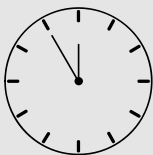


TOP 10 TIPS TO HELP WITH:

WEARING OFF



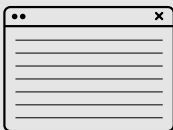
1 REGULAR

Keep to your daily regular prescribed medication times, try not to miss doses



2 DIARY

Keep a diary of when medication effect starts to wear off (reduce)



3 SYMPTOMS

Make a note of the symptoms that you experience at the end of a dose



4 PATTERN

Look for any patterns with certain doses, or whether it happen with all doses throughout the day



5 MOTOR OR NON-MOTOR

Remember that wearing off symptoms can be motor (e.g. tremor) or non-motor (e.g., anxiety)



6 IT WILL PASS

The feeling can be frightening and it can help to remind yourself that it will pass when the next dose works



7 RELAX

Try to do some deep breathing and relaxation while you wait for the next dose to work



8 DOCTOR

Discuss with your doctor whether you can change your medication times to reduce 'off' times



9 DON'T ALTER YOURSELF

Don't be tempted to alter the dose of your medication without consulting a doctor



10 SHARE YOUR WORRIES

Explain to your family how you are feeling, so they can understand and support you during this time

For more information about wearing off visit:

www.parkinsonkenya.wixsite.com/website

OR

www.parkinsonsafrica.com

