

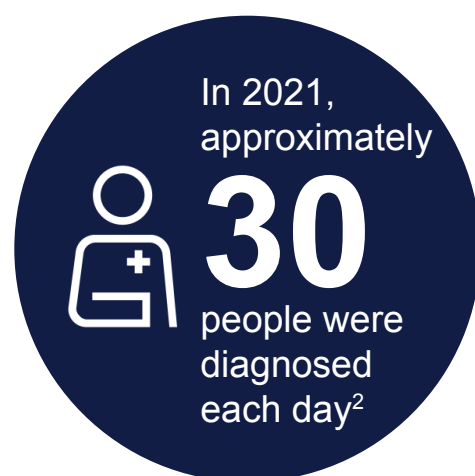
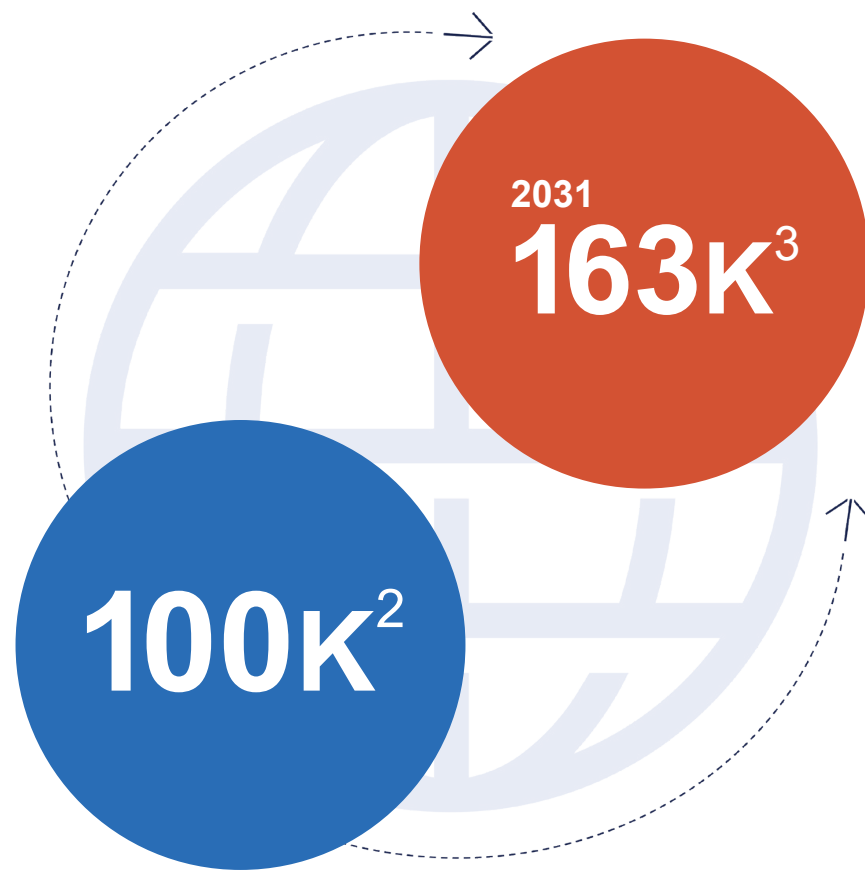
# One of the fastest growing neurological disorders:<sup>1</sup> A CLOSER LOOK AT PARKINSON'S DISEASE

## Parkinson's disease in Canada

Parkinson's disease (PD) is a chronic, progressive neurodegenerative disorder, affecting 100,000 Canadians aged 40 and older,<sup>2</sup> and is



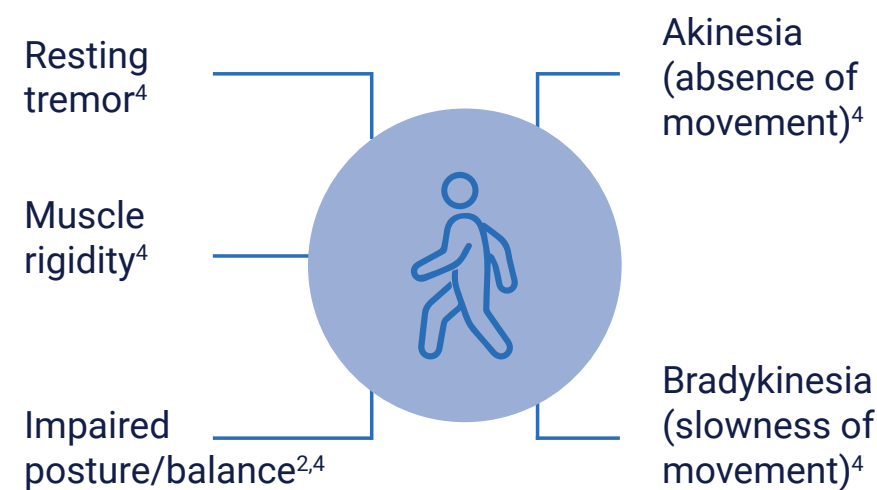
**expected to increase**  
to over 163,000 by 2031.<sup>3</sup>



