Characterising non-motor patterns of early morning off periods in Parkinson’s disease: an international study.

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BACKGROUND:
Non-motor Fluctuations
- are common and disabling.
- can be assessed by Wearing-off Questionnaire (WOQ).¹,²
- frequently described symptoms are anxiety (66%), drenching sweats (64%), slowness of thinking (58%), fatigue (56%) and akathisia (54%).³

Early morning off periods (EMO)
- are thought to be common in Parkinson’s disease (PD) but the exact prevalence is unknown.
- clinical characteristics and non-motor associations have not been specifically studied.
- possibly motor and non-motor (sleep dysfunction related) subtypes can be identified by PD Sleep Scale (PSS) 1 and 2.⁴,⁵

RESULTS 1:
- A consecutive series of 212 patients with treated PD (42-88 yrs) have been assessed so far (table 1).
- EMO being present in 62.3% (58.6% of males, 69.4% of females) with most (87.1%) being mixed in character (motor (M-EMO) and non-motor (NM-EMO)) while only 12.9% are pure motor in type (graph 1).
- M-EMO and NM-EMO were equally prevalent in mild (H&Y stages 1-2), moderate (H&Y 2.5-3) and in severe disease (H&Y 4-5) (graph 2).

REFERENCES:
¹Antoni et al., Mov Disord 2011 Oct; 26(12):2169-75.
⁴Chaudhuri et al., JNPP 2002; 73:629-635.

CONCLUSIONS: Early morning off periods are frequent across all stages of PD and are often associated with a number of non-motor symptoms. Recognition is important, as these NMS may be treatable e.g. by longer acting dopaminergic therapies.