<table>
<thead>
<tr>
<th>Parkinson's Symptoms List®</th>
<th>Name:</th>
<th>DOB:</th>
</tr>
</thead>
</table>

### Emotional Components

- Agitation
- Agression
- Alienation
- Anxiety
- Apathy
- Depression
- Delirium
- Delusions
- Dementia
- Denial
- Despondency
- Dissociation
- Distance
- Emotional
- Ennui
- Fear
- Frustration
- Grief
- Guilt
- Hallucinations
- Impulse Control
- Insecurity
- Irritability
- Mood Swings
- Panic Attack
- Paranoia
- Passivity
- Pleasure
- Psychosis
- Sadness
- Short Tempered
- Schizophrenia
- Self Esteem
- Sexual Desire
- Suspicious Thinking
- Worry

#### Acute Symptoms

- Acid Reflux - Heartburn - Indigestion
  - Sleeping on Left Side can help
- Akathitic Discomfort
  - inner restlessness - difficult to sit still - not Dyskinesia
- Appetite
  - increased or reduced - many loose or gain 40-50# in 5 years
- Arm Swinging
  - slowed - usually on one side when walking
- Aspiration Pneumonia
  - swallowing incorrectly allows food to enter the lungs
- Autonomic Nervous System
  - decline - can affect any of the Organ Functions
- Back Pain - Lower
  - from mild to severe - aches - spasms
- Balance
  - Dysequilibrium / loss of Ataxia / falling backwards - Retropulsion
- Bed
  - difficulty getting in / out - rolling over (Bed rail may help)
- Blood Pressure Low
  - low when standing - Orthostatic Hypotension
- Bowels
  - incomplete elimination
- Breath
  - shortness - Dyspnea - panting - wheezing - Hyperventilation
- Chewing
  - Choking
  - difficulties - keeping food moving toward the throat
- Cognitive Function
  - diminished problem solving / decision making
- Cogwheel rigidity
  - jerky movements - stiffness
- Communication
  - slow at finding the right word - recall - Aphasia
- Comprehension
  - difficulty understanding
- Constipation
  - causes drugs to be less effective 80-90%
- Coordination
  - Ataxia
  - less in general - especially with small things
- Cramping / Burning / Pins & Needles
  - Toes - Legs etc. - Dystonia
- Daytime Sleepiness
  - Excessive - EDS - Somnolence 50%
- Dementia
  - decline in mental ability severe enough to interfere with daily life
- Diarrhea
  - may be cause by Autonomic Nervous System decline
- Digestion
  - difficulty fully digesting food - Gastroparesis
- Dizziness
  - Fainting
  - Syncope - Lightheadedness - Vertigo
- Drooling
  - excessive saliva - Sialorrhea - Botox shots can help - every 3mo.
Dry Mouth - excessively dry - cheeks may 'stick' to your teeth

**Parkinson’s Symptoms List® Continued**

- **Ears Ringing** - Tinnitus
- **Early Satiety** - feeling full after a few bites of food
- **Edema** - Swelling of legs - retention of excess water
- **Erectile / Sexual Dysfunction** - E.D. 80%
- **Executive Functions** - trouble forming / executing concepts - goals - plans
- **Exhaustion** - Lacks Strength - Tiredness - at times, rest doesn't help 60%
- **Eye Lids** - can’t open - **Apraxia** **Spasms** = Blepharospasm - Botox helps
- **Eyes** - Dry - Xerostomia + decreased blinking - slow - may cause **Blurred Vision**
- **Facial Expression** - Hypomimia - "Masked Face"
- **Fatigue** - Physical / Mental weakness - resting will help - not so with **Exhaustion**
- **Foot and Toe Cramping** - can be very painful - **Dysstonia**
- **Freezing in Position** - Akinesia - take one **Big** step to help get moving
- **Gait** - Freezing Of Gait (FOG) stops walking / small steps / can’t step forward
- **Head Nodding** - involuntary - can be slow or fast
- **Headaches** - mild to severe - Migraines
- **Heart Palpitations** - heart races
- **Impulse Control Disorder** - excessive eating - gambling - shopping - hypersexuality
- **Light Sensitivity** - Pupilomotor - more sensitive to light - **Photophobia**

