



New Study Shows 42% of Parkinson's Patients Who Suffer From Debilitating Off Episodes Claim They Strike Without Warning 1(p9)

New Study Presented at the 9th International Congress of Parkinson's Disease and Movement Disorders

Pittsburgh, PA - March 9, 2005 - The impact that off episodes pose for Parkinson's patients has been made clearer as the result of a new study released today. In a survey of nearly 1,200 Parkinson's patients who suffer debilitating off episodes, 42% indicated that despite treatment with conventional Parkinson's disease (PD) medications, they get no warning that they are about to lose control of some body movements, commonly referred to as off episodes. Typical symptoms of an off episode include muscle stiffness, slow movements, and difficulty starting movements, but may also include sensory, cognitive, or other movement related symptoms.

Until now, there has been little information on the impact that off episodes have on Parkinson's patients. The study results were presented today at the 9th International Congress of Parkinson's Disease and Movement Disorders in New Orleans, LA by Dr. J Anthony with Riverhills Healthcenter, Cincinnati, OH. One hundred fourteen physicians participated in the study 1(p8) sponsored by Mylan Bertek Pharmaceuticals Inc., a subsidiary of Mylan Laboratories Inc. (NYSE: MYL). The observational study was conducted over a five month period. 1(p8)

Key Findings

The study indicated that neither race nor gender played a role in off episodes (survey population 61% male, 39% female). 1 (p10) Most patients experienced between two and four off episodes per day, with the average length of each episode lasting 50 minutes. 1(p9) The survey asked physicians to characterize their patients' types of off episodes they suffer.

- 81% of patients experience off episodes as "wearing off" fluctuations that developed over time 1(p9)
- 42% of patients experience off episodes that were unpredictable and came on suddenly without warning 1(p9)
- 39% characterized some of their off episodes as a "latency to on" (delayed effectiveness of conventional PD medications), which become more prevalent after long periods of inactivity 1(p9)

Patients also shed light on factors they associate with their off episodes. The survey shows:

- 70% of the patients believe stress helps trigger their off episodes 1(p9)
- 68% felt fatigue played a major role 1(p9)
- 32% cited cold weather as a potential contributor 1(p9)

37% of respondents indicated that they can't predict what time of day they will experience off episodes. 1(p9)

About "Off" Episodes

As Parkinson's disease progresses, patients begin to experience off episodes despite ongoing treatment with Parkinson's disease therapies. Off episodes are periods of time when a patient loses body movement control. Symptoms include muscle stiffness, slow movements, and difficulty starting movements. The intensity, duration, and frequency of off episodes vary for each patient. The survey indicated that the average time after a person is diagnosed with Parkinson's disease and the time they experience their first off episode is five years. 1(p64) Each year, 50,000 people are diagnosed with Parkinson's disease.

About Mylan Bertek

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1 Sherry J.H. Implications of Motor Fluctuations in Parkinson's Patients on Chronic Therapy, Final Clinical Study Report.
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