

**From:** John Dexter <seapiecorner@gmail.com>  
**Subject:** Progress Report  
**Date:** 28 September 2015 18:35:11 GMT+01:00  
**To:** Jonathan Frankel <Janet.pitcher@nuffieldhealth.com>  
**Reply-To:** john@seapiecorner.uk

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Dear Janet

Dr Frankel saw me on 20 August 2015.

Please would you record and pass on my progress report as at 28 September 2015.

### **Medication**

I replaced Radopar by Sinemet on 29 August, starting at 1 tab TDS, gradually increasing to 2 tabs TDS by 16 September

### **Activities and Observations**

On 6 September friends observed an improvement in my right hand tremor (the ET side)

The following day I walked 5 miles and noted the following:

- left hand (PD) tremor unchanged
- right hand (ET) tremor improving
- balance still OK
- bradykinesia unchanged
- muscular aching reduced
- general well-being improved

By about 12 September:

- I had become aware of slight giddiness on turning rapidly
- my tremors were of less concern
- I was more confident in cooking (eg flipping items in the frying pan; filling cafetière without spilling coffee)

On 19 September I tried riding a friend's bike, finding I could balance well.

On 27 September I noted the following:

- left hand (PD) tremor somewhat improved
- right hand (ET) tremor much reduced; handwriting has become possible (with deliberation)
- balance restored (giddiness no longer apparent; walking more confidently)
- bradykinesia reduced: I am now moving more quickly
- muscular aching much reduced
- general well-being much improved

### **Plan**

I am keeping strictly to the Sinemet dosage and times.

I plan to increase my level and range of activity and see how far I can get with this.

I aim to buy a bike for myself, start canoeing and possibly resume sailing

### **Conclusions**

I think the change in medication has been remarkably effective, and am most grateful for your help.

With kind regards

John Dexter