

Insights for Janet

Date of birth: June 06, 1973 **Date of diagnosis:** April 15, 2017

Report Date: March 20, 2026

Recent period: Feb 16, 2026 - Mar 15, 2026 | Previous period: Jan 19, 2026 - Feb 15, 2026

High fall risk driven by poor balance and slow gait

Midday dyskinesia cluster after levodopa dosing

Sleep disruption linked to fatigue/confusion

Red Flags Light headedness, OFF periods, dizziness, swallowing issues, falls

Key Metrics

- Fall risk: High
- Tremor avg/day: 14m
- Dyskinesia avg/day: 15m
- Activity avg/week: 1080m
- Walking speed: 0.81 m/s

Trends

- Tremor down
- Dyskinesia unchanged
- Activity up
- Mobility still concerning

Highlights

1. Fall Risk and Severe Balance Impairment

The patient's double support time places them at the 7.3rd percentile among PD patients, indicating severe balance instability. This objective finding correlates with the most frequently reported symptom in daily check-ins (balance issues reported 15+ times), plus documented light-headedness/dizziness, one explicit fall on February 19, and a February 26 event where dizziness was severe enough that the patient "had to sit down in shop."

Significance: This represents an immediate safety concern requiring urgent intervention. The combination of objective mobility impairment and frequent subjective balance complaints suggests high fall risk that could lead to serious injury, hospitalization, or loss of independence. Consider physical therapy referral, home safety evaluation, assistive device assessment, and review of medications that may contribute to orthostatic hypotension (Amlodipine, Klonopin).

2. Peak-Dose Dyskinesia Pattern (Late Morning)

Dyskinesia is concentrated in a 6-hour window (10 AM-3 PM) accounting for 76% of daily dyskinesia, with peak severity at 12 PM (2 minutes 41 seconds). This pattern occurs 1-3 hours after the 10 AM levodopa dose and suggests cumulative effect from overlapping morning doses (400mg levodopa within 3 hours from 7 AM and 10 AM doses). Notably, the March 3-4 period showed escalation to SEVERE dyskinesia coinciding with the patient's worst well-being rating ("Very Bad") and note of being "Sick."

Significance: While the overall dyskinesia burden is relatively low (13 minutes daily average), the concentrated midday pattern and occasional severe episodes likely impact functional activities and quality of life during peak daytime hours. The differential response by time of day (minimal dyskinesia after evening dose despite same 200mg amount) suggests opportunity for regimen optimization through dose redistribution or extended-release formulation consideration. The current Amantadine regimen (200-300mg daily) may be insufficient for dyskinesia management.

3. Chronic Sleep Disturbance and Associated Cognitive-Fatigue Cycle

The patient reports bad sleep nights (8 reports), specific insomnia episodes (5 occurrences including 3 middle-of-night reports), with a recurring pattern of poor sleep leading to next-day fatigue (10+ reports) and confusion (7 reports). This sleep-fatigue-confusion cycle appears throughout the monitoring period and likely contributes to the patient never achieving "very good" or consistently "good" well-being ratings.

Significance: Sleep disturbance is both a primary PD non-motor symptom and a contributor to daytime motor and cognitive dysfunction. The pattern suggests inadequate overnight dopaminergic coverage and/or primary sleep disorder requiring evaluation. Poor sleep quality directly impacts fall

Red flags reported

Light Headedness, OFF Period, Dizziness, Swallowing Issues, Falling

Other reported issues

Tremor Avg/Day

14m



22% (4m less)

Dyskinesia Avg/Day

15m

No change

Activity Avg/Week

1080m



132% (10h 15m more). Patient is achieving 150 mins of exercise per week as recommended by the Parkinson's Foundation in collaboration with the American College of Sports Medicine.

Mobility

No significant change. Patient has a walking speed < 1m/s as measured by the iPhone. Walking speed below 1 m/s places an individual at a high risk of falls.

