

# Do You Have Parkinson's, MSA, or PAF?

It is time to find out why you may feel  
dizzy or faint after standing.



**noh**<sup>™</sup>

**MATTERS**

neurogenic Orthostatic  
Hypotension



*“When I’m having an episode, I feel very lightheaded. I get very, very dizzy. I feel like I’m under water.”*

—Jody, lives with Parkinson’s disease and nOH

## What Is Neurogenic Orthostatic Hypotension (nOH)?

nOH is a condition that causes abnormally low blood pressure after standing. It can occur in people with conditions like Parkinson’s disease, multiple system atrophy (MSA), pure autonomic failure (PAF), and other autonomic disorders. Because these conditions cause damage to the nervous system, the body may not release enough of a chemical called norepinephrine, which controls blood pressure. When the body doesn’t release enough norepinephrine, blood pressure remains low after standing, which may result in symptoms like dizziness, lightheadedness, blurry vision, or fatigue.

### Symptoms Matter

Symptoms of nOH can vary from person to person and may occur after standing up, changing positions, or standing for long periods of time.

#### Common symptoms of nOH include:

- Dizziness
- Lightheadedness
- Passing out
- Feeling faint
- Blurry vision
- Tunnel vision
- Fatigue
- Neck and shoulder pain
- Muscle weakness
- Nausea
- Feeling like your legs will buckle beneath you
- Inability to think clearly

Some people with nOH may have an increased risk of falling due to their symptoms.

If you think you may have nOH, use the Symptom Checker at the end of this guide and talk with your doctor.

# nOH and Nervous System Disorders

nOH is associated with an underlying nervous system disorder, such as Parkinson's disease, MSA, PAF, or another autonomic disorder.

About



people with Parkinson's disease may also experience symptoms of nOH.

About



people with MSA may also experience symptoms of nOH.

Nearly



of people with PAF may also experience symptoms of nOH.

People may think the symptoms of nOH are part of their underlying nervous system disorder and assume they are something they must learn to live with. However, nOH is a separate condition that can also be managed.

# Who Should Be Screened for nOH?

People with the following conditions should be screened for nOH:

- Parkinson's disease
- Multiple system atrophy
- Pure autonomic failure
- Other autonomic disorders

One way to do this screening is to take a person's blood pressure while he or she is **lying down, sitting, then standing**, and measuring the change in blood pressure readings. If your doctor thinks you may be experiencing symptoms of nOH, he or she may take your blood pressure in these different positions.



Your doctor may also ask about your medical history, conduct a physical and/or neurological exam to find out what could be causing your symptoms, run cardiac tests, and review your current medications.

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*“Anybody who is having symptoms such as dizziness, lightheadedness, fatigue, or heaviness in the legs when they stand up should be screened for nOH. Every patient with Parkinson's disease or multiple system atrophy should really be screened for nOH.”*

—Dr. Fahd Amjad,  
movement disorder specialist

If you suspect you may have nOH, talk to your doctor right away. The Symptom Checker at the end of this guide contains questions to help you start the conversation. People with nervous system disorders have said that getting a diagnosis of nOH went a long way toward giving them answers and hope for relief.

# Managing nOH Symptoms

Living with nOH can be challenging, but your doctor may suggest some lifestyle changes that could help you manage the symptoms. Always talk to your doctor before making any changes to your nOH management plan or your daily routine.

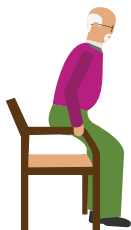
## DRINK

MORE  
WATER



## ADJUST

YOUR SALT INTAKE  
AS RECOMMENDED  
BY YOUR HEALTHCARE  
PROVIDER



## MOVE

CAREFULLY  
WHEN STANDING  
UP OR CHANGING  
POSITIONS

## WEAR

WAIST-HIGH  
COMPRESSION  
STOCKINGS OR  
AN ABDOMINAL  
BINDER

## EAT SMALLER,

MORE FREQUENT MEALS,  
LOW IN CARBOHYDRATES



## ELEVATE

THE HEAD OF  
YOUR BED

## EXERCISE

BY DOING MODERATE,  
NONSTRENUOUS ACTIVITIES

# Symptom Checker

Answer the following questions to see which symptoms of nOH you may be experiencing after standing up or changing positions. Bring this brochure with you to your next doctor's appointment to discuss your symptoms and help you start the conversation about nOH.

1

**Symptoms of nOH may occur in people with nervous system disorders such as Parkinson's disease (PD), multiple system atrophy (MSA), pure autonomic failure (PAF), or other autonomic disorders. Some people with nOH may have an increased risk of falling due to their symptoms. When you sit up, stand up, or are standing for long periods of time, what symptoms of nOH do you have?**

*Check all that apply.*

- Dizziness
- Lightheadedness
- Passing out
- Feeling faint
- Blurry vision
- Tunnel vision
- Fatigue
- Neck and shoulder pain
- Muscle weakness
- Nausea
- Feeling like your legs will buckle beneath you
- Inability to think clearly

2

Do your symptoms get better or go away when you sit or lay down?

- Yes
- No

3

When do you notice that you experience your symptoms? *Check all that apply.*

- In the morning
- After meals
- Some other time of day
- I can't pinpoint when

4

Have you ever fallen because of these symptoms?

- Yes
- No

5

What impact do your symptoms have on your ability to do activities (eg, exercise, golf, garden, cook, attend social functions)?

- None
- Some
- Unable to

6

Do you have any of the following conditions?

- Parkinson's disease (PD)
- Multiple system atrophy (MSA)
- Pure autonomic failure (PAF)
- Another disorder that affects your nervous system

# Talking With Your Doctor

Review your answers with your doctor and be sure to ask about nOH—a condition that can be diagnosed and managed.

**Additional questions to ask your doctor:**

**Given my symptoms, could I have neurogenic orthostatic hypotension (nOH)?**

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**Can you explain what is happening inside my body that is causing these symptoms?**

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**What management options are available?**

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**Are there lifestyle changes you would recommend?**

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# You're Not Alone!



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helpful resources.



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