ATYPICAL PARKINSONIAN SYNDROMES

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curePSP®
UNLOCKING THE SECRETS OF BRAIN DISEASE®

LEARNING OBJECTIVES

- Recognize the differences between Parkinson's and atypical Parkinsonian syndromes
- Understand the unique care needs for people with PSP, CBD and MSA
- Learn about team approach to symptom management

curePSP®

UNLOCKING THE SECRETS OF BRAIN DISEASE®

OUR MISSION

To raise awareness, build community, improve care and find a cure for:

Progressive supranuclear palsy (PSP)

Corticobasal degeneration/syndrome (CBD/CBS)

Multiple system atrophy (MSA)

ABOUT CUREPSP

CARE

Enhance the delivery of care, build community and provide direct support for people with and affected by PSP, CBD and MSA.

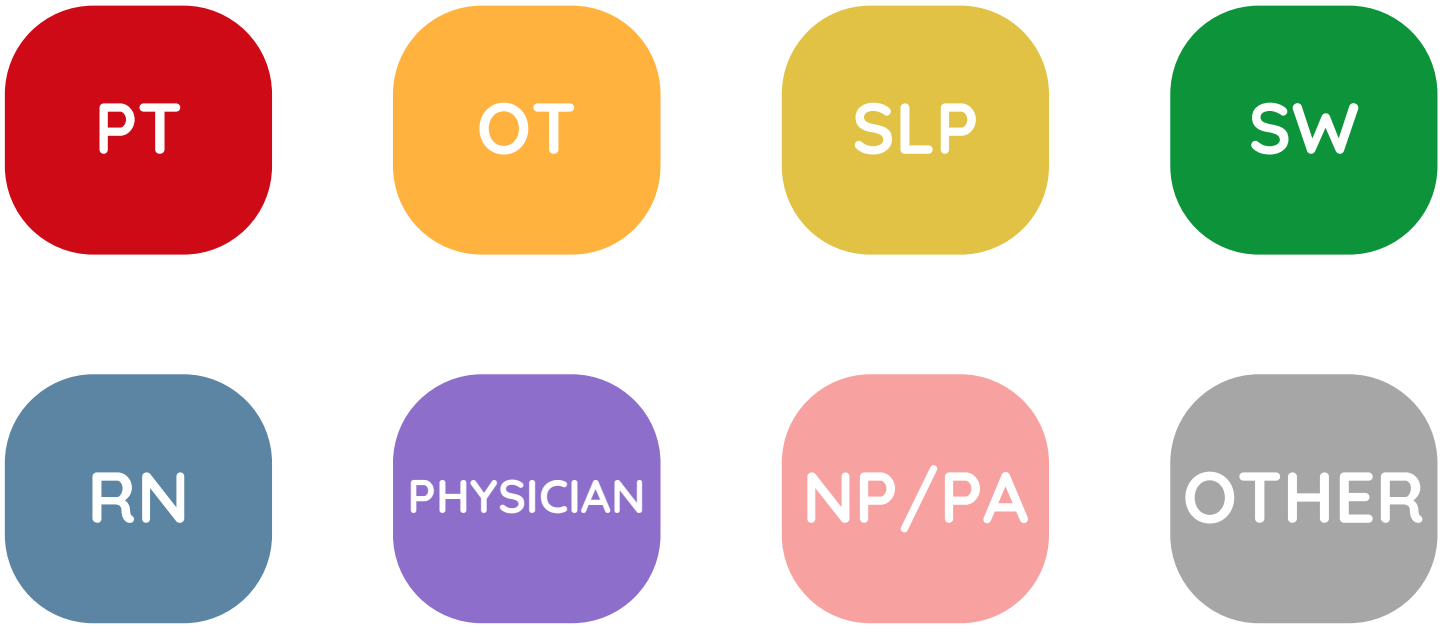
CONSCIOUSNESS

Raise awareness of PSP, CBD and MSA among healthcare professionals, policy makers and the general public.

CURE

Accelerate the development of diagnostic tests for PSP, CBD and MSA and be a catalyst in treatments to prevent, slow, halt or even reverse disease progression.

WHAT IS YOUR DISCIPLINE?

