

## Motor and non-motor fluctuations

In the tables below, the main fluctuations that can occur with the progression of Parkinson disease have been grouped together.

### **You may recognize some symptoms that affect you most notably?**

Do not forget that your doctor, your nurse and your pharmacist are valuable allies in helping you better control these manifestations. Furthermore, indulgence and benevolence towards each other are helping strategies to use on a daily basis to preserve your quality of life.

### Motor fluctuations

| FLUCTUATIONS                              | SIGNS                                                                                                                                                         |
|-------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1- Predictable Motor:</b>              | Medication effect ends before the next dose kicks in                                                                                                          |
| <b>End-of-dose akinesia (wearing-off)</b> | Slowness, stiffness, tremors, difficulty walking, postural instability, difficulty performing a task, involuntary and painful contractions in the lower limbs |
| <b>Morning akinesia</b>                   | Cramps in leg/calf/foot, need to move, and sometimes: excessive sweating and variation in blood pressure                                                      |
| <b>Nocturnal akinesia</b>                 | Associated with decreased hours of sleep which can lead to fatigue and anxiety                                                                                |

## Motor fluctuations (following)

| FLUCTUATIONS                                    | SIGNS                                                                                                                                                                                                                                                                                                                            |
|-------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>2- Unpredictable Motor:</b>                  | Unpredictable with regard to the last dose of antiparkinsonian medication                                                                                                                                                                                                                                                        |
| <b>ON/OFF fluctuations</b><br>(freezing)        | <p>Unpredictable variations (sometimes within minutes) those are difficult for the person living with Parkinson's and the partner.</p> <p>Freezing is a phenomenon of locking of the feet which can occur, for example, when initiating the first steps of a movement, when crossing a door frame or when using an escalator</p> |
| <b>Dyskinesias</b><br>(most often in ON period) | Increased sensitivity to antiparkinsonian medication which may cause uncoordinated, involuntary movements involving, for example, the head, trunk, arms and legs                                                                                                                                                                 |

## Non-motor fluctuations

| FLUCTUATIONS                                           | SIGNS                                                                                                                                                                                                                                                                                                 |
|--------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1- Sensitive</b><br>(in OFF period)                 | Pain, burning sensation or tingling                                                                                                                                                                                                                                                                   |
| <b>2- Neurovegetative</b>                              | Constipation, variation in blood pressure (low or high), urinary disorders (e.g. urgent urination), profuse saliva and sweating, drowsiness, fatigue, sleep disturbance (e.g. vivid dreams, sudden and involuntary movements, shouting during deep sleep), restless legs syndrome, sexual dysfunction |
| <b>3- Psychological</b><br>(related to ON/OFF periods) | Changes in vigilance and mood.<br>Possibility of depression, anxiety<br><br>Impulse control disorders related to medication (may manifest in compulsive gambling, hyper sexuality, spending/purchasing, eating behavior, etc.)                                                                        |
| <b>4- Cognitive</b><br>(related to OFF periods)        | Cognitive variations that can cause a global slowdown (e.g. difficulty thinking, reasoning) with certain difficulties in executive functions (carrying out a task according to stages)<br><br>The ability to inhibit/control and mental flexibility<br>Memory problems may also appear                |

Do not hesitate to mention the changes you observe during a follow-up visit to your doctor and the health care team, in order to optimize the treatment as much as possible and preserve your quality of life.

Inspired by:

Bonnet, Anne Marie et Hergueta, Thierry (2016). **La maladie de parkinson au jour le jour**. Paris: Éditions John Libbey Eurotext, pp. 99-128.