This symptom tracker has been created so that Parkinson's patients can keep track of the symptoms that are affecting them, take time to reflect and think about them. This is a resource for patients, produced by Bial.

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A resource for patients

What symptoms are you experiencing?



Motor symptoms

	Rank your symptoms 1-3 (1 being your most impacted)	How often does this occur? Rarely ○ ○ ○ ○ ○ Often	How does this impact you? Not much ○ ○ ○ ○ ○ A lot
Tremor	☐	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Stiffness	☐	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Slow movement	☐	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Postural instability	☐	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Restless legs	☐	○ ○ ○ ○ ○	○ ○ ○ ○ ○



Non-motor symptoms

	Rank your symptoms 1-5 (1 being your most impacted)	How often does this occur? Rarely ○ ○ ○ ○ ○ Often	How does this impact you? Not much ○ ○ ○ ○ ○ A lot
Anxiety	☐	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Drooling	☐	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Constipation	☐	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Cognitive changes	☐	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Dementia	☐	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Apathy	☐	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Depression	☐	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Fatigue	☐	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Sexual problems	☐	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Urinary problems	☐	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Skin problems	☐	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Sweating	☐	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Impulsive behaviour	☐	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Dry mouth	☐	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Swallowing problems	☐	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Forgetfulness/thinking problems	☐	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Sleep problems	☐	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Loss of sense of smell	☐	○ ○ ○ ○ ○	○ ○ ○ ○ ○



Please use this space to include any additional notes of symptoms that you would like to discuss

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FAQs

1. How to identify motor symptoms

- Tremors and stiffness when trying to bend down, reach for or lift objects. Stiffness, tremor and reduced speed when trying to conduct tasks like buttoning a shirt, eating or applying make-up.
- Stooped posture, small steps and reduced arm swinging while walking.
- Uncontrolled loss of facial expression.

2. How to identify non-motor symptoms

- Problems with memory, difficulties thinking, dementia, forgetfulness and impulsive behaviours.
- Mood changes including depression, anxiety and apathy.
- Toilet habits such as incontinence or constipation.
- Sleep problems such as insomnia, where you can't get to sleep or stay asleep. This may also cause fatigue during the day.
- Oily skin particularly on the face and scalp and excessive sweating or not sweating enough.
- Problems with swallowing, dry mouth, drooling, food sticking in mouth, choking and coughing.
- A reduced ability to smell or a complete loss.

3. Can Parkinson's be reversed?

Parkinson's disease develops because of the loss of nerve cells in the brain that produce a chemical called dopamine.

There are no treatments that slow or prevent the loss of these cells, so currently Parkinson's disease cannot be reversed. However, research is underway to replace or reprogramme these cells with the aim of reversing the major symptoms of the disease.[1,2]

4. Can a person with Parkinson's drive?

Yes, it is possible to drive safely, but with some considerations. Driving is an important part of everyday life, as it may help maintain independence, autonomy, and quality of life.[3,4]

It is important for individuals to think about how their motor and non-motor symptoms, as well as medication side effects and timing, could impair driving ability.[3,4,5] A doctor can advise on whether an individual is fit to drive.[3,4,5]

5. Can someone with Parkinson's live alone?

Yes, but with some simple steps to maintain emotional well-being. Living alone is possible for many people with Parkinson's.

As the disease is unique in each individual, there is no single approach to self-care and independence.[6] Seeing friends or family, staying active, being involved in work or hobbies, and having a support group are all important aspects.[6,7] Changes such as decluttering, purchasing easy-to-use utensils in the kitchen, and perhaps seeking help with household chores may all be helpful to someone who lives alone.[6]

6. Does Parkinson's Impact Memory?

Not all patients experience problems with their memory. Many patients with Parkinson's disease find that over time their memory is affected, but the rates of decline in memory are unpredictable.[8]

7. How can you beat Parkinson's fatigue?

Fatigue is a common non-motor symptom of Parkinson's disease.[9] Everyone experiences fatigue differently and one person might find it more or less challenging.[10,11] Different approaches, besides medication, can be used to minimise its impact on everyday life.[9,11] Exercise, scheduling daily activities, and planned rests are all recommended.[10] Physical exercise can often help with energy levels and keeping mentally active is also important.[9-11]

Find out more at bialive.co.uk, where you can find exercise programmes and download resources

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