

Health Bulletin



Easier Ways To Treat Parkinson's Disease

(NAPSA)—There may be ways to make life easier for the 1.5 million Americans living with Parkinson's disease (PD)—a condition that can make the simplest of daily routines a struggle.

Parkinson's disease is characterized by tremors and stiffness, which can make getting out of bed, tying shoes or even swallowing difficult. Such was the case for Lucy Roucis, 46, who was diagnosed with aggressive PD at the age of 28.

Roucis initially visited the doctor after noticing her slowed reaction time on the brake pedal while driving. Her symptoms actually began a year before she sought medical attention, but she attributed them to being sluggish, clumsy or nervous.

Since being diagnosed, Roucis has worked hard to maintain her independence, and has enjoyed a number of successes. In fact, she now works as an actress, teacher, acting coach and writer, and she's earned five nominations from the Denver Drama Critics Circle and The Denver Post Ovation Awards as Best Actress or Best Supporting Actress in a Musical for her work.

A drug called Parcopa® (carbidopa-levodopa orally disintegrating tablets) has played a large role in Roucis' independent



Lucy Roucis has had Parkinson's disease for nearly 20 years, but she's found a way to maintain a level of independence.

lifestyle. Not only has it been effective in treating symptoms of her condition, but it also simply dissolves on her tongue, meaning Roucis does not need help getting a glass of water in order to take it. The drug's most common side effects include involuntary movements and nausea.

The tablets have also helped PD patients who experience morning rigidity—a common symptom of the disease—because they can take the drug in bed when they wake up to help get their morning routine started.

For more information, visit www.Parcopa.com.

PARCOPA® (carbidopa-levodopa orally disintegrating tablets) is a combination of carbidopa and levodopa for the treatment of Parkinson's disease and syndrome. PARCOPA is an orally administered formulation of carbidopa-levodopa that rapidly disintegrates on the tongue and does not require water to aid dissolution or swallowing. PARCOPA is supplied in three strengths: 10/100 mg, 25/100 mg and 25/250 mg. Each 10/100 mg and 25/100 mg tablet contains phenylalanine 3.4 mg; each 25/250 mg tablet contains phenylalanine 8.4 mg. Most common side effects with PARCOPA include involuntary movements and nausea. People taking a nonselective MAOI (Monoamine Oxidase Inhibitor) should not take PARCOPA. Also, people with known hypersensitivity to any ingredient of the tablet or who suffer from narrow-angle glaucoma should not take it. PARCOPA should also not be taken by people with suspicious, undiagnosed skin lesions or with a history of melanoma (skin cancer). Only your health care professional knows if PARCOPA is right for you. PARCOPA should be used with caution in patients with severe cardiovascular or pulmonary disease; bronchial asthma; renal, hepatic or endocrine disease; and in patients with a history of myocardial infarction or peptic ulcer. If you are currently being treated with levodopa, levodopa must be discontinued at least 12 hours before taking PARCOPA. For more information about PARCOPA, talk to your health care professional.