

# Medication & Side Effects Reference Sheet

This reference sheet summarizes the potential side effects and long-term risks associated with common Parkinsons medications, particularly Carbidopa/Levodopa (Sinemet).

## Common Side Effects:

- Nausea, vomiting, dry mouth
- Dizziness, headache, sleep disturbances
- Constipation, loss of appetite
- Low blood pressure upon standing (orthostatic hypotension)
- Mood changes, including anxiety or depression
- Involuntary movements (dyskinesia)

## Serious or Toxic Effects:

- Hallucinations or confusion
- Sudden sleep attacks
- Risk of arrhythmias
- Impulse control disorders (gambling, hypersexuality)
- Skin darkening or potential melanoma risk

## Long-Term Use:

- Motor fluctuations and "wearing-off" effects
- Levodopa-Induced Dyskinesia (LID)
- Neuropsychiatric symptoms

This information is intended to help individuals and caregivers make informed decisions and consider natural complementary approaches when appropriate.