Symptom Log

DATA RECORDED FROM SYMPTOM LOGS AND DAILY CHECK-INS

SYMPTOM	LOGS PREV PERIOD	SYMPTOM	LOGS PREV PERIOD
Balance Issues	19 11	Tremor	5 5
Dyskinesia	16 8	Swallowing Issues !	5 3
Light Headedness !	15 6	Leg Cramps	2 2
OFF Period !	14 10	Falling !	1 2
Rigidity	14 10	Incontinence	1 0 New
Dizziness !	7 5		

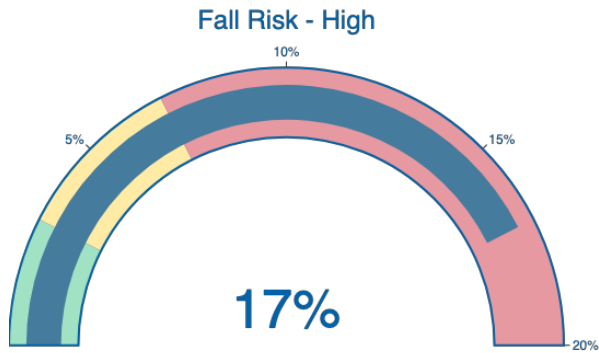


Most reported symptom intensity

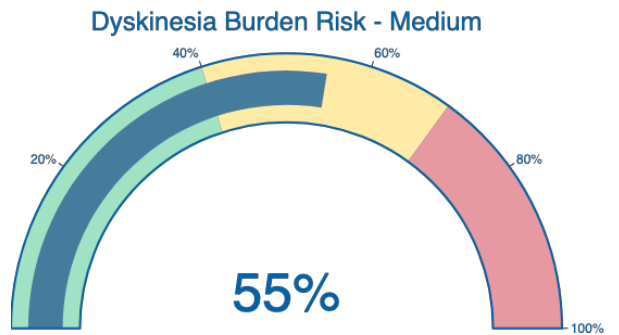
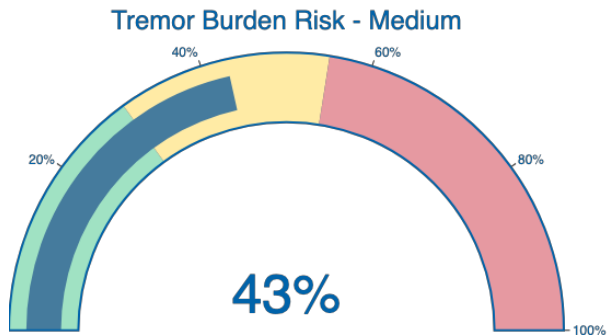
Moderate

