

# Top 10 Causes of Sudden Deterioration

These 10 Items are all factors that can cause symptoms of Parkinson's disease to worsen or that can cause deterioration in Parkinson's patients. If you notice an increase in **tremors, stiffness, slowness, falls, freezing, confusion, hallucinations, or daytime sleepiness**, it is important to contact your loved ones neurologist or movement disorder specialist so they can find and treat the direct cause of the decline.

1. Constipation or difficulty passing bowel movements
2. Any type of illness, surgery, or infection
3. Consistently high levels of stress
4. Dehydration
5. Changes in medication or non-compliance with medications
6. Use of medications that interact with Parkinson's Disease specific medications
7. Depression
8. High levels of anxiety or frequent panic attacks
9. Chronic or acute pain
10. Poor sleep and/or lack of sleep