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# Parkinson's Disease Dementia

**FACTSHEET**

**Dementia is a group of symptoms which can affect memory, thinking and behaviour severely enough to interfere with daily life.**

**Parkinson's Disease Dementia (PDD) is a dementia that develops after a diagnosis of Parkinson's Disease. Parkinson's disease is a condition characterized by tremor, muscle stiffness, and slowing of movements.**



### **How does it develop?**

Recent studies following people with Parkinson's over the entire course of their illness estimate that over half of those with Parkinson's disease may experience memory and/or thinking problems.

It is not possible to predict who will be affected, but there are factors that put certain groups of people at more risk, such as:

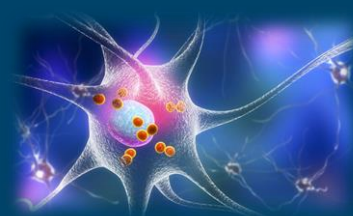
1. Increasing age
2. Longer duration of Parkinson's Disease
3. Being diagnosed with Parkinson's Disease in later life
4. Strong family history of dementia
5. Being male

### **What are the symptoms of PDD?**

The main symptoms are difficulty concentrating on things, difficulty with memory, changes in reasoning, low mood and less interested in doing things. Less common and later symptoms include delusions (believing something is not real), paranoia, hallucinations (seeing or hearing things which are not there).

### **What is the difference between Dementia with Lewy Body (DLB) and Parkinson's Disease Dementia (PDD)?**

The main difference lies largely in the timing of the thinking and movement symptoms. In PDD, changes in movement (muscle stiffness, walking unsteadily or slowing of movements) happen first and then problems with memory arise. In DLB, changes in thinking and reasoning happen within a year of the parkinsonism symptoms (movement changes, tremor or muscle stiffness).



### **How is Parkinson's Disease Dementia (PDD) treated?**

While there's currently no cure for Parkinson's disease or PDD, there are treatments which can help manage the symptoms.

These include:

- Receiving supportive therapy, such as physiotherapy, occupational therapy, psychological therapy and speech therapy, to help improve any problems with movement, everyday tasks, anxiety and communication.
- Adopting a healthier lifestyle by stopping smoking, taking regular exercise, eating healthily, getting enough sleep and drinking alcohol only in moderation.
- Medications used to treat symptoms. (e.g. some symptoms of Parkinson's disease are treated with dopamine therapy e.g. Sinemet, and other medications).