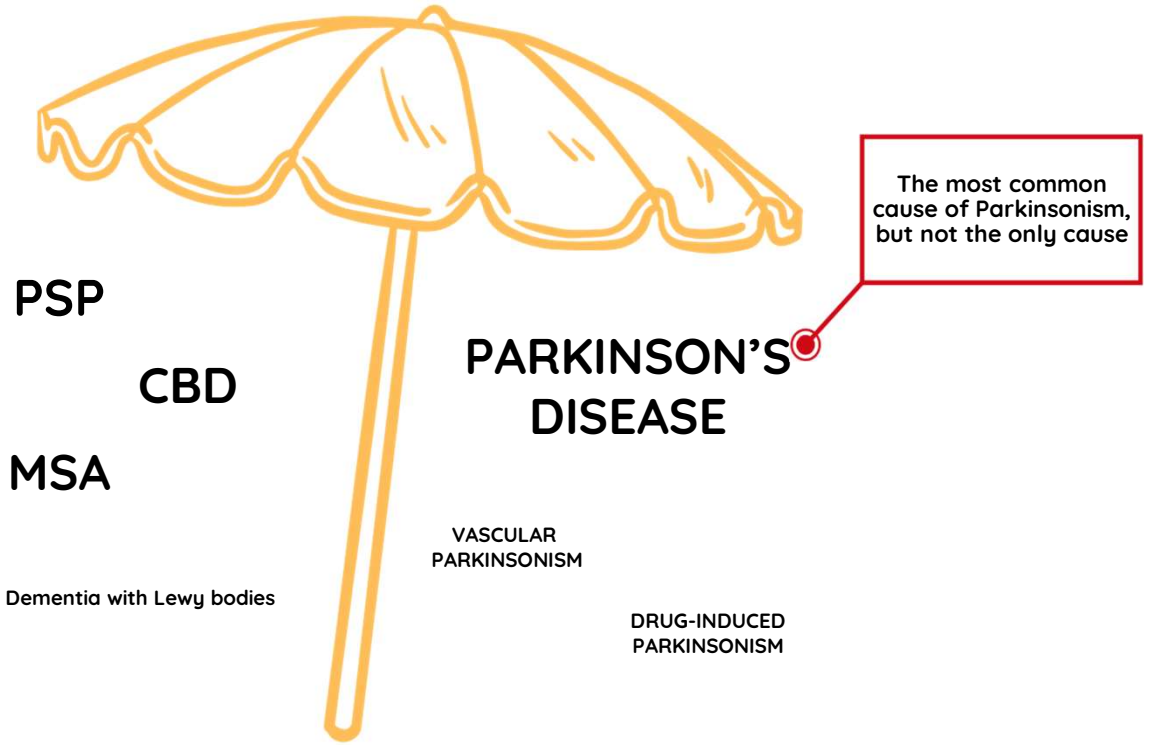


HOW FAMILIAR ARE YOU WITH ATYPICAL PARKINSONIAN SYNDROMES?

WHAT IS PARKINSONISM?

An umbrella term to describe a set of symptoms:

Bradykinesia, rigidity, postural instability and tremor



PSP and CBD are caused by the abnormal folding and accumulation of tau protein in the brain (similar to frontotemporal dementia)

MSA is caused by the abnormal folding and accumulation of alpha-synuclein in the brain (similar to Parkinson's disease)

DIAGNOSING PSP, CBD AND MSA

Flags that it might not be Parkinson's disease:

- Early postural instability & falls
- Faster progression than anticipated
- Early dysphagia
- Poor response to levodopa

Over half of people with PSP, CBD and MSA are originally diagnosed with Parkinson's disease

Check out CurePSP's
"Quick Guide to the Differential Diagnosis of the Major Atypical Parkinsonian Disorders"

PROGRESSIVE SUPRANUCLEAR PALSY

Motor: Parkinsonism, postural instability, retropulsion

Oculo-visual: Supranuclear gaze palsy, apraxia of eyelid opening, blepharospasm

Swallowing: Dysphagia

Speech: Aphasia, dysarthria (hypokinetic and spastic)

Cognition: Impulsivity, poor judgment, apathy, executive dysfunction

CORTICOBASAL DEGENERATION/SYNDROME

Motor: Asymmetric parkinsonism, dystonia, apraxia, myoclonus, alien limb syndrome

Swallowing: Dysphasia, oral and swallowing apraxia

Speech: Spastic dysarthria, apraxia of speech, aphasia

Cognition: Executive dysfunction

CORTICOBASAL DEGENERATION/SYNDROME

WHY DEGENERATION VS. SYNDROME?