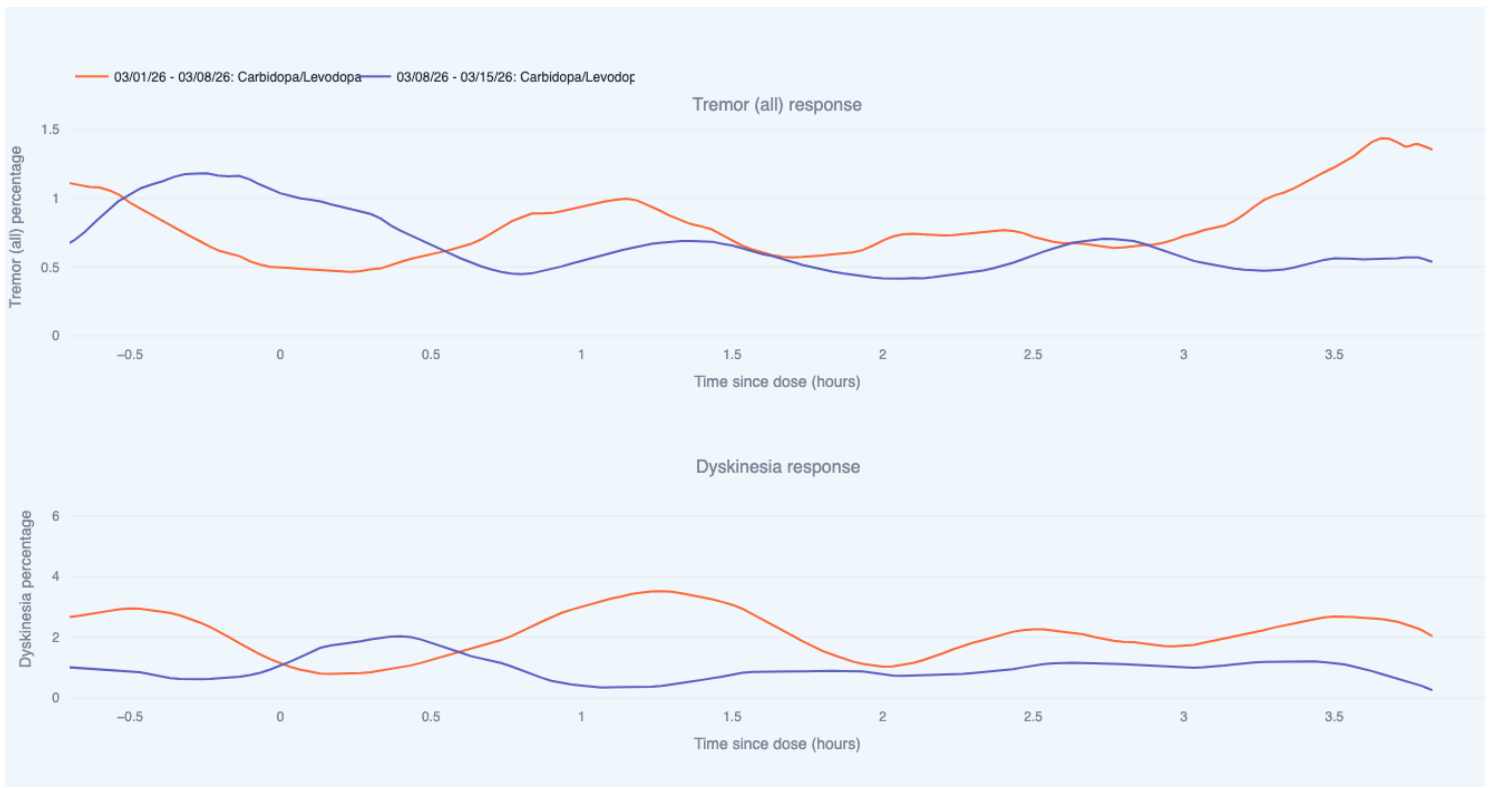
Previous period: Moderate

LOGS: RECENT | PREVIOUS ● Severe: 0d | 2d ● Moderate: 14d | 8d ● Mild: 2d | 3d ● Not Present: 0d | 0d



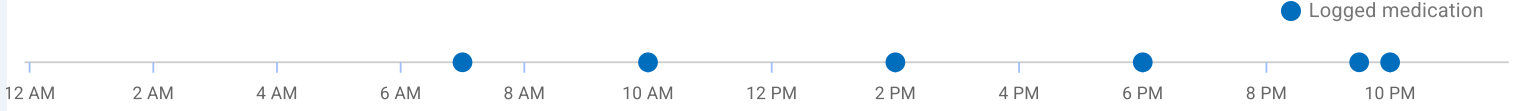
Metric	Value
Current Walking Speed	0.84 m/s
Average Walking Speed (Last Week)	0.81 m/s
Walking Speed Range	0.43 - 1.23 m/s
Recent Trend	+0.050 m/s
Time in Low Risk	1.8%
Time in Medium Risk	15.7%
Time in High Risk	82.5%





Metric	03/01/26 - 03/08/26:	03/08/26 - 03/15/26:
Time to ON (minutes)	-16.0	36.0
Time in ON (hrs)	3.2	3.2
Time to OFF (hrs)	3.0	3.8
Peak offset (minutes)	-42.0	-14.0
Peak tremor (all) percentage	1.0	1.0
Tremor (all) percentage at 50% reduction	0.0	0.0

