

DYSKINESIA AND OFF TIME IMPACT DAILY LIFE

Activities may become emotionally and physically draining



Uncontrolled, involuntary movements (dyskinesia) and stiffness, slowness, and tremors (OFF time) can occur unpredictably throughout the day, interrupting your ability to function. Talk to your doctor to better understand and manage how Parkinson's disease impacts your daily activities. ^{1,2,3,4}

Dyskinesia, OFF time and their unpredictable nature may significantly impact daily living³⁻⁵



SOCIAL

Casual meetups with friends and family may become limited or uncomfortable



WORK

You may not feel confident in day-to-day tasks or may feel embarrassed around coworkers



ROUTINE ACTIVITIES

Stiffness, rigidity, writhing, and flailing make simple tasks like typing, signing your name, texting, or dialing a phone difficult; it can also be embarrassing, irritating, and stressful



SPECIAL MOMENTS

Not wanting to feel awkward at events like birthdays and family reunions may prevent you from going at all



HOBBIES

Participating in hobbies like gardening or painting may become difficult if you are experiencing dyskinesia and OFF time



MEALS

You may not be able to finish meals without an accident so it could become difficult to eat in public

**DISCUSS WITH YOUR DOCTOR HOW DYSKINESIA AND OFF TIME
IN PARKINSON'S DISEASE IMPACT YOUR DAILY LIFE**

FLIP THE PAGE >

ASK THE RIGHT QUESTIONS ABOUT DYSKINESIA AND OFF TIME

Talking to your doctor about Parkinson's disease dyskinesia and OFF time is an important step to take in your care plan. Since every situation is different, use these questions as a guide and conversation starter



How do I know what I am experiencing is dyskinesia rather than a symptom of PD, like a tremor?



The unpredictable nature of my dyskinesia and OFF time make it difficult for me to plan for my daily activities. What are my treatment options?



What does OFF time feel like? Why do I experience OFF time?



What advice do you have for my care partner to better observe and track my dyskinesia and OFF time so we can better discuss my symptoms at my next visit?



As I continue levodopa treatment, am I likely to develop dyskinesia?

THESE QUESTIONS MAY HELP YOUR DOCTOR UNDERSTAND HOW DYSKINESIA AND OFF TIME IMPACT YOUR DAILY ACTIVITIES

START THE CONVERSATION

References: **1.** Dyskinesia. The Michael J. Fox Foundation website. <https://www.michaeljfox.org/news/dyskinesia>. Accessed October 18, 2019. **2.** Ask the MD: 'off' time in Parkinson's disease. The Michael J. Fox Foundation website. <https://www.michaeljfox.org/news/ask-md-time-parkinsons-disease>. Accessed October 18, 2019. **3.** Bhatia S, Gupta A. Impairments in activities of daily living in Parkinson's disease: implications for management. *NeuroRehabilitation*. 2003;18(3):209-214. **4.** Zadikoff C, Kianirad Y. *Managing PD Mid-stride: A Treatment Guide to Parkinson's Disease*. New York, NY: Parkinson's Foundation. **5.** Unified Dyskinesia Rating Scale (UDysRS). International Parkinson and Movement Disorder Society website. https://www.movementdisorders.org/MDS-Files1/PDFs/UDysRS_English_FINAL.pdf. Accessed January 21, 2019.



Adamas is a registered trademark of Adamas Pharmaceuticals, Inc. or its related companies.
© 2019 Adamas Pharmaceuticals, Inc. or its related companies.
All rights reserved. UNB-0286 10/19