

PD Symptoms

June 2021 (6 mos. after beginning to wean off anti-Parkinson's drugs), January 2023, June 2023 (no new date indicates no change in symptom)

Pee emergencies

June '21-largely psychological, anticipatory leakage, sometimes leads to incontinence, especially when getting up at night.

January '23-some slight leakage, otherwise not a problem, can go three hours or more without.

June '23-varies from day to day, hour to hour

Nasal discharge

'21-light nasal discharge with meals

'23-heavy discharge with meals, but only those taken at home

June '23-mild to no discharge, usually after meals

Limp muscles

'21-nothing noticed

'23-since fall '21 occasional and profound limpness, especially in bed and after naps

June '23-some days profound, some days not at all

Ankle pain

'21-variable but almost daily, more in left but changes placement on foot

'23-pain in right is gone, left rarely present

June '23-no pain

Clenched toes

'21-pronounced

'23-almost gone, but painful callouses have formed

Changing direction of walk

'21-very difficult

'23-no change

June '23-one or two days a week there is great improvement

Walking

'21-different all the time, very difficult at first

'23-varies widely, harder in confined spaces, can often get the form correct but rarely automatic

June '23-every two weeks or so there is a day or two when walking is relatively fluid

Typing and moving cursor with mouse

'21-awkward and difficult

'23-sometimes almost perfect, other times almost impossible

June '23-leans toward better, but varies day to day

Turning over in bed

'21-often nearly impossible

'23-varies widely, first few hours in bed are more difficult than later

24-greatly improved, especially getting up during the night, but still an issue when the body feels heavy or limp.

Sitting

'21-sometimes very uncomfortable

'23-can sit for up to three hours, then becomes uncomfortable

June '23-rarely uncomfortable, when it is it's due to RLS or neck/shoulder pain sitting at desk, or too long in wheelchair

Right arm internal tremor

'21-gone

'23-gone

External arm tremor

'21-80% reduced

'23-random resting tremor, comes with stress

Right arm tension

'21-greatly reduced

'23-happens often while walking
June '23-frequency reduced, but still a symptom

Right hand claw
'21-occasional
'23-with arm tension while on feet

Right hand tremor
'21-while eating, very mild
'23-while eating, sometimes severe
June '23-severe after “stress” and sometimes while eating, otherwise not a problem

Right shoulder pain (old rotator cuff injury)
'21-reduced
'23-further reduced
June '23-occasionally bad

Snap jaw syndrome
'21-regular (bi-weekly?)
'23-occasional
'23-very rare

Tension in thighs
'21-occasional
'23-rare
June '23-hard muscle seems almost the norm

Overall physical comfort
'21-low
'23-varies
June '23-much improved, arms disconnected when first sitting in recliner

Overall internal comfort
'21-generally acceptable
22-excellent
June '23-when anxiety hits I silently declare my love for Friend and am instantly at peace

Quality of sleep at night
'21-terrible to rather good
'23-sleep itself is excellent, getting to sleep is very difficult once or twice a week
June '23-sleep good, settling into a comfortable position at first can be maddeningly evasive, typically waken after 90-120 minutes (for an hour or more, seeking a good position)

Balance
'21-very unsteady
'23-varies, much worse at home
June '23-generally not an issue except after naps or on limp days

Headache left side
'21-every night between 7-8 for 2-3 hours (that lasted several weeks)
'23-never

Leg spasms (RLS)
'21-only when lying on back, right or left leg, or both in alternation, not painful (if I lay on back with feet hanging off bed at right angle, no spasms)
'23-less frequent, may be spreading to other positions, too.
June '23-will go days without, but not gone

Rigidity
'21-primarily in the legs, thighs
'23-pronounced after napping, otherwise occasionally with walking (not sure this can be accurately characterized as rigid)

Slow movement
'21-almost always
'23-sometimes with walking, pronounced after naps and while reaching for things