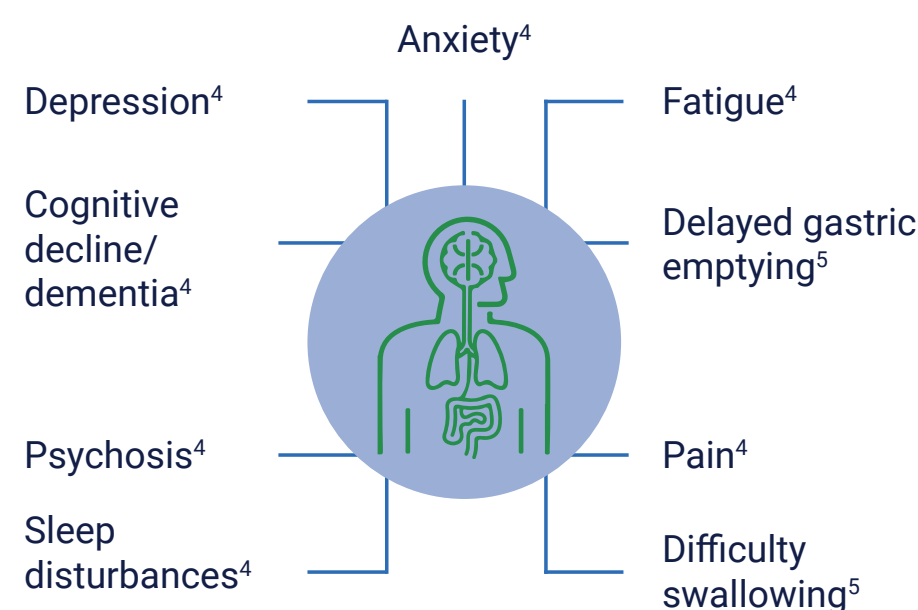
Within 10 years, this number  
is **projected to grow** to up to  
50 new diagnoses each day.<sup>2</sup>

While PD is known by limited functional ability, and also a variety of motor and non-motor symptoms significantly impact the quality of life of both people living with PD and their care partners.<sup>4</sup>

### Motor symptoms



### Non-motor symptoms



## A holistic impact

PD places a burden on not only those living with PD, but also their family and care partners as it is associated with an increase in morbidity and disability.<sup>4</sup>



#### Symptom profile

PD evolves and can **vary from patient to patient**. It is not uncommon for PD symptoms to go unrecognized or unreported for years.<sup>4</sup>



#### Mental health

**40-50%** of people with PD develop depression.<sup>6</sup>



#### Sleep quality

Up to **80%** of people with PD report having 2-5 awakenings per night.<sup>7</sup>

## Disease progression

As PD progresses, patients tend to experience greater disability and an impaired ability to perform daily activities, as well as varying responses to standard treatment.<sup>1</sup>

This is why PD is frequently talked about in terms of "on" and "off" time.



### ON time



is when symptoms are controlled.<sup>8</sup>



### OFF time

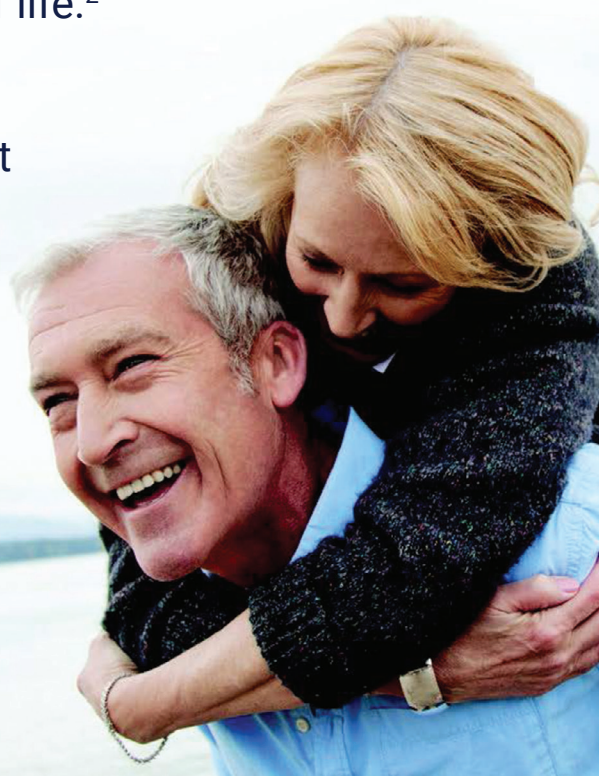


is when PD symptoms – motor and/or non-motor – are uncontrolled. Off time can be unpredictable. Symptoms can return at any time.<sup>9</sup>

