

JNF/255/IW373215GA
NHS Number: 410 435 8274 (Number present and verified)
Neurology Clinic: 29th December 2015
Date Typed: 30th December 2015

Dr G E Thomson
Brookside Health Centre
Queens Road
Freshwater
Isle of Wight
PO40 9DT

Dear Dr Thomson

JOHN DEXTER – DATE OF BIRTH: 01/09/1940
SEAPIE CORNER, SOUTH STREET, YARMOUTH, ISLE OF WIGHT, PO41 0QH

Diagnosis: Parkinson's disease
Current medication: Sinemet 12.5/50 mg 2 tablets three times a day
Rasagiline 1 mg once daily

I saw this gentleman as a new patient in the Neurology Clinic today. He already has a known diagnosis of Parkinson's disease which was made around 3 years ago now. He has a bilateral upper limb tremor which was worse on the left than the right. He has also noticed a little slowness and stiffness with his walking but this is not a major problem. There have not been any falls. He sleeps well. There have been no significant motor fluctuations. His mood has been low since the death of his wife and he does not get much enjoyment out of life at the moment.

In addition to the Sinemet and Rasagiline he also takes Calcium, Vitamin B, Zinc and Warfarin.

On examination his gait was reasonably good with a good stride. He had a rest tremor in the left upper limb and a mild postural and writing tremor affecting the right upper limb. There was very little in the way of rigidity and bradykinesia.

The increase in his dose of Sinemet made by Dr Frankel in August had improved his tremor a little and as such I suggested he could make a further increase today up to Sinemet 12.5/50 mg 3 tablets three times a day. If his tremor improves on the higher dose then he should continue it otherwise he can reduce back down to 2 tablets three times a day. Given his low mood I have suggested he could consider starting an antidepressant such as Citalopram 10 mg once daily. I will also ask if the Parkinson's Disease Nurse on the Isle of Wight Louise Long could review him in a few months time and I will see him again in clinic in 8 months.

Yours sincerely



Dr Julian Furby
Consultant Neurologist

cc John Dexter (for information) ✓
Louise Long, Parkinson's Disease Nurse Specialist, Laidlaw, St Mary's Hospital