CBS is the clinical diagnosis given during life, due to presenting symptoms.

CBD is the pathological cause and can only be confirmed through autopsy.

MULTIPLE SYSTEM ATROPHY

Motor: Cerebellar ataxia, dystonia, coordination and balance, spasticity

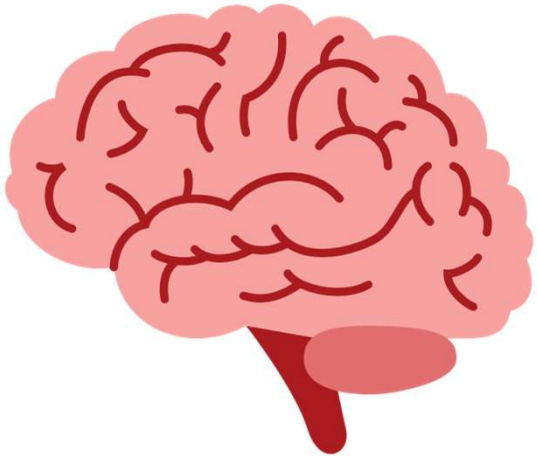
Oculo-Visual: Dry eyes, double vision, blepharospasm

Swallowing: Dysphagia, weakness in throat muscles and swallowing apraxia

Speech: Dysarthria, hypophonia

Autonomic: Urinary dysfunction, orthostatic hypotension, sleep apnea, stridor, erectile dysfunction, circulation changes

Cognition: Executive dysfunction, but less than seen in PSP and CBD



TREATMENT

COMPLEX CARE NEEDS

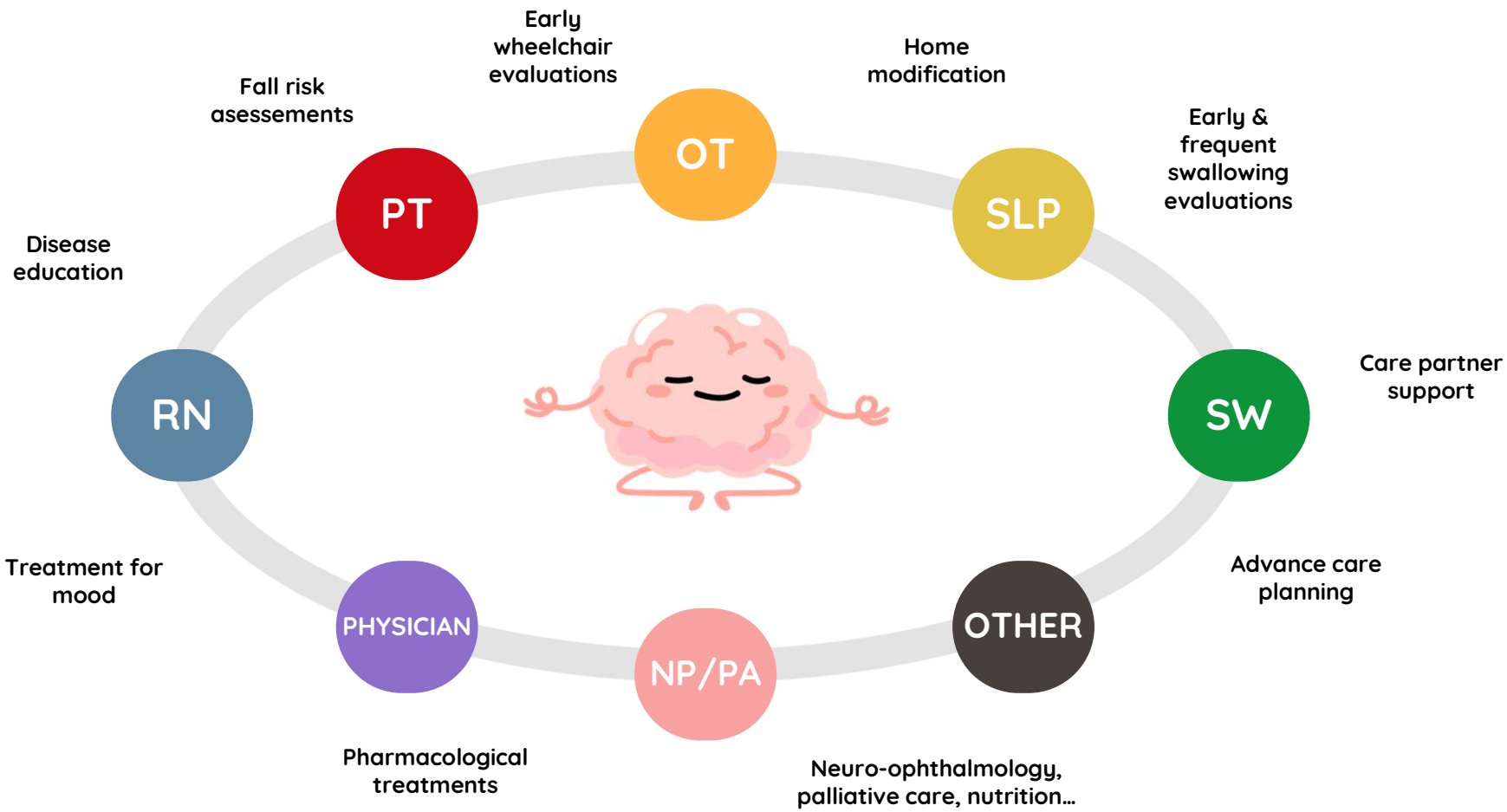
Due to the progressive nature of these diseases, care for people with PSP, CBD and MSA should be:

