New Parkinson Disease Guidelines

Parkinson disease (PD) is characterized by both motor and non-motor symptoms. It is diagnosed based on the presence of two of four motor symptoms including rest tremor, bradykinesia, rigidity, and gait imbalance. Symptoms of PD can be more severe in people whose disease onset occurs at an older age.

### Treatment Recommendations for Motor Symptoms of Parkinson Disease (PD)

<table>
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<th>MEDICATION</th>
<th>INDICATION FOR USE</th>
<th>ADVERSE EFFECTS TO MONITOR</th>
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| Dopamine Precursors Levodopa/Carbidopa (Sinemet®) | • Can be used in both early and later PD; most effective agents  
• Use the lowest effective dose to minimize risk of adverse effects | • Abnormal involuntary movements and dyskinesia  
• Orthostatic hypotension (risk of falls) |
| Non-ergot Dopamine Receptor Agonists Pramipexole (Mirapex®), Ropinirole (generics), Rotigotine (Neupro®), Apomorphine (Movapo™) | • Second most effective agents  
• May allow reduction in the dose of levodopa, which can lead to a reduction in dyskinesia  
• Use with caution in older adults | Higher prevalence of adverse effects:  
• Orthostatic hypotension (risk of falls)  
• Hallucinations  
• Leg edema  
• Excessive daytime somnolence  
• Impulse control disorders — may start at any stage (any excessive unusual behaviour that impairs occupational or relational functioning) |
| MAO-B† Inhibitors Rasagiline (Azilect®), Safinamide (Onstryv®), Selegiline (generic) | • Can be used as initial therapy in early PD  
• Used with levodopa to manage motor fluctuations in later PD | • Orthostatic hypotension (risk of falls)  
• Hallucinations  
• Confusion |
| COMT†† Inhibitors Entacapone (Comtan*) | • Not effective in delaying motor complications in early PD  
• Used with levodopa in later PD to manage motor fluctuations | Dykinesia  
• May cause diarrhea and orange colouration of urine |
| Amantadine (generic) | • Insufficient evidence to support use in early PD  
• Recommended for treatment of dyskinesia in later PD | • Orthostatic hypotension (risk of falls)  
• Confusion and hallucinations  
• Insomnia |
| Medications to Avoid | • Anticholinergic agents (benztropine [generic], trihexyphenidyl [generic]): cause confusion and memory difficulties in older adults  
• Ergot-derived dopamine agonists (bromocriptine [generic]) due to risk of erythromelalgia and fibrosis of serosal membranes | |

Sudden onset of sleep has been reported in people on dopaminergic medications such as dopamine agonists.

†MAO-B Inhibitors: Monoamine oxidase-B inhibitors  
††COMT Inhibitors: Catechol-o-methyltransferase inhibitors  
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Reference:  