

ARE THERE ANY MEDICATIONS HELPFUL TO TREAT DIZZINESS?

In addition to the above mentioned strategies if the patient still finds dizziness bothersome then the physician might consider medications. Since some of the medications can have serious side effects continuous monitoring may be required. Therefore patients should only use with consultation with the physicians. The details of following medications are provided for educational purpose only;

Fludrocortisones (Mineralocorticoid) works by increasing blood volume and cardiac output. It is started at a dose of 0.1 mg 1-3 times daily and may be increased. The side effects are high blood pressure while lying down (supine hypertension), swelling in any part of the body but more commonly in the hands, arms, feet, ankles, and legs (edema), and lower potassium in the bloodstream (hypokalemia).

Midodrine is an alpha-adrenergic agonist) and it increases blood pressure by constricting the blood vessels. In about 5% of patients, it may cause high blood pressure while lying down (supine hypertension). It can only be taken multiple times a day and at the supervision of your doctor.

Other medications include somatostatin analog octreotide and vasopressin analog desmopressin which may be used in tablet form or nasal spray.

These medications have side effects and should only be taken under supervision of the physician and monitored.



DID YOU KNOW?

The number of Parkinson's patients will double by 2040. Millions of Parkinson's patients around the world are suffering from poverty and...

- Cannot afford to buy their medications
- Cannot afford to purchase a cane, walker, or a wheelchair
- Cannot obtain educational literature about Parkinson's in their language
- Are not able to afford to consult a neurologist and remain undiagnosed and untreated

OUR SERVICES

World Parkinson's Program is the only organization that provides the following unique services to Parkinson's patients:

- Parkinson's medications to those patients who can't afford to buy them
- Canes, walkers & wheelchairs to prevent falls
- Parkinson's educational brochures in many languages
- Free electronic educational newsletter
- Chapters of World Parkinson's Program in various parts of the world

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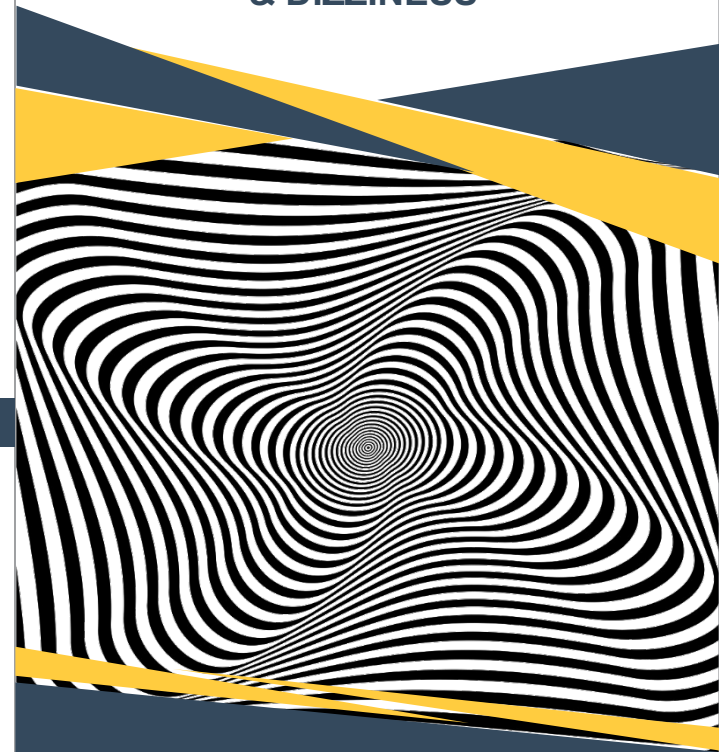
This information is not a substitute of medical advice. Consult your Physician before applying this information.

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Frequently asked questions about

PARKINSON'S DISEASE & DIZZINESS



ENGLISH - 17



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"Those who fight Parkinson's with knowledge always find solutions"- Dr. Rana

Parkinson's disease is a progressive neurodegenerative condition characterized by tremors, slowness of movements, stiffness, and balance problems. In addition, Parkinson's has many non-motor symptoms such as memory or cognitive issues, speech and swallowing problems, depression, and sleep difficulties. It affects almost 10 million individuals around the world.

DOES PARKINSON'S CAUSE DIZZINESS?

Patients with Parkinson's feel light-headedness or a sense of fainting after standing from a sitting position. The blood pressure drops when the patient suddenly stands up because of autonomic dysfunction. This is commonly referred as postural hypotension or postural dizziness and it is a common symptom in Parkinson's disease.

If a Parkinson's patient is complaining of dizziness after standing up from sitting or lying position, postural hypotension should be evaluated by a doctor.

In addition to postural hypotension, there can be certain other causes leading to dizziness in Parkinson's patients, these are:

- Problems related to inner ear also known as neuro-ontological problems
- Cardiovascular diseases
- Medications
- Multisensory dizziness syndrome i.e. poor input from various sources (eyes, ears, nerves, etc.)
- Cervical vertigo
- Postural instability attributable to tremors/dyskinesia
- Pisa syndrome- forward bending of the trunk leading to loss of balance by shifting gravity forward- treat with brace, botox and medication adjustment.
- BPPV-Benign Positional Vertigo- treated with vestibular therapy

- Migraines- occipital (basilar migraines) may present only as dizziness and nausea without headache. Patients on Parkinson's medications such as levodopa may experience change in their headache associated with dizziness.
- BPPV-Benign Positional Vertigo which may be understood as dizziness for a few seconds with change in head position. It is treated with vestibular therapy

WHAT IS THE IMPACT OF DIZZINESS ON QUALITY OF LIFE?

Dizziness can be mild in some patients and may not require any interventions. However, in some patients it can lead to serious balance problems and falls. Falls can cause fractures or head injuries, which requires hospitalization. Dizziness can also decrease mobility, which can make symptoms of Parkinson's disease worse. They can develop fear of going in public, shopping, and other social events. This can lead to social isolation and depression. In severe cases, light headedness can lead to changes in the level of consciousness.

HOW TO MANAGE THE DIZZINESS?

Postural dizziness does not require treatment always. If the patient only experiences mild dizziness with change in position, it can be improved by certain lifestyle strategies. Dizziness should only be treated if it affects the patient's daily activities.

Postural hypotension can be managed adequately if the patient is educated and informed about the different strategies to improve light-headedness. These strategies can be simple to follow that may not require any medication at all.

Some of the strategies which can be used to decrease the frequency of dizziness are below:

- Increase your fluid intake
- Do not stand in one place for a long period of time
- Elevate the head of your bed
- Rise slowly from supine or sitting positions
- Wait before you begin walking
- Sit down if you feel lightheaded
- Consider elastic compression stockings
- Avoid alcohol and sedatives
- Free salt intake if no history of hypertension or heart disease
- Increase your caffeine intake
- Take special precautions after heavy meals or hot showers
- Take special precautions after using toilet for bowel and urination
- Drink one glass of ice-cold water in the morning before getting out of bed if possible
- Keep your feet elevated when sitting to limit leg swelling and pooling of fluid at your feet.
- Pump your legs and ankles when sitting. This muscle activity massages the lymph vessels and veins in your legs helping your circulation return blood flow to the heart.
- Avoid increases in intra-abdominal pressure, i.e. "bearing down" or squatting, for instance during exercise or bowel movements, as this pressure is transmitted to the circulatory system and thus reduces the return of blood flow to the heart.