Postural instability

'21-first signs in 2018
'23-constant, walking or sitting

Chin tremor
'21-none
'23-began spring of 22, almost always a reaction to stress, but stress broadly interpreted

Stabbing pains in feet
'21-frequent
'23-frequent and severe
June '23-almost entirely gone

Arm swing: inhibited, slowed, or swinging with elbows sticking out to the sides
'21-inhibited
'23-inhibited
June '23-random arm swings, usually slight, otherwise inhibited

Excess saliva
'21-at night
'23-increased at night
June '23-some reduction at night, but now frequent while watching TV

Personal emotions
'21-not a problem
'23-cry easily
June '23-profound joy a daily experience (muted while taking antibiotics)

Constipation that doesn't benefit from laxatives
'21-not a problem
'23-not a problem, bowels are very regular

Eyelids: minimal or slow blinking or sagging of the lower lid
'21-not a problem
'23-same

Facial expression decrease or loss
'21-slight decrease
'23-some restoration
June '23-when rested, expression normal

Gait
'21-left leg dragged, steps small
'23-same, variable
June '23-both legs sometimes drag, some days the gait is almost clear

Handwriting is small, cramped
'21-yes
'23-yes

Immobility: movement initiation is hard or requires powerful mental focus
'21-at home, yes
'23-same
June '23-randomly yes and no, very much so for 20-30 minutes after naps

Insomnia
'21-yes
'23-improved
June '23-getting to sleep is often difficult but due to uncomfortable positioning and/or RLS

Itching for no reason
'21-no
'23-no
June '23-armpits, but no rash or allergic reaction present

Manual Dexterity
'21-poor
'23-varies
June '23-selectively good, selectively bad

Pain: between the shoulder blades and spine while trying to sit up straight

'21-no

'23-at desk

June '23-often at desk, sometimes watching TV

-in the lower back molars

'21-don't recall

'23-once every few weeks

-anywhere in the body for “no reason” or that cannot be explained

'21-no

'23-no

Postural hunching, head pulled forward

'21-yes

'23-no real improvement

Proprioception problems – inability to know where a body part is if one is not looking at it

'21-no

'23-lips looking for the edge of a glass

Seborrheal skin above and/or on the sides of the nose and/or cheeks and chin

'21-sometimes

'23-always

June '23-gone

Sinusitis

'21-occasional

'23-see “nasal discharge”

June '23-gone

Sleep apnea

'21-no

'23-no

Smell: loss of sense of smell

'21-since 1997

'23-some hints at restoration

Snoring

'21-while napping on my back

'23-same

Startle reflex is too strong: “hair trigger” reactions to sudden noises or being startled

'21-frequent

'23-occasional

June '23-rare

Taste: loss of sense of taste

'21-no

'23-no

Throat spasms that seem to close off the airways

'21-no

'23-no

June '23-???

Toes: numbness

'21-no

'23-no

-curling

'21-yes, especially right foot

'23-same

-fungus

'21-some

'23-lots

June '23-gone

Tremor: in the fingers

'21-no

'23-no

-hands

'21-no

'23-while eating or after stress

-legs

'21-no

'23-no

-face

'21-no

'23-jaw in response to stress (broadly interpreted)

June '23-same, but less frequent

Turning over in bed is difficult due to limpness

'21-sometimes

'23-always

June '23-frequent, but some nights there is little or no difficulty

Turning to the side while walking is difficult

'21-almost impossible

'23-most of the time

June '23-about $\frac{3}{4}$ of the time

Visualization inhibition

'21-yes, much of the time

'23-not always

June '23-inhibition gone

Voice inhibition, soft voice

'21-random

'23-same

Wake & Shake, full body trembling upon waking, even after a doze of a few seconds; rarely after waking in the morning

'21-mostly during the night

'23-regularly

Zombification

'21-after naps (usually those started between 13:00 and 15:00) an hour or more of recovery begins with immobility (not always unpleasant)

'23-same

June '23-not quite as consistent, but still the norm