





(3) Try an **anxiolytic**, only some of which have proven efficacy for treating anxiety in Parkinson's. The anxiolytics **citalopram**, **sertraline**, and **paroxetine** have been shown to be useful in Parkinson's. For a potentially more powerful effect, benzodiazepines such as **clonazepam** and **lorazepam** are very effective when they are started, however their anxiolytic effect weakens in the long-run, and they have several worrisome side-effects including sedation, cognitive impairment, and loss of balance which can lead to falls.

Remember, clinically significant depression and anxiety are not mere mood disturbances but **medical illnesses**; if they are not treated in Parkinson's, all other management strategies for the remaining symptoms of Parkinson's will be compromised. Fortunately, the mood disorders usually respond to treatment, so please, if you need help, **seek it** - don't let the mood disorders dictate your life.

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#### References

(1) Marsh. 2016. Depression and Parkinson's Disease: Current Knowledge. Current Neurology and Neuroscience Reports 13(12), 1-17.

(2) Chen and Marsh. 2014. Anxiety in Parkinson's disease: identification and management. Therapeutic Advances in Neurological Disorders 7(1), 52-59.