

## **MEDICAL BREAKTHROUGHS** **RESEARCH SUMMARY**

TOPIC: NEW DOSING LESSENS PARKINSON'S SYMPTOMS  
REPORT: MB #4668

**BACKGROUND:** Parkinson's disease is a progressive nervous system disorder that affects movement. Symptoms start gradually, sometimes starting with a barely noticeable tremor in just one hand. Tremors are common, but the disorder also commonly causes stiffness or slowing of movement. Although Parkinson's disease can't be cured, medications might significantly improve your symptoms. Because the cause of Parkinson's is unknown, proven ways to prevent the disease also remain a mystery. Some research has shown that regular aerobic exercise might reduce the risk of Parkinson's disease. Some other research has shown that people who drink caffeine — which is found in coffee, tea and cola — get Parkinson's disease less often than those who don't drink it. However, it is still not known whether caffeine actually protects against getting Parkinson's or is related in some other way. Currently there is not enough evidence to suggest drinking caffeinated beverages to protect against Parkinson's. Green tea is also related to a reduced risk of developing Parkinson's disease.

(Source: <https://www.mayoclinic.org/diseases-conditions/parkinsons-disease/symptoms-causes/syc-20376055>)

**TREATMENT:** Although there are general guidelines that doctors use to choose a treatment regimen, each person with Parkinson's disease (PD) must be individually evaluated to determine which drug or combination of medications is best for them. For some, a "first choice" drug might be one of the levodopa preparations, and for others, an initial prescription may be given for one of the agonists, an MAO inhibitor or an anticholinergic. The choice of medication treatment depends on many variables including symptoms present, other existing health issues (and the medications being used to treat them) and age. Dosages vary greatly depending on a person's needs and metabolism.

(Source: <https://www.parkinson.org/Understanding-Parkinsons/Treatment/Prescription-Medications>)

**NEW RESEARCH:** Mark Lin, MD, Senior Neurologist at MedStar Washington Hospital talked about adjusting the dose of levodopa for patients, "In the therapy most doctors will give the patient the medication three times a day. But four to five years almost 40 percent of patients would develop multiple complications. And then doctors will give smaller doses multiple times.

I say 'why not do it in the beginning to see what happens?' I use the same dose as everyone else uses. But I split it from three times to six times, so almost once every three hours."

(Source: Mark Lin, MD)

### **FOR MORE INFORMATION ON THIS REPORT, PLEASE CONTACT:**

So Young Pak, MedStar PR  
202-877-2748

[soyoung.pak@medstar.net](mailto:soyoung.pak@medstar.net)

**If this story or any other Ivanhoe story has impacted your life or prompted you or someone you know to seek or change treatments, please let us know by contacting**

**Marjorie Bekaert Thomas at [mthomas@ivanhoe.com](mailto:mthomas@ivanhoe.com)**