- **Medications** - unpredictable / changeable results
- **Melanoma** - greater % chance of Cancer - Get checked up 2x per yr.
- **Memory Changes or Loss** - slower at recalling words - ideas
- **Mild Cognitive Impairment** - an intermediate phase between normal cognitive decline with aging and the more-serious decline of dementia. It can involve problems with memory, language, thinking, judgment, and attention that are greater than normal age-related changes.
- **Movement** - slowness of - Bradykinesia - 80% / limited range - Hypokinesia
- **Multi-Tasking** - difficulty - causes anxiety / frustration - **Be Careful Driving!**
- **Muscle Jerks** - Myoclonus
- **Muscle Spasms - Cramping** - Dysstonia **Atrophy** of muscles
- **Nasal Draining** - out of nowhere - unexplained
- **Nausea - Vomiting** - Acid Reflux
- **Numbness - Tingling** - in the limbs

- **Olfactory Dysfunction** - Smell - can diminish to zero - Anosmia / Hyposmia
- **Pain - Central**: burning - scalding - stabbing - insects crawling on the skin
- **Pain - Dystonia**: due to posture of arms - feet - legs - neck
- **Pain - Nerves - Nerve Roots**: compressed nerve roots - Radicular 50%
- **Pill-Rolling** - rubbing the thumb with the forefinger - ‘Pill-rolling Tremor’

- **Posture Instability** - Hunched - Stooped over - problems standing - walking
**Pseudobulbar Affect** - sudden, uncontrollable outbursts of laughing or crying

**R.E.M. Disorder** - improper sleep - Rapid Eye Movement - don't reach 4th level

**Ratcheting** - elbows - shoulders - temporary locking in position - see Shoulder

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### Parkinson's Symptoms List® Continued

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Restless Leg Syndromes (RLS) + Arms</td>
<td>constant moving - Mustard may help</td>
</tr>
<tr>
<td>Rigidity</td>
<td>Akinesia - Less Range of Motion - arms, legs, and torso</td>
</tr>
<tr>
<td>Rising from Seated Position</td>
<td>difficulty getting up - not balanced</td>
</tr>
<tr>
<td>Shoulder - Rotator Cuff</td>
<td>painful - Ratcheting - can't sleep on it</td>
</tr>
<tr>
<td>Skin</td>
<td>Dandruff - Flaky - Itchy - Oily - Rashles - Red - Seborrhea - Shingles</td>
</tr>
<tr>
<td>Sleep / Insomnia</td>
<td>awaken often - can't fall / stay asleep 60%</td>
</tr>
<tr>
<td>Sleep Apnea</td>
<td>snoring - stoppage of breathing - dangerous - can cause death</td>
</tr>
<tr>
<td>Speaking</td>
<td>soft or low volume - Hypophonia - monotone</td>
</tr>
<tr>
<td>Speech</td>
<td>hesitant - monotone - quick - slurred - Dysarthria - difficult Articulation 90%</td>
</tr>
<tr>
<td>Speech</td>
<td>Groping for the correct word - Aphasia or Dysnomia</td>
</tr>
<tr>
<td>Startle Easy</td>
<td>Hyperexplexia - very easily surprised</td>
</tr>
<tr>
<td>Stiffness / Spasticity</td>
<td>in arms, legs, and torso areas</td>
</tr>
<tr>
<td>Stress and Tension</td>
<td>can increase Tremors and lack of concentration 75%</td>
</tr>
<tr>
<td>Stuttering</td>
<td>Dysfluency - slurring words</td>
</tr>
<tr>
<td>Sweets</td>
<td>greater desire for sweets</td>
</tr>
<tr>
<td>Swallowing and Eating</td>
<td>difficulty with - Dysphagia</td>
</tr>
<tr>
<td>Sweating</td>
<td>increased or excessive - Hyperhidrosis - &quot;night sweats&quot;</td>
</tr>
<tr>
<td>Taste</td>
<td>loss of = Ageusia Partial loss = Hypogeusia</td>
</tr>
<tr>
<td>Tearing</td>
<td>excessive tearing for 20-40 seconds from only one eye</td>
</tr>
<tr>
<td>Teeth</td>
<td>excessive cavities - gum problems - may lose teeth = lack of salvia</td>
</tr>
<tr>
<td>Temperature Sensitivity</td>
<td>more so to Hot and/ or Cold than before</td>
</tr>
<tr>
<td>Thinking - Movements</td>
<td>slow and deliberate = Bradyphrenia - impaired 50%</td>
</tr>
<tr>
<td>Thirst</td>
<td>excessive - Polydipsia - constant and extreme 'dry mouth'</td>
</tr>
<tr>
<td>TMJ - Temporomandibular Joint Pain</td>
<td>jaw pain</td>
</tr>
<tr>
<td>Tremors (At Rest)</td>
<td>arms - face - hands - head - jaws - legs - voice 70%</td>
</tr>
<tr>
<td>Turning / Rolling over in bed</td>
<td>difficult - satin sheets/clothing may help</td>
</tr>
<tr>
<td>Twitches</td>
<td>just below the skin - Fasciculations</td>
</tr>
<tr>
<td>Urination</td>
<td>frequently - incontinence - may dribble - urgency - Nocturnia</td>
</tr>
<tr>
<td>Vision</td>
<td>Blurred - Double = Diplopia - Depth Perception - Dry Eyes - Eye Strain</td>
</tr>
<tr>
<td>Vitamin / Mineral Deficiency</td>
<td>‘B-12’ &amp; ’D-3’ and Magnesium (Mg)</td>
</tr>
<tr>
<td>Vivid Dreams</td>
<td>may act out - get physical</td>
</tr>
<tr>
<td>Walking</td>
<td>usually on one side: foot drag - no arm swing - shuffle - slow - stiff</td>
</tr>
<tr>
<td>Walking</td>
<td>quick short step - Festination - may over speed and fall</td>
</tr>
<tr>
<td>Weakness</td>
<td>Arms and Legs - Generalized Asthenia</td>
</tr>
<tr>
<td>Writing gets Shorter</td>
<td>Micrographia - difficult to read</td>
</tr>
</tbody>
</table>

