

## Consultation with Jackie Chamberlain (Neurology Specialist) on 18 June 2019

### Observations by Sue and me

- My tremor was present but manageable
- My writing was possible but difficult (Sue says it's pretty good)
- I found it difficult to use my computer because of my tremor
- I did not complain much about slowness
- Rigidity was not noteworthy
- My gait and balance had worsened since cutting out Rasagiline
- My current dosage was Co-careldopa (Sinemet) 25mg/100mg tablets tds

### Jackie's observations

- I had reasonable gait, but was hesitant in getting going
- I was good at making the usual finger movements
- My balance was OK

### Jackie's advice

- I should restart Rasagiline at 1mg od
- Jackie prescribed one month's supply and wrote to my GP asking for repeats
- I should take Rasagiline in the morning alongside my first dose of Sinemet
- We should monitor the effects and consult again in two months' time
- I should be prepared to try increasing my morning Sinemet by 12.5mg/50mg
- I should ensure I take exercise and drink water (as important as the medication)