| **Parkinson’s Disease (PD)** | | | |
| --- | --- | --- | --- |
| **Treatment Category** | **Treatment Option** | **Benefits** | **Risks** |
| **Pain control** | **Nonsteroidal anti-inflammatory drugs (NSAIDs)**  (ibuprofen and naproxen) | Reduce both pain and muscle inflammation and stiffness temporarily | Oral NSAIDs can cause stomach irritation and may increase the risk of heart attack or stroke |
| **Management /Prevention of aggravation of symptoms**  **(Note: Currently, no medication can eliminate symptoms.)** | **Duopa/levocarb:**  **L-Dopa (Levodopa) +**  **Carbidopa** | Increase Dopamine Production by chemically stimulating brain stem, reducing the depressive and hence the motor symptoms of PD | Wear Off Initializes within 5-10 years of usage |
| **Catechol-O-methyltransferase inhibitor** | Reduces depressive symptoms as a Safer alternative than other medication options | Hypersensitivity  Withdrawal |
| **Monoamine oxidase inhibitors** | Reduces depressive symptoms as a Safer alternative than other medication options | Hypersensitivity  Withdrawal |
| **Dopamine agonist** | Reduces the dependency on natural Dopamine Production | Long term usage is not recommended as it fails to |
| **Supportive treatment** | **Aerobic Exercise & Physiotherapy** | Help the patients improve their fitness and muscle strength as well as making joints more flexible  May alleviate the depressive symptoms | Fails to display significantly impactful yield during the late stage progression of the disease |
| **Speech & Occupational therapy** | Provide training and advice that will help the patients to get acclimated to living with PD | Does not treat the underlying symptoms |
| **Podiatry** | Offer some type of support for the patients’ joints or shoe insoles that can ease pain in supporting their body frame | Does not treat the underlying symptoms |
| **Surgery** | **Deep Brain Stimulation** | Placing a feedback control neurostimulator to modulate electrical impulses in the substantia nigra in the brain reduces the need for using medication. | May cause permanent nerve damage during the stereotactic surgery |