

## People with long term conditions like Parkinson's will need treatments and therapies to manage their symptoms.

Asking questions about your treatment options allows you to make an informed decision

Here we look briefly at each treatment to help you make informed choices. We recommend you discuss these treatments with your health professional before making any decisions.

Initially you may be offered three types of treatment for Parkinson's:

1. Oral treatments such as tablets or capsules

2. Non-oral treatments such as patches worn on the skin

3. Supportive therapies

Although these treatments can work well to manage the main symptoms of Parkinson's, over time you may need other medications or treatments. These are usually given through:

4. An injection under the skin

5. A tube which is fed through your stomach with medicine

6. Deep brain stimulation – a device similar to a pacemaker for your brain

*Not all treatments are suitable for everyone, speak to your Parkinson's specialist to discuss the best treatment options for you.*

*There is space on the leaflet to write down any questions you might like to raise with your Parkinson's specialist.*

### 1. Oral medication

The most common treatments for Parkinson's are tablets, capsules and caplets which you swallow. It can take time to get the balance of medication right to control your symptoms, so regular discussions with your Parkinson's specialist team are important.



### 2. Patches

You may be offered a patch, which contains a treatment. This is applied to your skin and the drug in the patch is absorbed. Your Parkinson's specialist will teach you how to apply the patch properly to make sure the treatment is effective.



### 3. Supportive therapies

Your Parkinson's specialist may recommend a referral to other members of the team including physiotherapist, dietician, speech and language therapist, and /or occupational therapist.



### 4. Injection through the skin

You may be offered a treatment that can be injected through the skin either through a syringe or a pump driver. The syringe gives a measured dose of the drug and the pump delivers the drug continually.



### 5. Tube fed into your stomach

A surgical treatment where a tube is inserted through the stomach just above the belly button might be suggested. The treatment is a combination of two drugs administered through a portable pump into the tube. Your healthcare team will be on hand every step of the way through this procedure and afterwards.



### 6. Deep brain stimulation

This is a type of surgery that involves implanting of a device similar to a pacemaker. This then delivers electrical impulses to your brain that provide stimulation to relieve the symptoms of Parkinson's.



**To make the most of your appointment you might like to note down the three things you would like to discuss with your Parkinson's specialist.**

Would you like to discuss any medications you are taking for your Parkinson's?

Would you like to discuss why they have been recommended?

Would you like to discuss how your medications work?

Do you have any questions about the treatment options mentioned in this leaflet?

Do you want any more information about any specific treatment options?

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

## Next steps

Now you know what treatment options are available to help manage your Parkinson's symptoms please discuss these with your Parkinson's nurse or consultant to see which one is most suitable for you.

You can also contact these organisations for more support and information.

Parkinson's UK

[www.parkinsons.org.uk](http://www.parkinsons.org.uk)

**Parkinson's UK drives better care, treatments and quality of life. Together we can bring forward the day when no one fears Parkinson's.**

Helpline: 0808 800 0303

Email: [hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk)

European Parkinson's Disease Association (EPDA)

[www.epda.eu.com](http://www.epda.eu.com)

**The EPDA is the only European Parkinson's disease umbrella organisation, representing national Parkinson's organisations in 36 countries across Europe and advocating for the rights and needs of more than 1.2 million people with Parkinson's and their families. The EPDA's vision is to enable all people with Parkinson's in Europe to live a full life while supporting the search for a cure.**

Email: [info@epda.eu.com](mailto:info@epda.eu.com)

Parkinson's Disease Nurse Specialist Association

[www.pdnsa.org](http://www.pdnsa.org)

**Specialist nurses and allied healthcare professionals working in the field of Parkinson's disease management.**

The Cure Parkinson's Trust (CPT)

[www.cureparkinsons.org.uk](http://www.cureparkinsons.org.uk)

**The charity has one simple mission to find a cure for Parkinson's. It funds and facilitates innovative research and inspirational scientists to find ways to slow, stop and reverse Parkinson's. The charity's vision involves those living with the condition every step of the way.**

Tel: 0207 4873892

Email: [cptinfo@cureparkinsons.org.uk](mailto:cptinfo@cureparkinsons.org.uk)

This leaflet was created with Anne Martin, Parkinson's Disease Nurse Specialist, people with Parkinson's, CPT, the PDNSA, Parkinson's UK, and EPDA.

# Making the right choices about your Parkinson's treatment



**If you have Parkinson's, understanding the differences in your medication may help you make informed decisions about treatment options.**