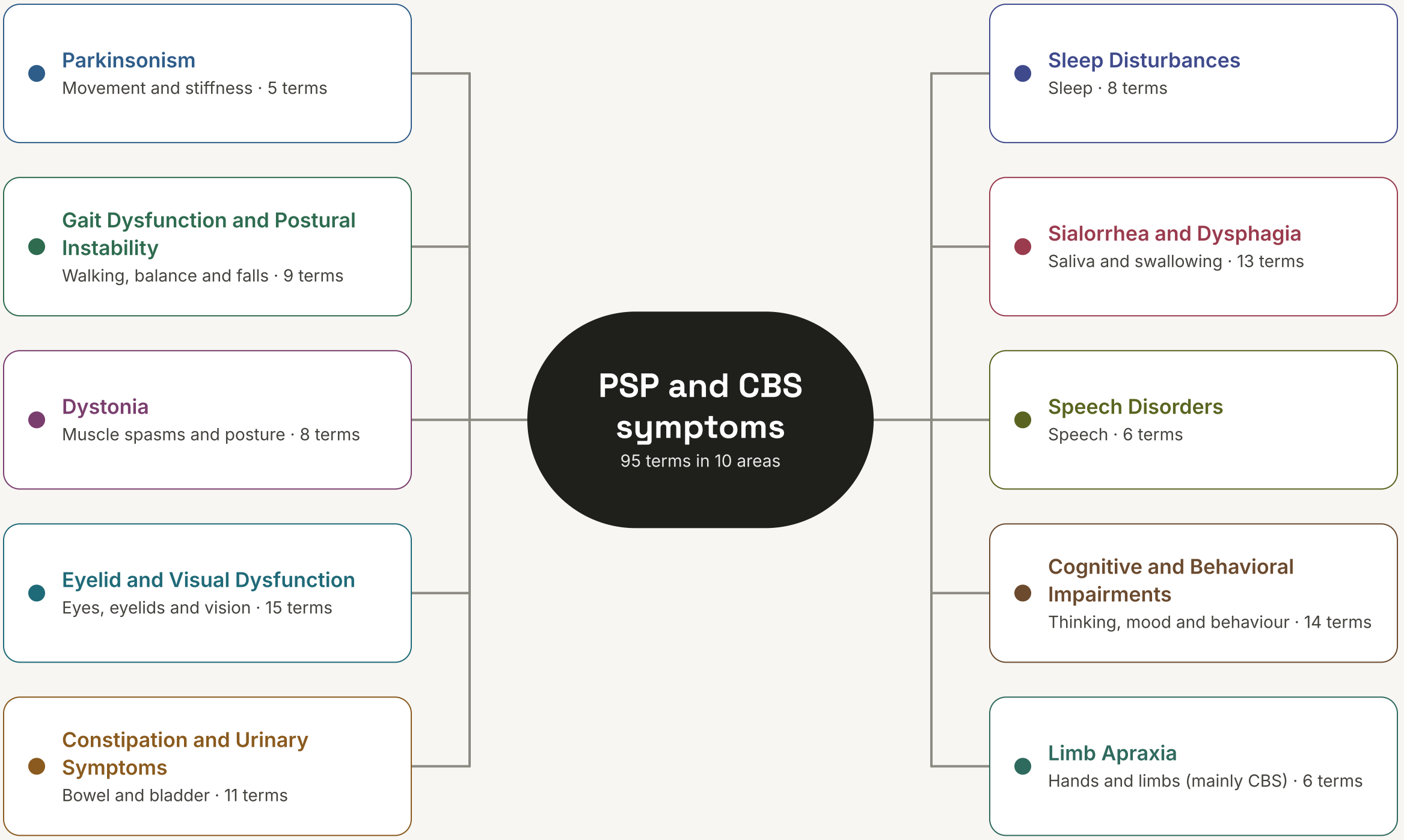
SYMPTOM GLOSSARY · TAP AN AREA TO OPEN ITS MIND MAP



About this glossary

This glossary explains 95 medical terms across ten areas of Progressive Supranuclear Palsy (PSP) and Corticobasal Syndrome (CBS). The terms are drawn from the 2021 CurePSP consensus statement on clinical management, and include symptoms, clinical signs, complications and related medical concepts discussed in that paper.

