

PARKINSON INFORMATION

Parkinson's will change over time. Often the changes are subtle and you may not notice them. The following checklist may help you identify these changes. Complete the checklist every 9 to 12 months. Discuss the changes with your doctor.

YES NO

- Are you tired most of the day?
- Do you have numbness, tingling or aching?
- Are you often constipated?
- Have you or your care partner noticed changes in your thinking, e.g., solving problems or remembering things?
- Have people mentioned they have difficulty understanding you when you speak?
- Do you have problems swallowing or choking on your food?
- Have you suddenly "dosed off" while engaged in an activity (e.g., eating a meal or having a conversation)?
- Has your handwriting changed in the last 6 months?
- Have you fallen down in the last 6 months? If so, how many times?
- Do you "freeze" (stop suddenly) when walking?
- Have you or your care partner noticed changes in your ability to drive the car?
- Has your partner noticed you are having violent dreams?
- Do you feel sad for several days at a time?
- Are you experiencing changes with sexual function (e.g., no interest/performance/or "hyper" interest)?
- Do your medications take a longer time before they start working?
- Have you noticed your medications work for a shorter period of time?
- Do you have urinary problems?
- Do you feel light-headed or dizzy when you get up from a chair or bed?
- Have you or your care partner noticed that you are shopping more often or have a keen desire to buy lottery tickets?
- Have you noticed a change in your sense of smell?

