

## ADVERTISEMENT

# Parkinson's and nOH: What's the Connection?

One in 5 people with Parkinson's disease may also have symptoms of neurogenic orthostatic hypotension (nOH), a condition that can cause dizziness or lightheadedness after standing.



Keith, lives with Parkinson's disease and nOH

Keith, a retired pilot from Massachusetts, was on vacation when he first noticed symptoms of nOH. "After a long car ride or walking up a flight of stairs, I'd feel dizzy and lightheaded," explains Keith. He had been living with Parkinson's for almost 10 years and assumed that was the reason for these symptoms. But Keith was actually experiencing symptoms of nOH, a separate condition that is related to nervous system disorders like Parkinson's disease and multiple system atrophy.

**"A common mistake made by patients is to assume that symptoms such as dizziness or lightheadedness are just part of having Parkinson's disease, and there is nothing they can do about it. However, these symptoms are often a result of a manageable condition called nOH."**

—Dr. Ramon Gil, movement disorder specialist

Many people with Parkinson's are unaware that nOH exists. "I would encourage people with Parkinson's to talk with their doctors about their symptoms of nOH," says Dr. Gil. "Many people live with the symptoms for a long time before realizing that nOH is a separate condition from Parkinson's that should and can be managed."

## Getting an nOH diagnosis

People with nOH experience a drop in blood pressure when they stand up or change positions. This drop is what may cause symptoms like dizziness, blurry vision, or nausea. "One of the most important things to communicate to your doctor is that you are experiencing symptoms when you stand up or change positions," says Dr. Gil. "That's an important sign of nOH."

Keith's symptoms didn't go away after his vacation, so he made an appointment with his doctor. "I went to my movement disorder specialist to discuss my symptoms. That's when he gave me the diagnosis of nOH."

## nOH management

Keith talked with his doctor about managing his nOH symptoms and made some changes to his daily routine. He exercises at home and attends classes tailored for people with Parkinson's. He also drinks a lot of water and has increased salt in some of his food, which helps maintain his blood pressure.

## Your healthcare provider may suggest lifestyle changes, such as\*:

- Drinking more water
- Eating smaller, more frequent, low-carbohydrate meals
- Doing moderate, nonstrenuous exercise
- Adjusting salt intake

\*Always talk with your healthcare provider before making any lifestyle modifications or changes to your nOH management plan.

## Some symptoms of nOH



Dizziness



Lightheadedness



Passing out



Blurry vision



Muscle weakness



Nausea



Neck and shoulder pain

Use the **Symptom Checker** at **nOHMatters.com** to evaluate your symptoms, and download your results to share with your doctor.

UBR-D-00330(1)