Medication

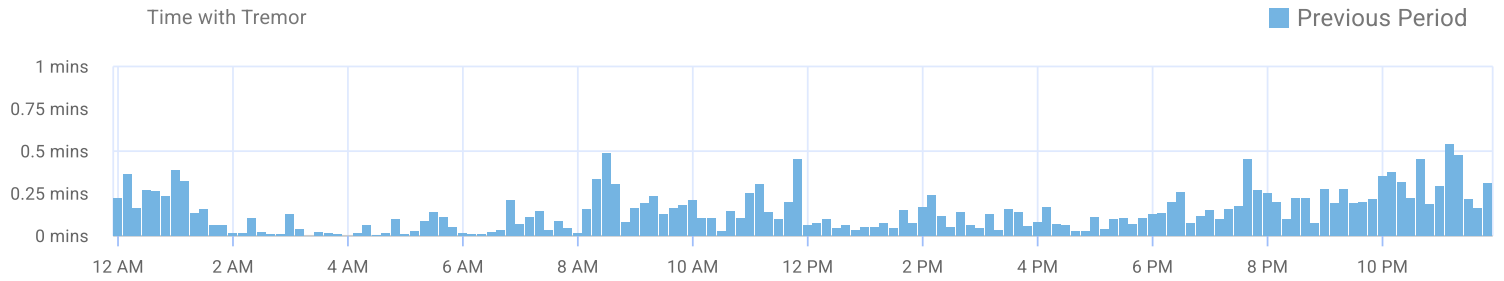
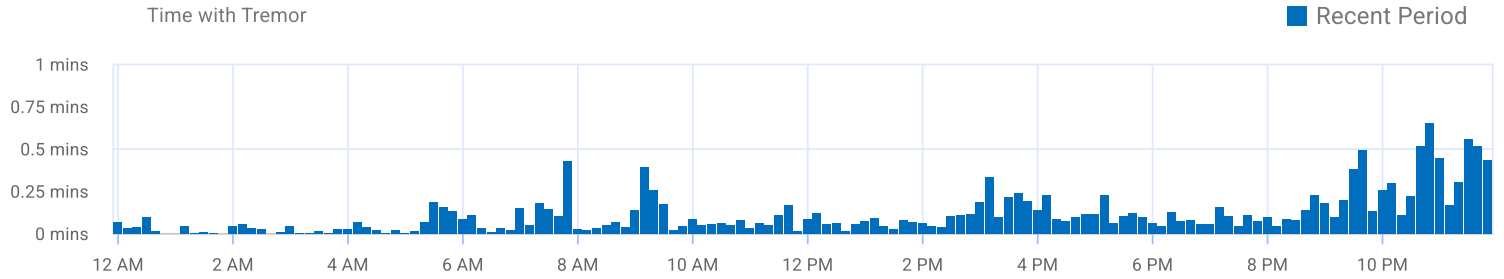


Current medication schedule

PD MEDICATIONS	DOSAGE	FREQUENCY	TIMES	CHANGE DATE
Carbidopa/Levodopa	2 x 25/100mg	Daily	7:00AM, 10:00AM, 2:00PM, 6:00PM	New 12/23/2025 (86d)
Amantadine	1 x 100mg	Daily	7:00AM, 9:30PM	New 12/23/2025 (86d)

Tremor Avg/Day

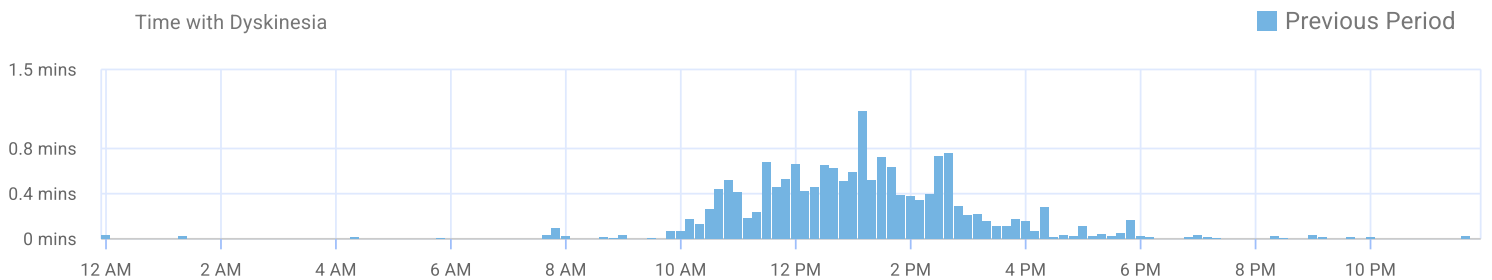
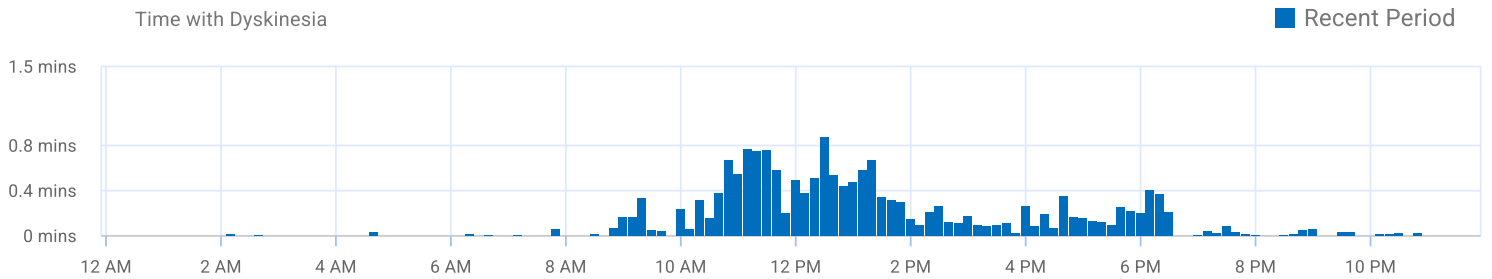
14m ↓ 22% (4m less)