## Talk to your doctor about PD treatment options

In Canada, there is approximately one **movement disorder specialist for every 1,500 people with PD**. In 2018, the average wait time to see one was 11 months. This has serious implications for an individual's quality of life.<sup>2</sup>

**Maintaining an ongoing discussion** about treatment options with healthcare providers is important as the disease progresses.

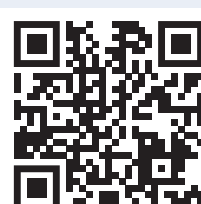


The goal of treating PD is to get more "on" time – **reducing the effect of symptoms on daily life**.<sup>11</sup>

Visit [Parkinson Canada](#) and [Parkinson Quebec](#) for additional resources on PD symptoms to discuss with your healthcare provider.



**Parkinson  
Canada**



**Parkinson  
Quebec**

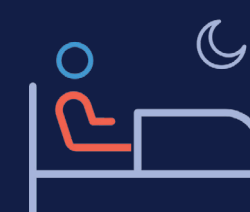


**In the morning**, many patients wake up feeling "frozen." This is known as morning akinesia and can impact their ability to:

**Get out of bed, dress, bathe or use the toilet independently.**<sup>5</sup>



**At night**, many patients suffer from sleep problems.<sup>7</sup> Sleep disorders seen in people living with PD include:



**Insomnia,<sup>7</sup> difficulties turning over in bed,<sup>10</sup> frequent urination at night, and the risk of falls at night when trying to use the restroom.**<sup>7,10</sup>

Learn more about AbbVie's commitment in movement disorders and neuroscience at [AbbVie.ca](#)

#### References:

1. Malaty IA, Martinez-Martin P, Chaudhuri KR, et al. Does the 5-2-1 criteria identify patients with advanced Parkinson's disease? Real-world screening accuracy and burden of 5-2-1-positive patients in 7 countries. *BMC Neurol* 2022;22(1):35. 2. An Overview to Parkinson's in Canada. Parkinson Canada National Roundtable Report. Available at: <https://www.parkinson.ca/wp-content/uploads/Parkinson-Canada-National-Roundtable-Report.pdf>. Accessed July 23, 2024. 3. Government of Canada. Mapping connections: An understanding of neurological conditions in Canada. Available at: <https://www.phac-aspc.gc.ca/publicat/cd-mc/mc-ec/assets/pdf/mc-ec-eng.pdf>. Accessed July 23, 2024. 4. Weintraub D, Comella CL, Horn S. Parkinson's disease – Part 1: Pathophysiology, symptoms, burden, diagnosis, and assessment. *Am J Manag Care* 2008;14(2 Suppl):S40-8. 5. Isaacson SH, Chaudhuri KR. (2013). Morning akinesia and the potential role of gastroparesis – managing delayed onset of first daily dose or oral levodopa in patients with Parkinson's disease. Available at: <https://touchneurology.com/movement-disorders/journal-articles/morning-akinesia-and-the-potential-role-of-gastroparesis-managing-delayed-onset-of-first-daily-dose-of-oral-levodopa-in-patients-with-parkinsons-disease/>. Accessed July 23, 2024. 6. Marsh L. Depression and Parkinson's disease: current knowledge. *Curr Neurol Neurosci Rep* 2013;13(12):409. 7. Bolu PC, Sahota P. Sleep and Parkinson disease. *Mo Med* 2017;114(5):381-386. 8. Parkinson's Europe. "Wearing off and motor fluctuations." Available at: <https://www.parkinsonseurope.org/about-parkinsons/symptoms/motor-symptoms/wearing-off-and-motor-fluctuations/>. Accessed July 23, 2024. 9. The Michael J. Fox Foundation for Parkinson's Research. "Off" Time in Parkinson's Disease. (2022). Available at: <https://www.michaeljfox.org/time-parkinsons-disease>. Accessed July 23, 2024. 10. Batla A, Phé V, De Min L, et al. Nocturia in Parkinson's disease: Why does it occur and how to manage? *Mov Disord Clin Pract* 2016;3(5):443-451. 11. Parkinson Canada: Treatments. Available at: <https://www.parkinson.ca/about-parkinsons/treatments/#treat-change-content>. Accessed July 23, 2024.