



MENU

# Medications for Parkinson's Disease: Management and Treatment

Medications for Parkinson's Disease Menu

## What are the most common medicines used to treat PD?

Sinemet® (levodopa/carbidopa)

**Levodopa (also called L-dopa) is the most commonly prescribed and most effective medicine** for controlling the symptoms of PD, particularly bradykinesia and rigidity.

Levodopa is a chemical found naturally in our brains. When given as a medicine, it is transported to the nerve cells in the brain that produce dopamine. It is then converted into dopamine for the nerve cells to use as a neurotransmitter.

Sinemet is made up of levodopa and another drug called carbidopa. Levodopa enters the brain and is converted to dopamine while carbidopa prevents or lessens many of the side effects of levodopa, such as nausea, vomiting, and occasional heart rhythm disturbances. It is generally recommended that patients take Sinemet on an empty stomach, at least ½ hour before or one hour after meals.

There are two forms of Sinemet: controlled-release or immediate-release Sinemet. Controlled-release (CR) Sinemet and immediate-release Sinemet are equally effective in treating the symptoms of PD, but some people prefer the controlled release version. Ask your doctor which approach is best for you.