



Talking to your doctor


Have an open and informed conversation about your experience, symptoms, and your goals.


About OFF and dyskinesia

 I sometimes experience uncontrolled, unpredictable twisting and turning movements. These occur in my face, arms, legs, and/or torso. Could this be dyskinesia?


 How do I know what I am experiencing is dyskinesia rather than a symptom of OFF time?


How OFF or dyskinesia can impact daily activities


 Sometimes due to my OFF and/or dyskinesia, I find it difficult to engage in my hobbies and daily activities. Is this something that's just part of Parkinson's, or is there something that could help me control my movements better?


 How can my care partner help me observe and track my OFF time and dyskinesia so we can have an informed conversation during our next visit?


Managing OFF or dyskinesia

 OFF time and dyskinesia are unpredictable and make it difficult for me to plan for my day. How can I better manage these problems?


 I've heard one way to manage dyskinesia is to adjust my levodopa dose. Will lowering my levodopa make me experience more OFF time?


 In order to address my OFF time, I heard that increasing my levodopa dose could lead to dyskinesia. How can I manage any dyskinesia that I also experience?


 Is there a way I can reduce both OFF and dyskinesia together without adjusting my levodopa so I can maximize my good ON time?


 How can my care partner help me observe and track my OFF or/and dyskinesia so we can have an informed conversation during our next visit?

For care partners

 I see my partner's dyskinesia and/or OFF symptoms getting worse, but he/she doesn't seem to notice or mind. Is this something I should be worried about?

 What can I do if my partner's OFF and dyskinesia make our daily activities difficult?

 Are there treatments available so my partner can reduce either OFF and dyskinesia, or both, to maximize their good ON time?

 How can I observe and track my partner's OFF and/or dyskinesia so we can have an informed conversation during our next visit?