

Progressive Supranuclear Palsy (PSP)

Information for patients and families

Read this resource to learn about:

- Symptoms of progressive supranuclear palsy
- Treatment for progressive supranuclear palsy
- Ways to stay safe

What is Progressive Supranuclear Palsy (PSP)?

Progressive supranuclear palsy is a brain disease that affects eye movement, cognition (thinking) and movement.

What are the symptoms of PSP?

People with PSP can have:

- problems moving their eyes
- problems with thinking
- language problems
- changes in behaviour
- higher risk of falling
- trouble speaking
- problems moving their arms and legs including:
 - slow movement
 - tremors
 - stiffness



What causes PSP?

We don't know what causes PSP. We do know that it has something to do with the build-up of an abnormal protein called tau in areas of the brain that control eye movement, thinking and movement. This illness belongs to the group of diseases called **frontotemporal lobar degeneration**. For now, an autopsy (examining the body after death) is the best way of knowing what caused the disease.

Are there treatments?

Right now, there is no cure for PSP. There are certain medicines that can help with symptoms. The same medicines given to patients with Parkinson's disease may also be given to patients with PSP, but they do not always have any major effect on the symptoms. Medicine can help with mood (such as sadness or anxiety) and disruptive behaviours (such as agitation).

What about safety?

Since PSP affects your eye and body movement and cognition, it can eventually become unsafe for a person with PSP to:

- walk without help
- use appliances (for example, a microwave or a stove)
- drive
- read (for example, medicine instructions, bills, or legal papers)
- write (for example, cheques)
- live alone

For more information

UHN Memory Clinic | www.uhn.ca/Krembil/Clinics/Memory_Clinic

Toronto Western Hospital, West Wing – 5th Floor

Phone: 416 603 5232

Cure PSP | Website: www.psp.org/iwanttolearn

CCF for PSP Awareness | Website: <https://pspawareness.com>

PSP Can | Website: <https://pspsocietycanada.ca>

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