesia. This is the goal of treatment, and can be a sign their medication levels are in the right range.



**OFF time** is when PD symptoms, like slowness, stiffness, balance issues, and tremor, are not controlled with oral levodopa.

**Dyskinesia** is a side effect of PD medication that causes unwanted, involuntary movements, like twisting, body swaying, and head bobbing.



**Quick Tip:** Capture new, recurring, or bothersome symptoms on video to share.

## Check any relevant topics you'd like to discuss with their doctor

Medications take a long time to "kick in" or aren't lasting as long as they should

Days feel unpredictable with ups and downs, even after adjustments to medication frequency or dose

Days are difficult to plan and are often disrupted by OFF symptoms

Dyskinesia occurs more frequently and has become more noticeable

Dyskinesia interferes with everyday tasks, such as eating or dressing, or causes balance concerns

Dyskinesia has caused embarrassment and led to avoiding social activities or public settings

## Jot down any concerns or other notes for discussion

Example: Would longer-acting or continuous infusion options be a good fit for my loved one?

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## We'd love to hear from you!

Join **BE ICONIC** with PD on Facebook to share, learn, and connect with others in the PD community.



Actor portrayals.

Looking for more tips and information on how your loved one can live well with PD? Sign up for our emails at [beiconicwithpd.com/email-sign-up](https://beiconicwithpd.com/email-sign-up).

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