Not every feature is specific to PSP or CBS, and not everyone with either condition will experience every symptom. Terms marked (CBS) are described mainly in corticobasal syndrome.

This is not an exhaustive list. It does not include every symptom I have experienced or written about, such as nerve pain and the episodes I describe as “powering down”.

The purpose is simple: to translate complicated medical language into English that patients and their families can understand.

Source document: Bluett B, Pantelyat AY, Litvan I, et al. (2021). Best Practices in the Clinical Management of Progressive Supranuclear Palsy and Corticobasal Syndrome: A Consensus Statement of the CurePSP Centers of Care. *Frontiers in Neurology* 12:694872. https://doi.org/10.3389/fneur.2021.694872

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Gait Dysfunction and Postural Instability

Walking, balance and falls · 9 terms

Gait dysfunction

Difficulty walking: stiff, clumsy, lurching steps

Postural instability

Poor balance; easily tipped off your feet, especially backwards

Reduced postural reflexes

The body no longer catches itself automatically when it starts to topple

Freezing of gait

Feet feel glued to the floor; the next step will not come

Frequent falls

Falling often, suddenly and with little warning

Retropulsion

Stepping or falling backwards

“Rocket sign”

Getting up from a chair suddenly and impulsively, without leaning forward first, which often causes a fall

Increased postural sway

Swaying while standing still

Visual-vestibular deficits

The brain struggles to combine signals from the eyes and inner ear to stay upright

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Dystonia

Muscle spasms and posture · 8 terms

Dystonia
Involuntary muscle tightening that twists or fixes part of the body

Focal dystonia
Dystonia confined to one body part, such as a hand or the neck

Spasticity (CBS)
Tight, stiff muscles caused by overactive reflexes

Retrocollis
Head pulled backwards

Anterocollis
Head drops forward onto the chest

Oromandibular dystonia
Jaw, mouth or tongue clenching or pulling

Swan-neck deformity
Fingers set in a fixed shape: the middle joint bends backwards and the tip joint bends forwards

Contractures
Joints become permanently stiff and bent

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Eyelid and Visual Dysfunction

Eyes, eyelids and vision · 15 terms

Vertical supranuclear gaze palsy

The eyes will not move up or down on command, especially down, though they may still move by reflex, such as when the head is turned

Impaired infraduction

Difficulty looking down, so kerbs, steps and your plate are missed

Apraxia of eyelid opening

Cannot start opening the eyes at will, even though nothing is blocking the lids

Blepharospasm

Eyelids squeeze shut involuntarily

Photophobia

Sensitivity to light

Conjunctival drying

Dry, gritty, irritated eyes

Blepharitis

Inflamed, crusty eyelid edges

Hypometric saccades

Quick eye jumps fall short of the target

Slow saccades

Quick eye jumps from one point to another are slower than normal

Convergence insufficiency

The eyes cannot turn inward together for close work, which affects reading and depth judgement

Diplopia

Double vision

Square wave jerks

Tiny unwanted flicks of the eyes when trying to hold a steady gaze

Oscillopsia

The world seems to jiggle or bounce

Decreased blink rate

Blinking much less often than normal

Exposure keratitis

Damage to the eye's surface from being left dry and exposed

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Constipation and Urinary Symptoms

Bowel and bladder · 11 terms

Constipation
Infrequent, hard or painful bowel movements

Detrusor overactivity
The bladder muscle squeezes when it should not (overactive bladder)

Urinary frequency
Needing to pass urine very often

Urinary urgency
A sudden need to pass urine that is hard to put off

Urge incontinence
Leaking before you reach the toilet

Urinary hesitancy
Difficulty getting the flow started

Nocturia
Waking at night to pass urine

Urinary retention
The bladder does not empty fully

Hypodipsia†
A reduced sense of thirst

Central dysautonomia†
The brain's control of automatic functions such as bowel, bladder and blood pressure breaks down

Orthostatic hypotension*
Blood pressure drops on standing, causing dizziness

* The study mentions this only as a possible side effect of some medicines, not as a symptom of PSP itself. † The study mentions these as possible causes of constipation in PSP.

