Expert Panel: Tackling Tough Situations

Moderator: Suketu M. Khandhar
“The sum-total of medical knowledge is now so great and wide-spreading that it would be futile for one man to attempt to acquire... The very necessities of the case are driving practitioners into cooperation.”

Will Mayo, Mayo Clinic
Panelists

• Social Worker: Lisa Mooney
• Neurologist: Ehsan Hadi
• Physical Therapist: Erin Vestal
• Psychiatrist: Beverly Chang
• Psychologist: Eric Egli
• Parkinson Care-partner: Carolyn Loveridge
• Primary Medicine: Christopher Olson
78 year old male with long standing PD who underwent Deep Brain Stimulation in 2015 with Bilateral STN DBS with improvement in tremor

Wife requests an urgent appt for excessive drooling

He is no longer taking Ldopa or any dopaminergic medications

General practitioner prescribed Glycopyrrolate which was not effective

Examination reveals reduced facial expression, head drop, stooped posture
Topics to Highlight

• Excessive drooling
• Changes in speech
• Postural changes
• Cognitive changes
• Progression
Be Creative
A good day depends on this

• 67 year old female recently diagnosed with PD
• Seen initially for mild Rt hand tremor
• Tremor is not functionally disabling and she is not taking any meds for PD
• She is most concerned about constipation
• She is seeking natural ways to remedy her PD symptoms
Topics to Highlight

- Constipation
- Medication absorption
- OFF vs ON time
Seeing is believing

- 78 year old male with long standing PD who underwent Deep Brain Stimulation in 2015 with Bilateral STN DBS with improvement in tremor
- Wife requests an urgent appt for changes in behavior
- Last night he reports seeing intruders in the house and got combative when she tried to reassure him it was a hallucination
Topics to Highlight

• Hallucinations
• PD related psychosis
• Cognitive changes
• Impact on family life
• Care-partner burden
Is this part of PD?

- 47 year old male with diagnosed young onset PD
- Seen initially for mild Rt hand tremor but also troubled by dystonia
- Tremor is not functionally disabling but the dystonia can be
- He is most concerned about pain (pain in the lower back and feet)
- He is has been to his general physician, therapist and acupuncturist
Topics to Highlight

• Pain in PD
• OFF vs ON pain symptoms
• Neuropathy
• Revisiting evaluations
• Use of Complementary and Alternative Medicine
Compensation
Redefining oneself

- 36 year old male with newly diagnosed young onset Parkinson’s disease
- He works as a lawyer
- He has not disclosed this diagnosis to his work
- He has become more reserved, less social and is less engaged with his kids
Topics to Highlight

• Stigma
• Social retraction
• Cognitive dysfunction
Caught in-between primary care and neurology

• 56 year old male with Parkinson’s disease who is relatively well treated, motorically
• His wife reports he sleeps a lot and is fatigued most of the day
• When awake he tends to watch TV and seems less motivated
• He has pain over his shoulders and in his neck
• 2 weeks ago he had an episode of nearly passing out
Topics to Highlight

• Neurogenic Orthostatic Hypotension
• Excessive daytime sleepiness
• Fatigue
“Do not confuse my bad days as a sign of weakness. Those are actually the days I am fighting the hardest.”

Anonymous