Each bar represents time with tremor, shown in 10-minute intervals across 24 hours.

Dyskinesia Avg/Day

15m No change



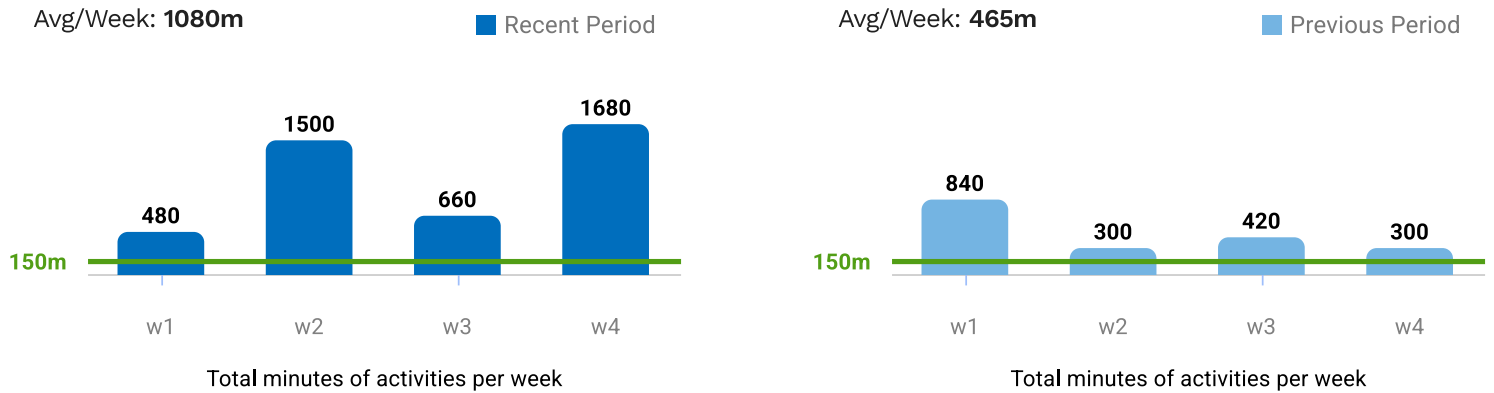
About the data: Certain activities like exercising, brushing your teeth, or playing piano can sometimes be interpreted by Apple Watch as dyskinesia. You can recommend your patient to note in StrivePD when these activities occur to contextualize the data.

Activity

DATA RECORDED BY APPLE HEALTH AND ACTIVITY LOGS

Goal 150 minutes per week

Achieved: 4 weeks Previous period: 4 weeks



TOTAL TIME DISTRIBUTED IN ACTIVITIES LOGGED DURING THE RECENT PERIOD



ACTIVITY	TOTAL TIME PREVIOUS PERIOD	LOGS PREVIOUS PERIOD
Shop	38h 8h	11 2
Out in yard	20h 0m	5 0
Shop time	6h 6h	2 2
Physical Therapy	4h 2h	4 2
garden	4h 15h	1 4
Rest Day	0m 0m	2 0

Mobility

DATA RECORDED BY IPHONE

			GOAL:
Step Length	0.53m	No change	Practice taking longer steps to improve your gait
Walking Speed	0.81m/s	No change	Aim for a walking speed of 1.0m/s or higher
Double Support	34.5%	No change	Keep double support percentage below 40%