Source document: Bluett B, Pantelyat AY, Litvan I, et al. (2021). Best Practices in the Clinical Management of Progressive Supranuclear Palsy and Corticobasal Syndrome: A Consensus Statement of the CurePSP Centers of Care. *Frontiers in Neurology* 12:694872. https://doi.org/10.3389/fneur.2021.694872

Sleep Disturbances

Sleep · 8 terms

Insomnia

Trouble falling asleep or staying asleep

Difficulty turning in bed

Rolling over takes huge effort, which disturbs sleep

Excessive daytime sleepiness

Very sleepy during the day, even after a reasonable night

Sleep fragmentation

Sleep broken up by repeated waking

REM sleep behaviour disorder

Physically acting out dreams while asleep

Obstructive sleep apnoea

Breathing repeatedly stops and starts during sleep

Periodic limb movement disorder

Legs jerk repeatedly during sleep

Restless legs syndrome

An uncomfortable urge to move the legs, worse in the evening

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Sialorrhea and Dysphagia

Saliva and swallowing · 13 terms

Dysphagia
Difficulty swallowing, both in the mouth and in the throat

Coughing and choking at meals
Coughing or choking while eating or drinking

Sialorrhea
Excess saliva pooling in the mouth, and drooling

Aspiration
Food, drink or saliva goes into the windpipe; “silent” means no cough warns you

Aspiration pneumonia
A chest infection caused by breathing food, drink or saliva into the lungs

Delayed swallow initiation
The swallow is slow to get going

Prolonged mastication
Chewing takes much longer than normal

Over-stuffing the mouth
Taking too much food or drink at once

Vallecular pooling
Food collects in pockets at the back of the throat

Nasal regurgitation
Food or drink comes back up through the nose

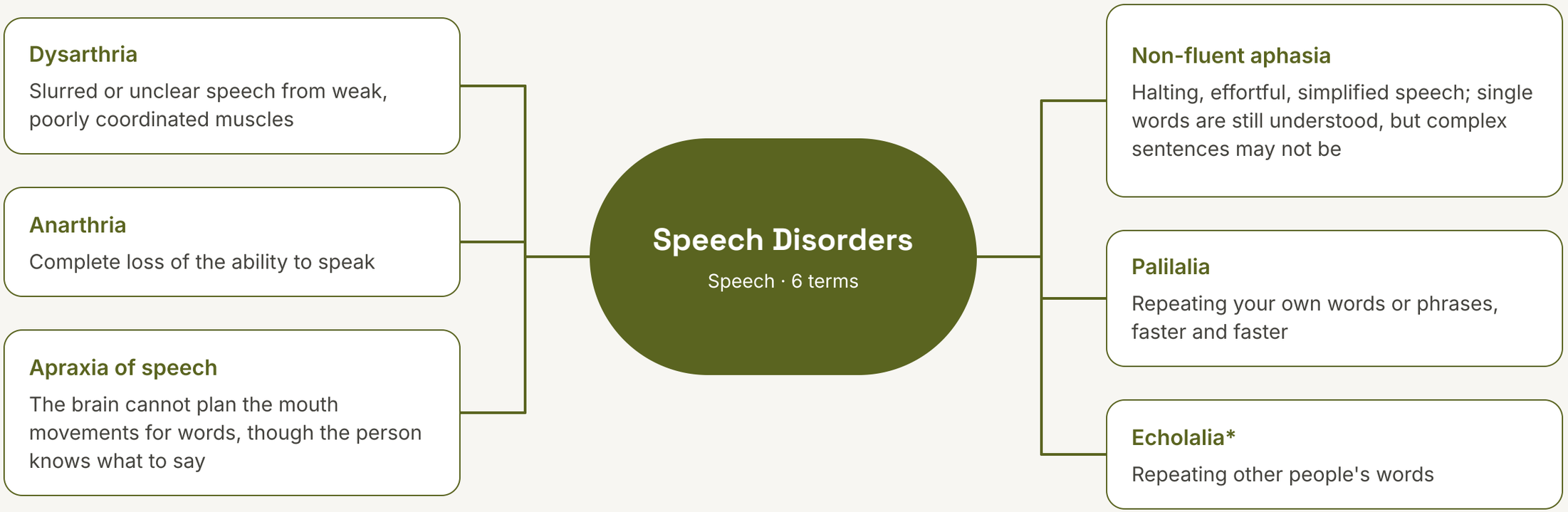
Wet-sounding voice
A gurgly voice after eating or drinking

Vocal cord bowing
Weakened vocal cords, which make coughing less effective

Piecemeal deglutition (CBS)
Needing many small swallows to clear one mouthful

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* The study mentions this only to contrast it with palilalia.