COMPREHENSIVE

COHESIVE

CONTINUOUS

COMPREHENSIVE CARE



A NOTE ON PHARMACOLOGICAL TREATMENTS

People with PSP, CBD or MSA may have a limited response to C/L

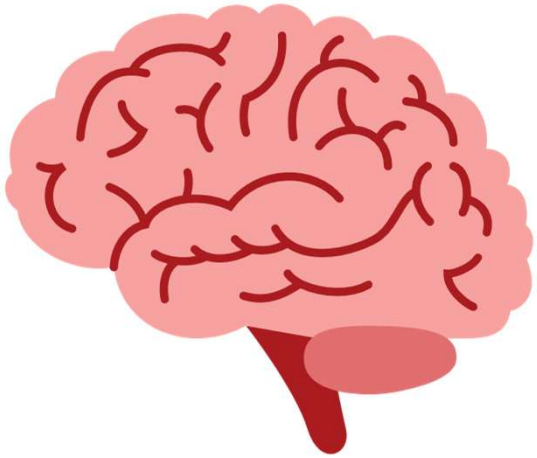
Motor:

- **Carbidopa-levodopa** for parkinsonism symptoms
- **Amantadine** for gait issues
  - Watch for worsening of cognition or autonomic issues
- **No other dopaminergic medications** are recommended

Mood:

- **SSRIs and SNRIs** are safe and effective
- **Gabapentin** can also be effective
- Benzodiazepines, acetylcholinesterase inhibitors and tricyclic antidepressants **should be avoided**

Contraindicated medications for PD should also be avoided



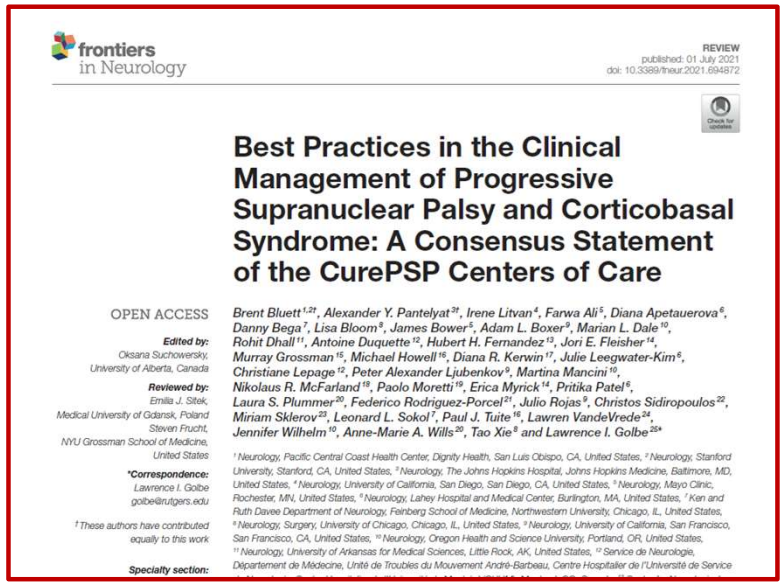
CUREPSP RESOURCES

CUREPSP PROFESSIONAL RESOURCES

Often misdiagnosed as Parkinson's disease, atypical Parkinsonian syndromes have distinct considerations for care.

