

Parkinson's disease Primary Care Worksheet

Your primary care provider (PCP) works with you to treat and prevent illness. Some general medical conditions are of special importance to people with Parkinson's. This list is provided to improve your awareness of these conditions and can be shared with your PCP.

Bone Health: Parkinson's disease patients often have a lower vitamin D level than the general population. Vitamin D and calcium is needed to keep your bones strong. People with Parkinson's can also be at greater risk for osteoporosis due to changes in diet, reduced physical activity and reduced exposure to the outdoors. It is important to keep your bones healthy to prevent fracture from falls.

Do I need to have a vitamin D level drawn?

Do I need calcium supplement and if so how much?

Should I get a bone scan to check bone density as a diagnostic test for osteoporosis?

Cognitive Problems: Cognitive problems can be a part of Parkinson's disease, worsen with aging and certain medical conditions such as heart disease, stroke, hypothyroidism and vitamin B12 deficiency. Talk to your PCP about your memory and thinking problems. Additional questions might include:

Should I obtain a vitamin B12 level?

Do I need to have my thyroid checked?

What do I need to know to treat any cardiac or stroke risk factors that I have (high blood pressure, diabetes, obesity, high cholesterol)?

Sedation, fatigue or decreased stamina: These problems can have many causes. Sleep apnea may be more common in Parkinson's.

Do I need a sleep study to evaluate for apnea (If you snore or gasp in sleep)?

Skin Health: Parkinson's is associated with a 3-5 times greater risk of a malignant form of skin cancer called melanoma. There is a greater chance of getting Parkinson's if a family member has melanoma.

How frequently do I need to be seen to get a skin examination?