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Cognitive and Behavioral Impairments

Thinking, mood and behaviour · 14 terms

Apathy
Loss of motivation and initiative; not laziness and not a lack of caring

Executive dysfunction
Trouble planning, organising, switching between tasks and solving problems

Disinhibition
Losing the usual social filter

Depression
Persistent low mood

Agitation
Restlessness, irritability and overreacting to small things

Pseudobulbar affect
Sudden laughing or crying that does not match how you actually feel

Affective lability
Moods swing quickly and strongly

Impulsivity
Acting before thinking, often ignoring the risk

Impaired abstract thought
Harder to think in ideas and concepts rather than concrete things

Reduced verbal fluency
Harder to come up with words quickly, such as listing words that start with a given letter

Retrieval deficit
Memories are stored but hard to pull out; prompts help

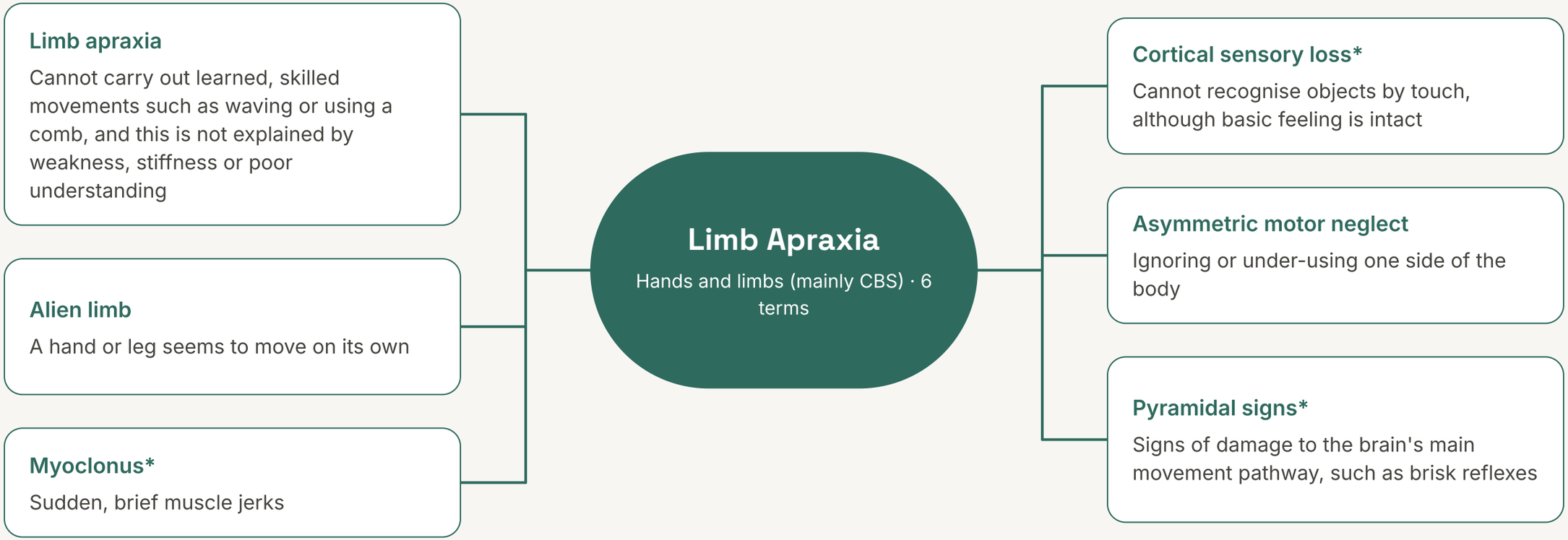
Visuospatial deficits
Difficulty judging where things are in space

Lack of insight
Not recognising your own limitations

Fixed facial expression
A face that shows little expression, which can wrongly suggest dementia

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* Named in the study's summary of CBS, not in its Limb Apraxia section.

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