

Moderator: Suketu M. Khandhar

## Expert Panel: Tackling Tough Situations



- “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

# The PD you see...The PD you **don't** see

- 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 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