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How to Use the Parkinson's Symptoms List

<table>
<thead>
<tr>
<th>Date</th>
<th>#</th>
<th>Fill in your Name and Date of your Doctor visit</th>
</tr>
</thead>
<tbody>
<tr>
<td>8-1-16</td>
<td># 1</td>
<td>Assign a number value of the severity (ie: 1 being the least ▼ - 10 being the most ▲)</td>
</tr>
<tr>
<td></td>
<td># 3</td>
<td>Assign number value to the top area: EMOTIONAL COMPONENTS</td>
</tr>
<tr>
<td></td>
<td># 4</td>
<td>Fill out this form with your care partner/caregiver for maximum input</td>
</tr>
<tr>
<td></td>
<td># 5</td>
<td>Technical terms are included so you can go to the dictionary for more info ●</td>
</tr>
<tr>
<td></td>
<td># 6</td>
<td>Percent (%) signs indicate other people with PD that have the symptom ●</td>
</tr>
<tr>
<td></td>
<td># 7</td>
<td>The gray highlighted boxes indicate an Early Warning Sign - sometimes going out 10 - 15 - 20 or even 50 years prior to actual diagnosis</td>
</tr>
<tr>
<td></td>
<td># 8</td>
<td>This symptoms list does NOT refer to any drug related side effects</td>
</tr>
<tr>
<td></td>
<td># 9</td>
<td>Many symptoms are shared with other diseases or drug effects</td>
</tr>
<tr>
<td></td>
<td># 10</td>
<td>Medication: Track and compare improvements when starting a new Med</td>
</tr>
<tr>
<td></td>
<td># 11</td>
<td>You may find symptoms actually DISAPPEARING - vanishing, not to return</td>
</tr>
<tr>
<td></td>
<td># 12</td>
<td>You can now keep accurate medical records electronically on your computer</td>
</tr>
<tr>
<td></td>
<td># 13</td>
<td>Compare symptoms from one doctor visit to the next = 5 visits comparison</td>
</tr>
<tr>
<td></td>
<td># 14</td>
<td>Helps deciding if a symptom is 'Old Age' or Parkinson's (ie: Aches and Pains)</td>
</tr>
<tr>
<td></td>
<td># 15</td>
<td>Less chance to forget questions for your Doctor or something to tell your Doctor</td>
</tr>
<tr>
<td></td>
<td># 16</td>
<td>This symptoms list gives YOU the POWER</td>
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Examples
<table>
<thead>
<tr>
<th>3</th>
<th><strong>Daytime Sleepiness - Excessive - EDS - Somnolence 50%</strong></th>
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<td><strong>Movement</strong> - slowness of = Bradykinesia or Hypokinesia</td>
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Created by: David A. Bunch - macbunch@hotmail.com - 949 - 933-3198 - April 2016