The Parkinson's Foundation and CurePSP developed this **free** online course to provide an overview of the complexity of the common journeys of progressive supranuclear palsy (PSP), multiple system atrophy (MSA), and corticobasal syndrome/degeneration (CBS/CBD) and tangible treatment options to better care for people with atypical Parkinsonism.

Episode 161: Atypical Parkinsonism Series: Unique Care Needs of PSP, CBD and MSA



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Best Practices in the Clinical Management of Progressive Supranuclear Palsy and Corticobasal Syndrome: A Consensus Statement of the CurePSP Centers of Care

OPEN ACCESS

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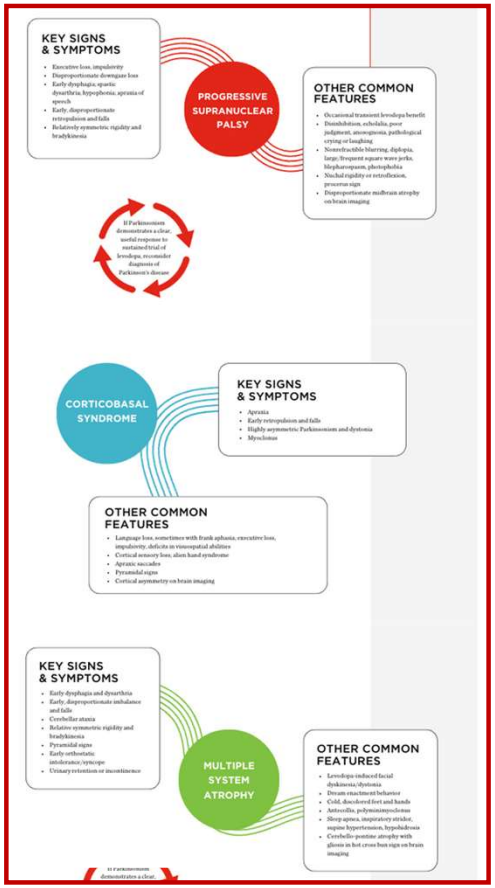

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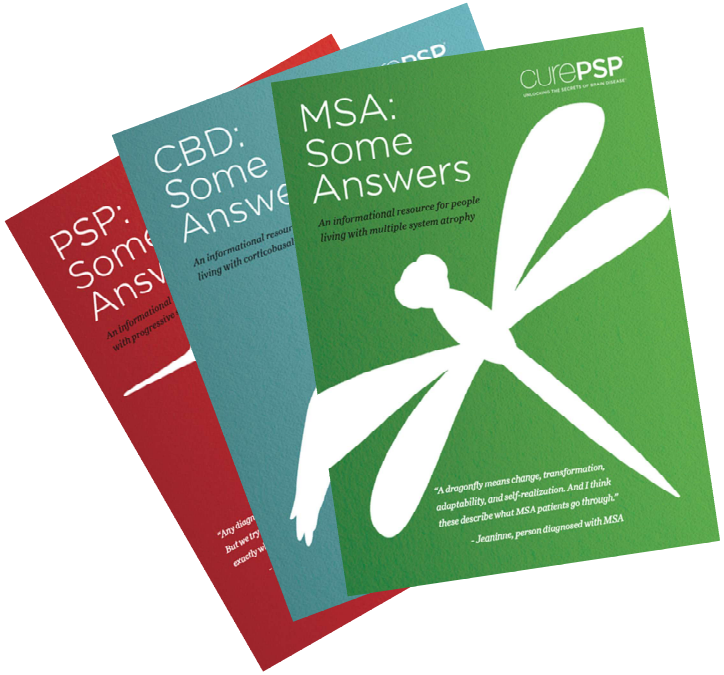
CUREPSP COMMUNITY RESOURCES



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CUREPSP COMMUNITY RESOURCES

100 hour of paid, in-home care

Support groups and 1:1 peer support

psp.org/ineedsupport