



# Parkinson's Non-Motor Symptoms

A checklist for tracking non-motor-related symptoms

	Symptom Experienced	Frequency
<input type="radio"/>	<b>Cognitive impairment</b> Trouble remembering, learning new things, concentrating, or making decisions that affect everyday life	
<input type="radio"/>	<b>Bradyphrenia</b> Slowness of thought	
<input type="radio"/>	<b>Tip-of-the-tongue phenomenon</b> Difficulty with word finding	
<input type="radio"/>	<b>Depression</b> Persistent feelings of sadness and hopelessness	
<input type="radio"/>	<b>Apathy</b> Lack of interest, enthusiasm, or concern	
<input type="radio"/>	<b>Anhedonia</b> Inability to feel pleasure	
<input type="radio"/>	<b>Fatigue</b> Lessened capacity and reduced efficiency for work, usually with a feeling of tiredness	
<input type="radio"/>	<b>Behavioral and psychiatric problems</b> including psychosis	
<input type="radio"/>	<b>Sensory symptoms</b> Affects your sense of hearing, touch, or taste	
<input type="radio"/>	<b>Anosmia</b> Loss of the sense of smell	
<input type="radio"/>	<b>Ageusia</b> Loss of taste functions of the tongue	
<input type="radio"/>	<b>Pain</b> Shoulder, lower back, etc.	

	<b>Symptom Experienced</b>	<b>Frequency</b>
<input type="radio"/>	<b>Paresthesia</b> Abnormal sensation, typically tingling or pricking	
<input type="radio"/>	<b>Sleep disorders</b> REM (Rapid Eye Movement) behavior disorder, vivid dreams, daytime drowsiness, sleep fragmentation, restless legs syndrome	
<input type="radio"/>	<b>Dysautonomia</b> Disorder of autonomic nervous system function that generally involves failure of the sympathetic or parasympathetic components	
<input type="radio"/>	<b>Orthostatic hypotension</b> A systolic blood pressure decrease of at least 20 mm Hg or a diastolic blood pressure decrease of at least 10 mm Hg within three minutes of standing	
<input type="radio"/>	<b>Constipation</b> Difficulty in emptying the bowels	
<input type="radio"/>	<b>Urinary dysfunction</b> Primarily irritative, frequency, urgency, urge incontinence	
<input type="radio"/>	<b>Sexual dysfunction</b> Loss of desire and dissatisfaction with sexual life	
<input type="radio"/>	<b>Abnormal sweating</b>	
<input type="radio"/>	<b>Weight loss</b>	

Source: Patterned from the review: Jankovic, J. "Parkinson's disease: clinical features and diagnosis." Journal of Neurology, Neurosurgery & Psychiatry 2008;79:368-376.

Notes: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Date: \_\_\_\_\_