



YOUR DBS. YOUR DISCUSSION.

A discussion guide for Parkinson's patients

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IS DBS THE NEXT STEP?

If you are living with Parkinson's Disease, medication is not your only option. A treatment option – like Deep Brain Stimulation (DBS) – might be for you. The following questions will help you decide if now is the time to speak with your physician about DBS.

A BRIGHTER FUTURE STARTS HERE

NAME: _____

AGE: _____

DIAGNOSED WITH PARKINSON'S (YEAR): _____

DID YOU KNOW

There is no age limit to having DBS. The ideal candidate is a Parkinson's patient who continues to respond to levodopa treatment but is unable to control motor symptoms with medication alone. This point varies from patient to patient but is about four years after diagnosis.¹

WHAT SYMPTOMS ARE YOU EXPERIENCING?

- | | |
|---|--|
| <input type="checkbox"/> TREMOR | <input type="checkbox"/> BRADYKINESIA (SLOW MOVEMENT) |
| <input type="checkbox"/> RIGIDITY | <input type="checkbox"/> DYSKINESIA (TOO MUCH MOVEMENT) |
| <input type="checkbox"/> FREEZING OF GAIT | <input type="checkbox"/> EXCESS OF MOVEMENTS AS MEDICATION SIDE EFFECT |
| <input type="checkbox"/> BALANCE ISSUES | <input type="checkbox"/> ON/OFF TIMES |

DID YOU KNOW

- "Off" time is a period when your medication (e.g. Carbidopa/Levodopa) is not working optimally and your motor and non-motor symptoms return.
- After the DBS procedure, people experience an additional 6 hours of "ON time" without troublesome dyskinesias compared to medication alone.²
- People with tremors experience an average of 70% reduction in tremors, depending on its type of location.³

WHAT ARE YOU DOING TO TREAT PARKINSON'S?

PHYSICIANS YOU SEE

1. Primary Care Physician
2. Neurologist
3. Movement Disorder Neurologist

PD PRESCRIPTIONS YOU TAKE

- 1.
- 2.
- 3.
- 4.
- 5.

OTHER SUPPORT

- 1.
- 2.
- 3.

DID YOU KNOW

- Many patients find exercising and socializing with others living with Parkinson's to be supportive and therapeutic. To discover these resources, visit dbsandme.com.
- One year after DBS, 75% of patients reported a decrease in their Parkinson's medication.⁴

SOURCES

- 1 Schuepbach WMM, Rau JK, Knudsen K, et al. Neurostimulation for Parkinson's disease with early motor complications. *N Engl J Med.* 2013;368:610-622. doi:10.1056/NEJMoa1205158
- 2 Vitek JL, Jain R, Chen L, et al. Subthalamic nucleus deep brain stimulation with a multiple independent constant current-controlled device in Parkinson's disease (INTREPID): a multicenter, double-blind, randomised, sham-controlled study. *Lancet Neurology.* 2020;19(6):491-501. doi:10.1016/S1474-4422(20)30108-3
- 3 Farris SM, Giroux, ML. (2013). DBS: A Patient Guide to Deep Brain Stimulation. 1st ed. CreateSpace Independent Publishing Platform; 2013.
- 4 Weaver FM, Follett K, Stern M, et al. Bilateral deep brain stimulation vs best medical therapy for patients with advanced Parkinson disease: A randomized controlled trial. *JAMA.* 2009;301(1):63-73. doi:10.1001/jama.2008.929

HAVE AN INFORMED CONVERSATION

Feel empowered during your conversations with your physician. Here are frequently asked questions to physicians.

TREATMENT JOURNEY

1. When is the right time to consider DBS? Does there come a time when I wouldn't benefit from DBS?
2. Can I speak to a patient who has been through this?
3. What symptoms does it work best for?
4. How long do I need to be taking carbidopa/levodopa before I consider DBS?
5. Is there an evaluation for DBS? What are the steps of the evaluation?

PREPARE FOR THE PROCEDURE

1. Is it covered by insurance?
2. Who can I speak with to help understand whether it is covered by insurance?
3. How do I choose the right device for me?
4. What can I expect to happen during the procedure?

POST-PROCEDURE

1. What is recovery like?
2. Can I expect to reduce my medications as a DBS patient?
3. Can I travel with the device?
4. If I need to, can I have the DBS system removed?

MY QUESTIONS

Here is a space for you to jot down any questions you may have for your physician.

TAKE THE NEXT STEP



Visit [DBSandme.com](https://www.dbsandme.com)

Several resources are available for you. We encourage you to visit [DBSandme.com](https://www.dbsandme.com) to:

- Register to attend a Webinar
- Connect with a Patient Ambassador
- Take a Quiz to see if DBS is Right for You



Speak to Your Local Representative

A Representative is available in your area to discuss Deep Brain Stimulation. You may contact them at:

Representative:

Telephone #:

Email:

Disclaimers

This form is not meant to supply a complete list of questions or topics to discuss with your doctor. It is meant to help your discussion with your doctor regarding DBS. Content is for informational purposes only and not meant for product promotion or medical diagnostic. This information does not constitute medical or legal advice, and Boston Scientific Corporation makes no representation or warranty regarding this information or its completeness, accuracy or timeliness. Accordingly, BSC strongly recommends that you consult your physician on all matters pertaining to your health or to address any questions. All cited trademarks are the property of their respective owners.
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