Dyskinesia

Dyskinesia refers to a category of movement disorders that are characterized by involuntary muscle movements, including movements similar to tics or chorea and diminished voluntary movements.

Dyskinesia can be anything from a slight tremor in the hands to an uncontrollable movement of the upper body or lower extremities. Discoordination can also occur internally, especially with the respiratory muscles and it often goes unrecognized.

Dyskinesia is a symptom of several medical disorders that are distinguished by their underlying cause.

Treatment

The treatment of dyskinesia depends on its underlying cause and can involve a combination of medications, surgical interventions, and other therapeutic approaches. Here are some common treatment options for dyskinesia:

Adjustment of Parkinson's Medications: In cases where dyskinesia is associated with Parkinson's disease and its treatment, the dosage and timing of levodopa or other dopamine-replacement medications may be adjusted. This involves finding the right balance between managing Parkinson's symptoms and minimizing dyskinesia.

Results highlight that nelotanserin may represent an efficacious anti-dyskinetic drug and provide incremental evidence of the potential benefit of 5-HT2A/2C antagonism/inverse agonism for drug-induced dyskinesia in PD¹.

Dopamine Receptor Modulators: Certain medications that modulate dopamine receptors, such as amantadine, can be used to reduce dyskinesia in people with Parkinson's disease.

Deep Brain Stimulation (DBS): Deep brain stimulation is a surgical procedure where electrodes are implanted in specific areas of the brain. These electrodes deliver controlled electrical impulses to help regulate abnormal brain activity and improve movement control. DBS can be effective in reducing dyskinesia and other motor symptoms in people with Parkinson's disease.

Physical Therapy: Physical therapy can help individuals with dyskinesia improve their motor control, reduce the severity of abnormal movements, and enhance overall mobility and function.

Occupational Therapy: Occupational therapy focuses on improving daily living skills and adapting activities to minimize the impact of dyskinesia on everyday life.

Speech Therapy: Dyskinesia can affect speech and swallowing. Speech therapy can assist in improving speech clarity and addressing swallowing difficulties.

Medication Management Review: For individuals taking multiple medications, a review of their drug regimen may be necessary to identify and possibly eliminate medications that could exacerbate dyskinesia or interact negatively with other drugs.

Botulinum Toxin Injections: In some cases of focal or localized dyskinesia, injections of botulinum toxin (Botox) into specific muscles can help reduce involuntary movements.

Lifestyle Modifications: Certain lifestyle changes, such as stress reduction, regular exercise, and a balanced diet, may contribute to overall symptom management and quality of life.

It is crucial for individuals experiencing dyskinesia to work closely with a healthcare team, including neurologists, movement disorder specialists, and other allied health professionals, to determine the most appropriate treatment plan based on their specific condition and needs. Treatment approaches may need to be adjusted over time as the condition evolves, and regular follow-up with healthcare providers is essential to monitor progress and optimize management strategies.

1)

Kwan C, Frouni I, Bédard D, Hamadjida A, Nuara SG, Gourdon JC, Huot P. The 5-HT2A/2C inverse agonist nelotanserin alleviates L-DOPA-induced dyskinesia in the MPTP-lesioned marmoset. Eur J Neurosci. 2023 Jul 28. doi: 10.1111/ejn.16104. Epub ahead of print. PMID: 37515363.

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