

Medications and You: When to Begin Medications

There are a variety of medications used to treat the symptoms of Parkinson's. Most people decide to begin PD medications if/when symptoms interfere with daily activities. At this time, medications are not a cure for the underlying cause of PD, and no medication is currently proven to slow or halt the progression of symptoms. Starting medications is an individual decision you and your physician should make together.

General thoughts about PD medications

- Parkinson's medications temporarily replenish, mimic, or enhance dopamine in the brain
- Medications are selected to meet individual needs
- PD medications best treat the motor symptoms of PD, such as tremor, slowness, and stiffness
- Just as symptoms of PD vary from one person to another, individual response to medication may also vary

Recommendations Regarding Medications and PD

- It is recommended to take medications at the same time each day
- Your physician can guide you regarding specific times for each medication
- Ask your doctor if certain foods or mealtimes will interfere with your PD medications
- Ask about potential side effects of any medications, and what to do if side effects occur

Involving Your Team

- Talk to your doctor, asking questions about when to begin medications, medication choices, and timing of specific PD medications.
- Involve your family or carepartner. Invite them to come with you to medical appointments.

