

Understanding your treatment journey

Parkinson's disease progresses differently from person to person. Some experience mild symptoms for many years, while others find their symptoms become more bothersome more quickly.

Either way, there are options available to help people like you **live life well**.



Diagnosis



Treatment



Improved symptom control



Symptoms return or become worse

Are your symptoms changing?



Difficulties in managing symptoms

Is your current treatment still working?



Discussing your options

Do you need to talk to your doctor about your current treatment?

Improved symptom control

It's important to check on your symptoms and treatments throughout your journey. Use the tool overleaf to help you understand what to look out for...

Keeping symptoms and treatments in check

Use the following checklist to help you identify changing symptoms.

Are your symptoms changing? (please tick ✓)

- More than 1-2 hours a day of 'off time' when symptoms appear to be worsening
- Uncontrolled troublesome dyskinesia
- Loss of balance and falls
- Problems swallowing
- Problems sleeping
- Problems with bladder/sexual dysfunction
- Feeling nauseous, being constipated or dribbling saliva

With your current treatment, do you (please tick ✓)

- Require levodopa (a medication for Parkinson's) four or more times a day?

Do you need to talk to your doctor about your current treatment?

- If you have ticked any of the boxes above, make an appointment to see your GP/Specialist.
- Take this checklist with you to help you talk through the changes you are experiencing and together with your healthcare team you can discuss and plan your next treatment steps.



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